

Homeopathic Home Prescribing Made Easy



SUJATA OWENS,
HOMEOPATHIC MASTER CLINICIAN
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3 pillars of Homeopathy



- Individualization
- Holism
- Law of Similars



Learn to think like a homeopath

Individualization



- Each person is unique and has a disease state that is unique only to her irrespective of the diagnosis or name of her disease.
- The disease state has common symptoms of disease and characteristic symptoms of the person exhibiting that disease.
- In choosing a homeopathic remedy for the person importance is given to the characteristic symptoms.





Holism



- What is true for the part is true for the whole.
The presenting complaint is representation of the whole. The individual experience of presenting complaint reveals various aspects of the whole.
- Repeat pattern of the individual experience in different areas and in different times of the person's life help find the most matching homeopathic remedy for the person.



The Law of Similars

- Let likes be cured by likes or “*Similia similibus curentur*”
- Match the symptoms of the person to the picture of the Homeopathic Remedy.
- Homeopathic Remedy pictures are discussed in details through books of *Materia Medica*.
- Closer the match, more success in restoring health.

When to use home remedies?

- In minor ailments like
 - First aid : Injuries, sprains, strains, burns, sunburns, open wounds, concussions and so on
 - In acute illness: colds, coughs, fevers, ear infections, headaches
 - Flu: Homeopathy is an amazing resource for rapid and gentle recovery from flu.

- Vaccine side effects: swelling at the site of vaccines and fever.



The search for the Individualized Remedy



The success of treating the person with her symptoms of the illness is based on matching the homeopathic remedy to the depth and pace of the person's state, and matching the force of the illness with the strength of the homeopathic potency.



If your state calls for Orchid, you need a remedy
from Orchid.



A rose or chamomile will not work.

Basic Principles of choosing the remedy



- Scan the body, emotions and mental symptoms.
- Make accurate note of all the symptoms
- Separate common symptoms of illness
- Underline characteristic symptoms of the unique way you are exhibiting the illness.

Choosing a remedy for you



- Refer to :
- Recommended Materia medica books or
 - www.vitalforceconsulting.com and choose the condition you are suffering from the tab “Symptoms”
or a book from the recommended list
- Match the description of the person’s symptoms to the list of possible remedies for that condition
- The remedy that most closely covers all of the symptoms is the best choice



Remedy Dosage and Directions



- ❖ Dose = 2-4 pellets or liquid drops or as directed on the remedy vial.
- ❖ The pellets and granules are to be put under the tongue and allowed to dissolve.
- ❖ Do not eat or drink anything for 30 minutes before or 30 minutes after taking the remedy.
- ❖ Do not take homeopathic remedy with water or any other liquid.
- ❖ Keep the remedy in dry place away from direct sunlight, microwave, computer, toaster or strong odors, but not in the refrigerator.

Once you have the best match now what?



- Next step is to choose the potency of the remedy.
Rule of thumb:
 - If exact match: start with 30C
 - If close match: 9C or 12C
 - Refer to the flow chart for instructions for repetition of the doses.



The Law of Minimum Dose



- The goal here is to match the intensity and pace of symptoms and give the stimulus from natural homeopathic remedy to bring upon restoration of health.
- Single remedy in minimum dose varies on each individual's state and experience.



Protocol for Repeating Individualized Remedy

Recommended dose/s of well selected remedy: Every 2-3 hours apart based on symptom severity for maximum of 5 doses. When improvement is noticed, repeat the doses only when improvement starts going downhill. Discontinue the remedy after 5 doses if no relief is noticed.

Do not keep on taking remedy after 2-3 days without supervision from practitioner.

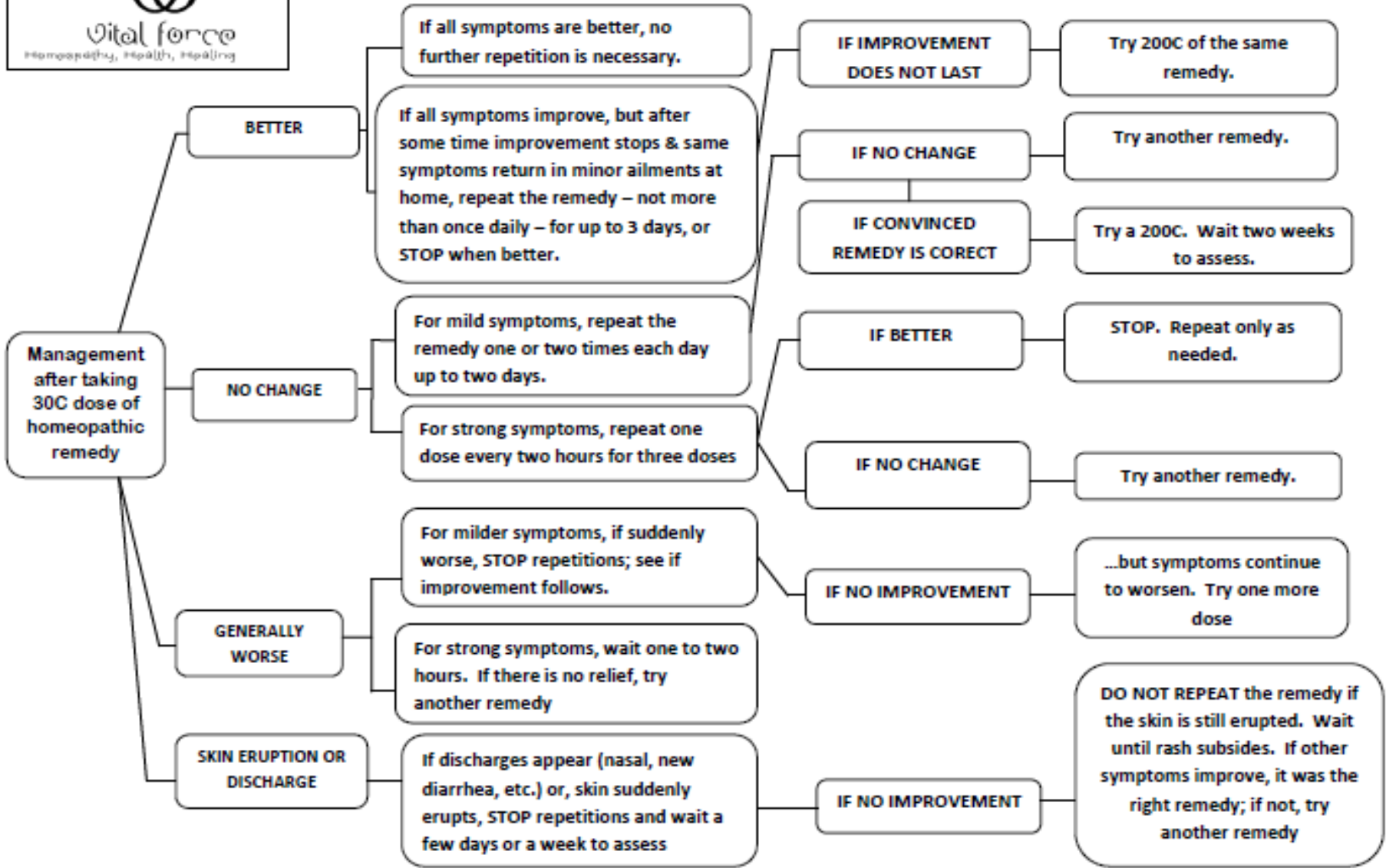
Use of Homeopathic remedies at home

- ▶ Give single homeopathic remedy at a time.
- ▶ Avoid repeating too often
- ▶ Avoid changing remedy too quickly.





GUIDELINES FOR USE OF 30C & REPETITIONS OF DOSES

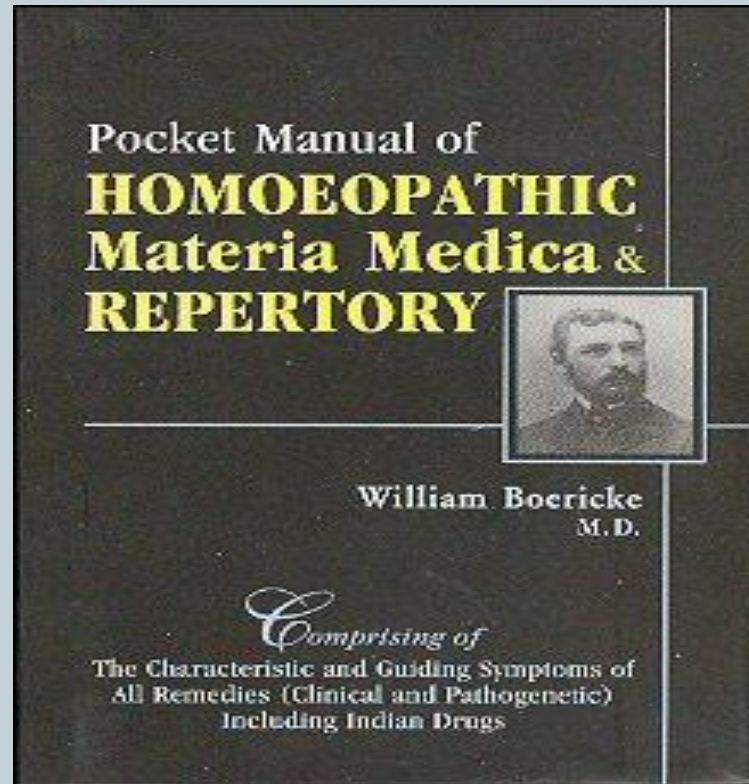


Recommended lists of books for use of homeopathy at home:

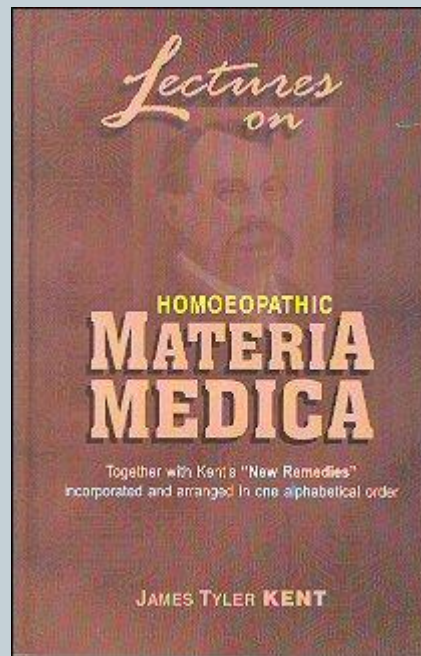


- Boericke's Materia Medica
- Homeopathic Lectures by J T Kent
- Phatak's Materia Medica
- Vermulen's Synoptic Keys
- The Science of Homeopathy: George Vithoulkas
- Complete Repertory

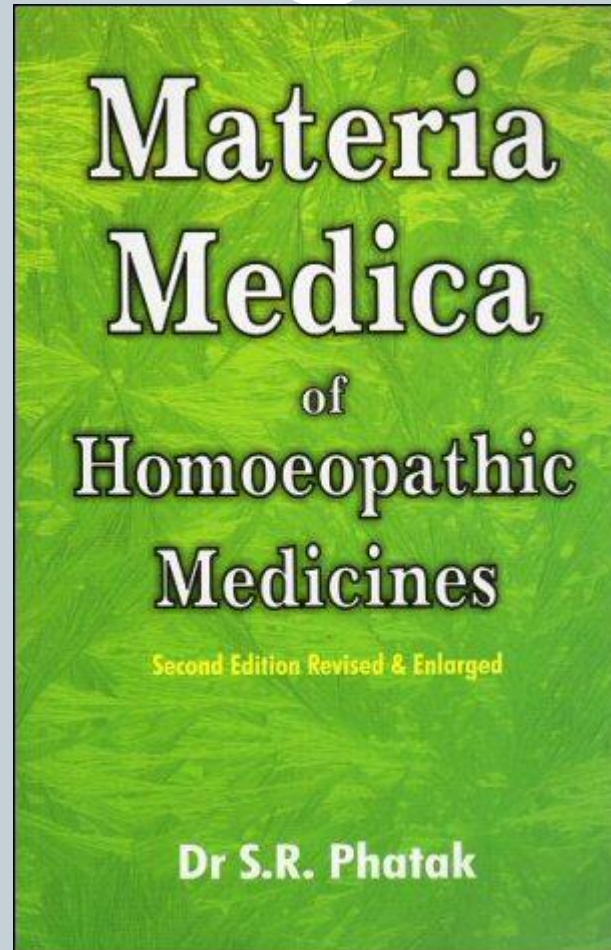
Boericke's Materia Medica



Homeopathic Materia Medica by Kent



Phatak's Materia Medica



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