INTRODUCTION

- "holistic practice of medicine that works by stimulating the body’s inherent ability to heal itself" – Kathleen Fry, M.D., president of the AHMA
- Developed in 1796 by German physician Samuel Hahnemann (1755-1843)
  - Poorly understood, but is having a resurgence in the U.S. particularly for chronic disease conditions
- Remedies are officially recognized and regulated by the FDA

HISTORY

- Dissatisfied with the current medical community, Hahnemann left his practice and began translating medical texts into German
- Through his readings he found that some substances elicited symptoms of disease
  - Ran many experiments (provings) on himself and family
  - Responsible for over a hundred remedies of which he wrote meticulous notes about
His writings were first published in 1796, went through many revisions, and later became the *Organon of the Art of Healing* in 1819. This theory was strongly opposed until the cholera epidemic of 1832 spread throughout Europe. Patients who used homeopathy treatments had a much higher rate of recovery. In a subsequent outbreak in 1954 homeopathic hospitals achieved a greater survival rate than allopathic ones, yet the stats were left out for over 100 years.

In 1835 in the U.S., Dr. Constantine Hering established the first homeopathic medical school in Allentown, PA. Known as the Father of American homeopathy, best known for his theory of isopathy:
- All disease conditions contain within themselves their own remedies.
- Helped to establish the first medical association in the U.S., the American Institute of Homeopathy.
  - Followed two years later by the formation of the American Medical Association.

Despite the efforts of the AMA to denounce homeopathy, it grew having greater success in treating disease than conventional medicine. At the start of the 20th century, 15-20% of all physicians in the U.S. practiced homeopathy. A decline in homeopathy occurred in 1910 after an AMA-sponsored report that disparaged all non-conventional medical practices. Further decline came with the advent of antibiotics and the focus on surgical procedures. Despite this, over 3000 remedies are recognized as valid medicinal formulas by U.S. statute.
THEORIES OF HOMEOPATHY

The Laws of Similars
- Substances in large doses cause illness in healthy people, will provoke healing in people suffering from the same or similar symptoms.

Law of Minimum Dose
- The more diluted the substance, the greater the potency.
  - X (1:10), C (1:100), M (1:1000)
- Studies show that treated water has trace markers.

THEORIES OF HOMEOPATHY

Prescribing for the Individual
- Disease is a direct reflection of a person’s overall state of being.
- Specific factors must be noted to be able to help their condition.
  - Medical history, mood, personality traits, sleeping patterns, etc.
  - Specific remedies match profile.

THEORIES OF HOMEOPATHY

Hering’s Law of Cure
- Three tenets
  - Healing begins top down.
  - Progresses from the inside out and from major to minor organs.
  - Symptoms resolve themselves in reverse chronological order from their original appearance.
- Suppressing initial symptoms often results in something more serious later.
  - The symptoms you’ve developed most recently will go away first, but the ones you have the longest may linger.
THEORIES OF HOMEOPATHY

- Classical Homeopathy
  - Total symptom picture determine remedy to use
  - Employ one remedy at a time, at the right time, in the right potency
- Polypharmacy
  - More recent approach uses a mixture of remedies catalogued according to a disease condition
- Classical tends to have more longer lasting effects than Polypharmacy

CONDITIONS THAT BENEFIT

- Review conditions
  - Arthritis
  - Asthma
  - Migraine
  - Diarrhea
  - Fibromyalgia
  - Pain
  - Childbirth
  - Hay Fever
  - Cancer

FUTURE

- Rise in training programs
- Currently not enough trained homeopaths to meet the demand
- Recent study of AMA doctors shows that 50% of them are interested in learning more about Homeopathy