

Next Month's Spotlight:

Homeopathy - Part 2 of 3

Common Remedies for Acute Conditions

Did You Know?

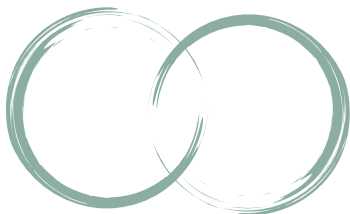
Massage therapy stimulates the body's parasympathetic system. This is the part of the nervous system that must be active in order for relaxation and healing to occur. Contact me for a relaxation massage for your equine companion.

Workshops

Would your group or organization like to host a class or workshop? Please visit the website or contact me for a complete list and fees.

For More information

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Holistic Connections
Equine Massage Therapy

Holistic Connections

This month starts the first of three newsletters on the topic of Homeopathy. Homeopathy is a system of medicine that naturally stimulates the body's own healing ability (vital force) to re-establish health and balance. Below you'll find some more information about the history and workings of Homeopathy, as well as some suggested readings.



Wishing health and happiness to you and yours!
Jennifer Stern

Community Spotlight

Homeopathy is found as far back as Hippocrates, but was formalized by the German physician, Samuel Hahnemann (1755-1843). The system of Homeopathy is based on the "Law of Similars" otherwise known as "like cures like". This law states that any substance which causes symptoms in a healthy person would in turn help to heal an ill person with similar symptoms. Homeopathic preparations or remedies are made from plants and minerals which are diluted and mixed vigorously (succussion), to a point where there is little to no physical element left. This process is called potentization and is unique to homeopathic medicine.

Symptoms are looked at differently with homeopathic medicine than they are in conventional medicine. Conventionally, symptoms are looked at as something wrong which should be suppressed. In homeopathic medicine, symptoms are looked at as the body's natural way of trying to rid itself of disease. They are in fact helpful in determining what is wrong and should not be suppressed. Instead, they should be used to determine the best remedy that would support the body's defenses to complete the curative process. The remedy works by stimulating and focusing the body's own natural healing ability (vital force) to regain health. Homeopathic medicine looks at the patient's overall state (physical, mental, emotional) and uses the smallest dose possible of the remedy that best fits the patient's illness; to elicit healing without side effects commonly seen with conventional medicines.

In today's world where so many are looking for the key to good health, Homeopathy is a gentle, yet effective method that has been proven over hundreds of years. If you are interested in learning more about Homeopathy, check out the suggested books and websites below.

Books: Everybody's Guide to Homeopathic Medicines
by: Stephen Cummings, MD and Dana Ullman, MPH.

Treatment of Horses by Homeopathy by: George Macleod, DVSM

Homeopathic Care for Dogs & Cats by: Don Hamilton DVM.

Websites: www.nationalcenterforhomeopathy.org
www.homeopathyworks.com

The above information is for educational purposes only, and does not take the place of veterinary medicine. You should consult your veterinarian with specific questions or for specific diagnosis of your animal's health.