

Healing the Whole Person: The Homeopathic Journey

We try to find a single remedy that matches you as a person—your mental, emotional and physical makeup—plus your life history and the health condition you are dealing with. Most people will need more than one remedy: sometimes to address different aspects of the current problem, other times to heal past issues which are still causing symptoms.

Usually in looking at a person's time line, we can see what we call "layers"—phases of a person's life in which different symptoms pre-dominate, each with its typical onset (Never Well Since) and each with its own remedy or remedies. We work backwards through time, like peeling the layers of an onion. Even from the first interview we can often predict which remedies you are likely to need in the future in order to truly heal and not suppress these old symptoms.

You will probably stay on the same remedy for several weeks or several months, depending on how long you've been dealing with your current condition. Often people find that as a current condition clears up, they want to address another condition which has been with them so long that they have almost gotten used to it. This might be a chronic digestive problem, or knee pain, or underlying anxiety or depression. As your attention is drawn to this longstanding problem, it means that an earlier layer has come forward to be healed.

At the end of your homeopathic treatment you will receive a single dose of your constitutional remedy to strengthen you, balance your energies and help prevent recurrence of your condition. We call it "polishing the diamond": the constitutional remedy brings out the best and strengthens any weaknesses in the underlying constitution, the "stuff" of which you are made. It also strengthens you against common acute conditions like colds and flus.