

Appendix 2: Homeopathy

By Becca Chambers

Homeopathy is a system of energy medicine first developed in Germany in the mid 1800's by Dr. Samuel Hahnemann. It is based on the idea that a substance that would cause a particular symptom in a large dose could trigger the body to heal itself from that same symptom when given in a minute dose. This concept has similarities to vaccination and allergy desensitization treatments, but in homeopathy the dilutions of the original substances are much greater, often to where there is no detectable amount of the original substance left. It works because the process is based in vibrational energy, not biochemistry. Taking the correct homeopathic remedy is like a crystal glass shattering when a singer hits just the right note. When the correct homeopathic remedy is found, one that it resonates with the patient's energy, that negative energy which is lodged in their body and psyche will "shatter" and dissipate.

A "constitutional" homeopathic remedy refers to a person's deepest core energy. Very often that deepest core cannot be seen or treated initially as it may be overlaid by other layers of negative energy, in the manner of the layers of an onion. These layers of negative energy, sometimes called miasms, will also be affecting a person's entire being and they must be dissipated one by one as they rise to the surface after the dissipation of the top layer.

There are often many layers of these deep level disturbances in a person, and this process of energetic disturbances rising to the surface can be speeded up dramatically with the use of whole body vibration (as it speeds up and energizes all systems in the body), allowing life-times worth of change to happen in just a few years.

Some people think that if homeopathy works at all, it must be a placebo effect. But homeopathy is very effective with animals (commonly used with pets and farm animals), children too young to understand what is happening, and people who are firmly convinced that it cannot work. While Western medicine and classical physics hold that homeopathy and energy medicine cannot have physical effects, quantum physics with its mind-bending concepts about time, space, and energy, holds the promise of explaining how homeopathy works.

Another important benefit of homeopathy is that it does not have the risks associated with Western drugs. There are no side effects if you use the wrong remedy though one can have an "aggravation" or temporary worsening of symptoms initially.

Like most natural health approaches, homeopathy seeks to increase your body's natural healing abilities, rather than to mask symptoms, or kill invading organisms directly. At the end

of a homeopathic treatment you will be stronger and less likely to get ill in the future, rather than weakened with side effects as so often happens with Western drugs. And, as your energy guides and determines not only your health but in fact your entire life, treating an energy disturbance can have profound positive effects on all aspects of your life even beyond the physical and mental states.

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