

- How does homeopathy work?  
Homeopathy is based on the principle that “like cures like.” A substance that can cause an illness or a symptom can also treat the same illness when given in a minute amount in a homeopathically-prepared medicine. Homeopathic medicine requires a process of continuous dilutions and succussions (vigorous shaking) in order to be effective.
- How is a homeopathic remedy made?  
Homeopathic remedies are made from substances found mostly in nature (animal, mineral or botanical) through a process of dilutions and succussions (vigorous agitation). Each remedy is manufactured according to the *Homœopathic Pharmacopœia of the United States* following strict formulation requirements.
- Why use homeopathic remedies for acute health care crisis?  
Homeopaths do not waste valuable time in a healthcare crisis because they do not diagnose the disease. There is NO need to name the disease in order to help people. Symptoms are carefully noted and a remedy is given according to the individual’s manifestation of the disease. A well selected remedy wakes up the body’s own innate ability to heal itself
- Are there any contraindications to Homeopathy, especially if I am taking a conventional medication?  
Most homeopathic remedies are prepared using the centesimal scale of potency and dilution. By this we mean that a single drop of a solution of the material substance is diluted in 99 drops of alcohol. This is 1C. Diluting 1 drop of 1C solution in 99 drops of alcohol gives us 2C, and so on. There is no limit to this process. Once passed the 12th dilution, orthodox science tells us that there will be no molecules of the original substance left in solution. Our homeopathic flu kit contains remedies in the 30C and higher potencies. Therefore, they can be safely taken with other conventional medications and are sometimes recommended to complement other treatments.
- Are there any side effects of taking homeopathy?  
Homeopathic medicine, when used as directed, is generally recognized as safe for babies, children, pregnant women, and adults. However, if you are pregnant or nursing, we do recommend that you consult a licensed practitioner before using any medicine, including homeopathy.