



The Healer Within

"WHAT" CAN WE TREAT vs. "WHO" CAN WE TREAT?

One of the questions I am most often asked in my practice is, "Can you treat my condition (for example allergies, depression, arthritis, asthma, etc.)?"

Homeopathic medicine treats the whole person, not just the condition. Homeopathy works best when we tailor the treatment to the individual and what is unique about them. How the person differs from others with the same condition, how they came to be the way they are, what was happening in their lives at the time of onset of their condition... all of this and more offers insight into their nature, which is what we attempt to tap into and harness when we prescribe a homeopathic medicine.

"HOLISTIC"; THE MYSTERY WITHIN

Holistic does not simply infer the application of a separate therapy or a different homeopathic remedy for every individual complaint. Nor is it sufficient to define holism as an approach that addresses the mind, body, and spirit of the person.

As my colleague *Robin Logan* explains in his book *"The Homeopathic Approach to Eczema"*, "In its deepest sense...we recognize the need to heal mind, body, and spirit and pay attention to all the patient's symptoms, but additionally perceive the inter-relatedness of all aspects of the person and seek to make connections between seemingly disparate signs and symptoms." What, for instance, might the patient's food cravings, dreams, sensitivity to temperature extremes, mood and sleep position have in common? These are all expressions of that person's life force, speaking a language most of us are not used to honoring as an integrated whole.

FULL CIRCLE HEALING

Whether it is a condition like obesity or insomnia, depression or chronic fatigue, there is more to symptoms than meets the eye. Symptoms are often the outcome of an earlier wounding.

For example, when one of my patients developed severe menstrual pain in adult life, I asked her what had happened in her life at the time when it started. Upon reflection, she realized it was associated with a stressful time in her life. A new roommate had moved into her home who turned out to be rude, disruptive, and threatening, making her feel unsafe in her own home.

It reminded her of the stressful relationship she had as a child growing up with an older brother who used



to bully her. She learned to cope by swallowing her anger. This avoidance of what she is sensitive to depleted her life force, an imbalance which eventually manifested in the form of severe menstrual cramps.

We are creatures of habit. Entrenched coping styles that may have once served us but which are now obsolete defense reactions can result in dis-ease. Insight into the connection between the subconscious attitudes that rule us, the depletion this causes within, and the symptoms that manifest as a result of this imbalance can alert us to the powerful role our old coping habits play in the quality of our current life experience.

MEDICINE AS PILL, OR MEDICINE AS SKILL

Holistic therapies encourage insight into our true nature and result in mindfulness as we consciously partner with our life force to help us on our healing journey.

THE VALUE OF SYMPTOMS

I am inviting you to think outside the box here. We are raised to be afraid of symptoms, judging pain as “bad”, and use chemical intervention to get rid of the symptoms at all costs. Viewed as an intelligent force communicating to us, symptoms can motivate and inspire a higher vision concerning our life lessons. They can also guide us to an ally in nature to nurture our nature to restore balance.

ENERGY, NOT BIOCHEMISTRY

Because homeopathy uses substances that are often diluted beyond molecular doses it has often been dismissed as merely the “placebo effect. To be a placebo, the person using the 'medicine' must believe in its efficacy. Why then does homeopathic medicine work on babies, animals, skeptics, or unconscious people?

It isn't a biochemical model that will explain homeopathy's efficacy. Like Chinese medicine and Ayurvedic medicine, homeopathy acts on the energy level, harmonizing the body's subtle energies.

THE SOURCE BEHIND HEALTH AND DISEASE

Holistic healing recognizes our nature as a mysterious force, both the source of and the solution to our health problems. Homeopathic medicine works by tapping into that source. As energy medicine, its stimulus is subtle, yet the results can be powerful.

Homeopathy is **Life Force Medicine**, recognizing our **life force** as the most powerful medicinal tool available to us. Known as “**Chi**” in Chinese Medicine, “**Prana**” in Ayurvedic medicine, and “**Vital Force**” in homeopathic medicine, we are harnessing our life force when we apply any of these holistic methods of natural health care to help a person heal.