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Homoeopathy, which has been around for over 200 years, is probably the least understood modality as it makes no sense to our “logical” western conditioning. However, homoeopathy is one of the best documented modalities.

Homoeopathic medicines are made from substances that are prepared by serial dilution and shaking in a particular way so that only the energy of the original substance remains, a process known as potentisation. The greater the dilution—the more powerful the remedy becomes as its energy increases with potentisation.

An example is the herb Arnica (*Arnica montana*) also known as Leopard’s bane or Wolf’s bane, which can be extremely toxic when taken internally in its herbal form, causing severe gastroenteritis and bleeding of the digestive tract, hypertension, cardiac arrest, difficulty breathing, muscular weakness, dizziness, nausea, vomiting, drowsiness and coma.

However, when used in its homoeopathic form, Arnica is a safe and effective remedy, used following injury and surgery for bruising, bleeding, and the feeling of the limbs and body “aching as if beaten”.

Homoeopathic remedies provide a safe means of treating humans and animals without risk of overdosing or severe side effects, making homoeopathic remedies especially useful for treating babies, the elderly, and frail and sensitive individuals.

Homoeopathy is also especially useful for treating animals of all species, including very small animals where it would be difficult to calculate an appropriate dosage of other remedies such as vitamins, minerals and herbs. It is also an economical way of treating large animals - being an energy medicine the size of the animal is irrelevant, so the dose given to a very small animal such as a mouse is the same as that given to an elephant.

In spite of orthodox medicine's rejection of homoeopathy, it has an impressive record in preventing and treating illness during epidemics. One of the most significant results was during the 1918 influenza pandemic, where 24,000 cases in one city in USA had an almost 30% mortality when treated with orthodox medicine but only 1.05% in 26,795 cases treated homoeopathically. Impressive results indeed!

Homoeopathy is also used preventatively to provide resistance to various diseases - a process known as homoeoprophylaxis. In Australia, homoeopath Dr Isaac Golden, earned his PhD by showing that when children were treated for childhood illnesses using homoeoprophylaxis, it was at least as effective as orthodox vaccination and in the case of whooping cough was more effective.

- Carole Bryant©