

Basics of Constitutional Homeopathy

Constitutional Homeopathy is prescribed based on a person's entire being: their energy, temperament, demeanour, and physical symptoms. It takes a well-trained homeopathic doctor to find the right remedy for a person.

What to expect from your "constitutional" homeopathic remedy?

Your highly individualized, constitutional homeopathic remedy will improve your body, mind and emotions. What this means is that many of your physical symptoms are either partially or entirely alleviated over a period of days, weeks or months. In addition, you may feel more clear mentally and have improvements in your emotions (less depression, less anxiety, more hopeful, calmer, more cheerful, *better tolerance for people*, etc.).

How quickly will these changes occur?

Most people feel some changes within minutes to hours after taking their constitutional homeopathic remedy. This is almost always unbelievable to patients. Those who are usually fatigued become energized, while others who feel anxious become relaxed and grounded. Other changes might need a month or longer to come about. Every day that goes by, you will experience more healing from within. Physical symptoms respond differently depending on how long you have had these symptoms and the intensity of such symptoms. **All the healing can NOT happen in one month, and you will most likely need to repeat your remedy on average once a month until you reach a high level of functionality on a physical, emotional, and mental level.** When you take the remedy as often as prescribed, over time your body/emotions will heal on a deeper and deeper level every time you take the remedy.

What things can antidote (cancel the effects of) homeopathic medicines?

Coffee (regular or decaf), in any form (liquid or solid) can antidote homeopathic remedies. Note that caffeine itself is fine, however. Acupuncture, some strong-smelling essential oils such as camphor (found in Vicks vapor rub and other creams for pain relief), menthol (in cigarettes and creams for pain relief), mint or peppermint (in oils and toothpastes, etc.), direct application of some electric appliances (such as a heating pad), anesthesia (from dental procedures, etc.), marijuana, and major emotional and/or physical stress of any type (such as the flu or any other acute illness) can antidote (or at least decrease the effectiveness of) homeopathic remedies. Some pharmaceutical medications, and medical procedures, such as colonoscopy, endoscopy, and nuclear imaging can antidote homeopathic remedies. Any kind of severe pain and detoxification/cleansing supplements can also potentially antidote remedies. Note: Camphor and menthol are much more of a concern than just plain mint/peppermint in any form (such as toothpaste or tea).

How often do you take your constitutional homeopathy remedy?

One dose of your constitutional homeopathic remedy should work for about two weeks to two months. In other words, you take one dose, and then wait for two weeks to two months before you need to take your second dose. **However, if you become acutely ill, such as a cold or flu, there is almost a 100% chance you need to take another dose of your remedy at that time.**

How do you know when you are ready to take your next dose?

You take your next dose if/when the improvements you obtained on physical, mental and emotional levels start to disappear, and you are starting to feel badly again on these levels. For example, say you take your remedy, and your chronic headaches and constipation disappear or are greatly alleviated. In addition, your mood and tolerance for life also improves. After 1-2 months, if/when your mood starts to go down, and your constipation and headaches slowly begin to return, that is when you redose (take another dose of your constitutional remedy). On the other hand, if 1-2 months have gone by and you still feel good on physical and emotional level, this means you do not need to redose.

Are there side effects or aggravations to homeopathic medicines?

Homeopathic remedies can but rarely cause side effects. The more toxic a person is, the more likely it is that they will develop side effects. Possible side effects might include a skin rash, a slight sense of overall imbalance, etc. If you do happen to develop a skin rash after taking a homeopathic remedy, that is actually considered to be a very healing response. Therefore, please do not use pharmaceutical medicines (creams, lotions, pills, etc.) for such a rash. The rash will usually disappear after a short period of time. Theoretically, all side effects disappear within a few days. Therefore, you should not be too concerned if you develop any side effects, but please do contact the office to let us know if you are experiencing any possible side effects.