

The Simple Joys of Homeopathy

I celebrate every day that I am a homeopath. It is a labor of love, filled with much joy. As a psychiatrist I enjoyed my work, but as a homeopath I have found my calling. My personal journey into homeopathy began in my last year of medical school. I was interested in learning more about alternative medicine and spent one month studying with a homeopathic physician in Chicago. There, I saw rapid and highly beneficial responses to acute illness and remarkable cures of patients with chronic illness, many of which were considered untreatable by conventional medicine. Finding homeopathy transformed my view of health and healing. Most important, I felt I had finally come home. As a result, I chose to pursue homeopathy as a career.

Many other homeopaths share my love of homeopathy. This is the reason many homeopaths have worked up until the moment of their death, "dying in the saddle". Over the years, I have observed intense devotion to homeopathy in many patients and students.

There are a number of reasons here are some that I have found most common:

Homeopathy Works: Whether treating first aid problems such as injuries, acute problems such as ear infections or constitutional problems such as asthma, homeopathy is a highly effective modality of treatment. Homeopathy has also demonstrated great usefulness in the treatment of animals, infants and conditions of pregnancy. Many patients and students come to homeopathy because they or their family were successfully treated homeopathically. This experience can turn a skeptic into a believer.

Holistic: A homeopathic practitioner treats individuals on all levels : physical, emotional, mental and spiritual. In this way, homeopathy has the capacity to get to the root cause of illness and to touch people deeply. Good homeopathic practitioners use all of themselves in their work. They take the time to connect with their patients, and homeopathic clients respond by feeling deeply understood.

It is a privilege to sit and truly listen to our patients' stories. Few healers really have an opportunity to do this. By deeply listening, it brings us as practitioners of this healing art, closer to our own humanity.

Intrinsic Beauty: Homeopathy is a beautiful field of study – a complete healing system within itself. The poet Rilke said "Community is held together by the power of the grace of great things". It is this "great thing" around which patients and practitioners of homeopathy gather.

Homeopathy is a tremendously rich tapestry that captures the hearts of those who study it and touches them deeply. It explores the harmony and resonance that occurs between individuals and their world. Homeopathy ultimately involves the study and learning of all life.

Possibility of Cure: Much of conventional medicine is concerned with managing rather than curing disease. Homeopathy offers the possibility of cure for many modern diseases and chronic conditions that are not treatable by traditional methods.

Need: Presently, the demand for homeopathic care far exceeds the number of practicing homeopaths in most areas of the world. As the demand for homeopathic care increases, this need for more practitioners will grow..

Philosophy: Homeopathy has clear laws and principles on which it is founded. This is less true of allopathic or conventional medicine. It is a rich and vital tradition that spans more than two hundred years. Homeopaths maintain a firm foundation while continuously adding to their existing body of knowledge.

A main philosophical principle that attracts students is the non-suppressive nature of homeopathy. Homeopathy, unlike allopathic medicine, does not tend to suppress illness deeper into the individual. I feel that many diseases of the 21st century will not respond well to allopathic treatment (e.g. antibiotic resistant organisms, multiple chemical sensitivity) but will respond to the many forms of alternative medicine.

Another fundamental principle of homeopathy that attracts students is individualization. Homeopathy does not treat patients as diseases but as individuals. This is in contrast to allopathic treatment that can result in the average American taking eight allopathic medications at any given time.

Lack of Side Effects: Unlike conventional treatments, homeopathic medicines do not induce toxic side effects. When prescribed correctly by a skilled practitioner, homeopathic medicines are generally safe and well tolerated by patients.

Science Balanced with Art: Homeopathy is both an art and a science. There is a considerable and growing body of empirical medical evidence supporting its efficacy. It also requires considerable artistic skills in actual practice. Homeopathy uniquely marries both the science and the mystery, the technology and the humanism.

John Dryden once said that “Every age has a kind of universal genius, which inclines those that live in it to some particular studies”. Homeopathy is the universal genius of our times.

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