

HOMEOPATHIC MEDICINE

from the library of Robert L. Talley, DDS.

A New Approach To Wellness Changing Traditions

Traditionally, the relationship between the family doctor and his or her patients has been one of the best educated members of small and rural communities and they were the only source of help and information in time of illness. Patients counted on their doctor's experience and knowledge to carry them through the illnesses and accidents of a lifetime.

Today, this kind of doctor-patient relationship is changing. We change our jobs, we change our homes, we change our insurance, and we change doctors. Books, magazines, and television constantly bring us new and unusual ideas about health and disease. Scientific information about new treatments and new medicines often reaches the newspapers before it reaches the medical schools.

What About Alternatives?

It is natural to ask questions about our health options and our health professionals. What is the best treatment for my illness? Is there a better medicine for me? Are there more knowledgeable doctors? What are other people doing? What are the alternatives?

Recently, a study made by a researcher at Harvard University indicated that more than one third of all people in the United States were asking these kinds of questions. One of the forms of alternative medicine sought by most of the people in the Harvard study was homeopathic medicine.

Today's reality is that ever more powerful pharmaceutical medications are needed to "cure" infections, another is the "anti-approach to dealing with disease and illness, both with all of their side effects and reactions. As a result, people are questioning this approach to healing. In many cases, today's "miracle drug" is tomorrow's "problem drug", which is one reason why these e drugs are being constantly changed. On the other hand, homeopathic medications have been used for almost 200 years and have proven record of safety and effectiveness. As a result, interest in homeopathic medicine is growing.

People like you are seeking answers and alternatives which are more gentle and with less risk, and without side effects. This pamphlet will help you understand what you can expect if you choose it as a part of your healthcare.

What is Homeopathic Medicine?

It is a safe, effective system of medicine that has been used for nearly 200 years. It uses gentle, natural medicines which stimulate the body to heal itself. By the middle of the 19th century, homeopathic medicine was a standard part of healthcare in the United States. Homeopathic physicians successfully took care of soldiers during the Civil War and homeopathic medical kits

were issued to the Rough Riders who accompanied Teddy Roosevelt. During this time period, 1/3 of all U.S. physicians were homeopathic physicians who received their training in homeopathic medical schools and hospitals all across America. Traditionally, the Queen of England's personal physician is a homeopathic physician, and that is so today.

Today, a new resurgence of interest in homeopathic medicine has been seen in this country. Patients demanding safer, natural medications have once again turned to homeopathic medicine. Today, homeopathic medicine is widely used throughout the world where it is recognized as an effective, economical form of healthcare.

Homeopathic medicines are made from plant extracts, minerals and other sources. Tiny amounts of these active ingredients are diluted with a neutral carrier agent until the correct strength of medication is reached. Because so little of the active ingredient is needed in each dose, the medications do not interact with other drugs and are not concentrated enough to cause undesirable side effects, as is the case with most conventional medications.

How Is It Used?

We practice a branch or system of homeopathy known as homotoxicology. We feel that it is the treatment method of choice for you because it has the best treatment options for your particular illness.

This method for the practice of homeopathic medicine was developed by a physician named Hans-Heinrich Recheveg. It is based on the modern, conventional medical model of diagnosis and prescription. We use medical/dental experience and knowledge, along with any necessary laboratory tests, to make a conventional diagnosis of you as the patient and, then, administer a combination homeopathic medicine. Homeopathic medicine combinations are formulas containing two, three or more medicines that address a variety of symptoms of a single disease. The combination medicines of homotoxicology can be compared to an orchestra, consisting of several different components working together in harmony. These medicines, because of their complexity, may only be administered and prescribed by a doctor.

Ask us about the various diseases and illnesses that may be treated by the use of homeopathic medicines.

Taking Homeopathic Medicines

When we prescribe a homeopathic medicine, we will give you specific instructions about taking the medicine. These instructions about taking the medicine. These instructions may be more detailed and different from the standard "take two pills and call me in the morning". Homeopathic medicines come in many forms. There are pills, liquids, ointments, nasal sprays, and suppositories. In addition, there are injectables, which we will administer. They are all designed to work by stimulation your body's own defense systems.

The standard methods for using homeopathic medicines correctly usually include these steps:

- Take you medicine with a "clean mouth". This means no food or drink for 15 minutes before or after you put the medicine in your mouth.
- Do not swallow your oral medicine immediately. The tablets are designed to be placed under the tongue until they dissolve. They dissolve very quickly with a pleasant, sweet taste and, like many conventional medicines, are absorbed directly through the lining of the mouth.
- Take the medicine exactly as we prescribe it. In acute conditions, this can mean taking a tablet every 15 minutes. This information will also be on the label of your medicine.
- Take the medicine for as long as we prescribe and take careful note of your reaction. Some people respond to homeopathic medicine in minutes. For others, it may take hours or days. When your symptoms change, you know the medicine is effective.

Are Homeopathic Medicines Regulated?

Homeopathic medicines are one of the few forms of alternative medicine regulated by the Federal Government. The manufacture and sale of homeopathic medicines are regulated by the FDA. All homeopathic medicines must be registered with the FDA and have a National Drug Code (NDC) number on the label. The NDC is used to identify the manufacturer and the medicine in case there is ever a question about its origin and contents.

Manufacturers of homeopathic medicines are required to follow a strict set of government guidelines called current Good Manufacturing Practices or cGMP's. These rules regulate cleanliness, safety, labeling and record keeping.

The ingredients used in homeopathic medicine are also regulated. The strength and origin of all the ingredients for homeopathic medicines are documented in the United States Homeopathic Pharma-copoeia.