

Understanding Homeopathy

One of the most respected, well-researched aspects of natural health is also one of the least understood in the United States. Homeopathy is a complete system of healing discovered over 200 years ago by a German physician, Dr. Samuel Hahnemann. Based upon the simple understanding that “like cures like,” it has since developed into a sophisticated science of diagnosis and prescription offering a wide variety of homeopathic remedies to use in the healing process.

Homeopathic medicine in America is regulated by the FDA, in accordance with the Homeopathic Pharmacopoeia of the United States (HPUS). An evolution in homeopathy has resulted in the Clinical approach which uses complexes and has a higher rate of success in relieving contemporary diseases. These pre-formulated complexes make it simple for the whole family to benefit from homeopathic medicines, because they are labeled with specific indications for ease of use.

Homeopathy is effective. Scientifically-conducted double-blind tests have shown that homeopathy helps with all kinds of ailments, acute and chronic. Homeopathy has no side effects. In all the millions of cases treated with homeopathy it has never been proven to be toxic to the body. It is suitable for pregnant woman, infants and children. Homeopathy is easy to use. The products clearly state on the label what ailments they are to assist with. From colds, to PMS, to colic, there are remedies for a wide variety of conditions.

According to the World Health Organization (WHO), homeopathy is the second largest medical system that people rely on for primary health care in the world. It is very commonplace in many parts of the world, including Europe, where over 100 million people use it on a regular basis. Today, because of mounting evidence regarding dangers of drug toxicity and its effects on health, the safety and efficacy of homeopathic medicines is resulting in its wider use and acceptance in the U.S.

If you would like to find a gentle, yet effective alternative, stop by Food For Thought to see our large selection of homeopathic products, for adults, children, infants and pets. We also have books to help you learn more about this gentle healing.

