

What is Homeopathy?

by Doug Brown

Homeopathy is a system of healing which catalyzes and strengthens the body's innate tendency to recover from disease. It uses substances from our natural world that are made into remedies that are affordable, safe and FDA-regulated. It seeks to bring people to a state of healthy balance so that long-term dependence on medicine is unnecessary. It recognizes that patients are much more complex than the name of their disease, and need to be treated as individuals. It is holistic, in that it seeks to understand the connectedness of mind and body in the event of illness, and supports both mind and body in the healing process.

Some of the core ideas of homeopathy go back to Hippocrates (400 B.C), but it wasn't until Dr. Samuel Hahnemann (1755-1843), a German physician, linguist, and researcher, that the core principles of the science and methodology were formulated, developed, and empirically verified on a large scale. In the modern era hundreds of research studies have demonstrated the effectiveness of homeopathic support for a wide range of conditions.¹ The ability of well-selected homeopathic remedies to restore health rapidly and gently, without toxic or adverse effects, by activating the individual's innate healing tendencies, has made homeopathy the second most popular form of medicine in the world today.²

According to the World Health Organization, homeopathy is used in over 80 countries, has legal recognition as an individual system of medicine in 42 countries, and is recognized as part of alternative and complementary medicine in 28 countries.³

While homeopathy is a philosophy of healing, it is not *the same* as naturopathy or herbal medicine. It is its own highly developed science; one in which the perception and recognition of individuality has evolved to a fine art of selecting a remedy which resonates in a precise energetic manner with the individual and his or her symptoms. It is this energetic resonance which stimulates the patient's healing response. While the homeopathic profession is self-regulating and credentialing,⁴ it is not licensed by most states, and is practiced by both licensed and non-licensed individuals. It is important to note that licensure as a health care provider indicates nothing about an individual's competence to practice homeopathy, and that many of the best homeopathic practitioners are not licensed as medical providers.

¹ For one list of studies see: http://homeopathyusa.org/uploads/Homeopathy_references.pdf

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See <https://drnancymalik.wordpress.com/article/status-of-homeopathy/>

³ Ibid.

⁴ The principal credentialing body for non-licensed homeopaths in the United States is the Council for Homeopathic Certification. See: www.homeopathiccertification.org.