



Simplicity in Homeopathic Treatment

written by
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Somehow I have acquired a lot of high tech gadgets. I have a cell phone with a camera and bluetooth, mac desktop and laptop, an ipod, and a digital camera. It would be really nice if I knew how to use them, but, alas I only know the fundamentals of use. I still have trouble answering call waiting and then switching back to the original call. All this high tech stuff is so complicated I wish that there were courses offered by the companies that sell the stuff. Not courses online, but a real classroom, with real people. The one exception is Apple, which does offer a one on one class for their computers and software. Naturally I go for a personal lesson every week. Still, it seems that I really can mess up, big time, more often than I like to admit.

A different era...

For instance, I made a mistake last night and uploaded another site I am working on to my torontohomeopath website. Uh, oh. It was past midnight and there was nobody that I could get to help me anyway. Early this morning I called my server's tech support who I cajoled into walking me through the published support pages on their website. Like all of the manuals of the new gadgets I buy, it seems like a foreign language. I understand 2 words, and the rest escapes me. I yearn for the simplicity of language where the written word was comprehensibly, understandably, and clearly laid out. I hate it when "people my age" console me with the excuse that "we belong to a different era".

The frenetic pace of activity...

However, there is truth in that excuse. We have a lot of material stuff today; we

can watch a real time war on the other side of the planet; we can phone someone in another country, and with the right equipment, we can see each other, and talk at the same time. How cool is that? But somehow I feel that time is spinning too quickly, just as I find that people are speaking too quickly. Technology has moved us into the fast line, and instead of saving us time for leisurely pursuits with our family and friends, has somehow made us slaves to the internet and the television, and the world of all the information and entertainment we can watch, produce, and supposedly share. What is wrong with this picture is that all of this is time spent in isolation, not together with others, but by one self. "Everyone" has a cell phone, and the phones are ringing in the restaurants, and in the offices, and in the toilets (which, I personally find very icky). We have cell phones in order to be reached, to stay connected - yet as a family, a society, a people - we are so very unconnected. People talk about private, or inappropriate things, in very public spaces, like the grocery aisle, or the check



out line. They go on television to air their dirty laundry, and we watch it. We have no boundaries, no connection. Internet dating is the new thing. It used to be that people were fixed up by friends, but those friends are too busy driving their kids to a multitude of classes, or their schedule is so packed that they themselves are

too busy. When was the last time you sat with a friend and talked your heart out? Do you have such a friend, someone who can be simply present, at that moment,

with you, and not their cell phone, the kids, the job, the chat line, themselves?

It seems that many of us have not been able to filter out all this technological connectivity, and action packed, frenetic activity around us. Many people are proud of their ability to master the new phenomenon called “multi-tasking”. Yet, all of this connectivity has actually lead us in the opposite direction - being disconnected, and the frenetic pace and multi-tasking has led to a marked inability for many people to focus on one thing at a time. The very same concept is seen in the medical realm.



The more medicine you are pre-scribed the better it must be, the more treatments you get the better you feel. Right? Well, it seems, from the people who attend here, that this is not the case.

With so many symptoms that are classified into “disease”, all the pharmaceuticals, to treat these “diseases”, so many supplements and herbals on the market, as well as the multitude of alternative hands-on treatments, how do you make heads or tails out of what to take, what to do?

Reaching Towards Simpless...

Many, many, many, people come to this office with a bag of doctor prescribed medicines, supplements, mostly self prescribed, and a list of herbal teas that they are drinking, as part of their health regime. For one condition, let’s say, the

simplicity noun

the simplicity of the language

clarity, clearness, plainness, simplicity, intelligibility, comprehensibility, understandability, accessibility, straightforwardness

inability to focus, two or three drugs may be prescribed. It is rare that anyone who has come here suffering from depression is on any less than two medications. Yet they come to this homeopath as the last resort because they still do not feel well, and all the stuff they are taking is not doing the trick.

In the first session, when told that the aim of this practice is to bring about a return to health, God willing, without a lifelong dependance on drugs, or supplements, people are relieved and, or skeptical. After all, this is the opposite of popular belief, just as homeopathic treatment is totally the opposite of popular medical treatment. In homeopathy the focus is on the details. You are treated with as little as possible to initiate a healing response. You are being treated as a “whole” person with symptoms of dis-ease. In other words: The sum is greater than the parts, and the parts together make up the whole. You are being treated to the very roots of the symptomology, and not just the symptom picture. As an added perk you get to participate in your own healing.

“It’s far more important to know what person the disease has, than what disease the person has”

Hippocrates

The gift of symptoms...

When we are not well we have signs, called symptoms, which prevent us from living our lives in a way that is balanced, or productive, or fulfilled. Our symptoms bother us so that we seek help to get rid of them. Yet we all know that these symptoms are not the cause of our disease, but only a sign of our dis-ease. The cause of our dis-eases lies deeper. Homeopathy is a system of medicine which, in the care of a classical homeopathic doctor, addresses not only the symptoms, but allows for healing to remove the cause. There is one caveat - you, the patient, have to be very involved in your own healing. Homeopathic medicine is like a gentle breeze brushing against your face. In order to feel that gentle breeze you have to take the time to pay attention and watch for it, wait for it.

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Being a practitioner in the holistic health care system, specializing in classical homeopathy, means prescribing only one remedy at a time, in the smallest dosage to be effective, to cover as much of the symptom picture of all the ailments the patient has. **Wrap your head around it. This is profound: one medicine only, smallest dose possible, cover everything.** Simplicity, produced by a

complex and complete system of medicine called homeopathy. This is the antithesis of what most people are used to in this complicated world we live in. Many people take more than one medicine a day. They also take supplements, and herbal remedies, self prescribed or recommended to them by their primary health care practitioners. They come to the office with a bag full of stuff to show me.

We start off with a lot of stuff, and we have to navigate down to one thing, to end up, God willing, at no thing - but health.

This concept of simplifying treatment by one remedy, smallest dose, total symptom picture, at any given time, is very important to understand because the aim is to prevent complications, contraindications, antidotes, and just plain failures, in homeopathic treatment.



Complications of too much

This is theoretical, yes, however, it has to become a reality in the practice. How so? Most patients who are ADD, or ADHD, or have a learning disability,

are on two, or more medicines to get them through their day. Most patients who are simply depressed are on two or three medicines, one which is usually an anti-psychotic. Those who have physical pathology, will be on a few medicines - naturally most are on cholesterol lowering, blood pressure regulating, thyroid regulating, in addition to. It's a lot of stuff! The job of the homeopath is to find

one homeopathic remedy that will reduce, and remove, all the symptoms of illness so that the patient can come off of all these medicines (strictly done with the doctors who prescribed them) so that they may come back to a state of good health. ***Restoring health, safely, gently and without side effects*** - that is my mission. This mission is accomplished by education, on my part, and on your part.

***"All drugs are poisons, the benefit depends on the dosage."
Paracelsus***

Did you know that poison is made into medicine, and medicine can become poison? All substances, when taken on a consistent basis, will produce symptoms. Easy examples: An infant turns orange all over is most likely the symptom of too much carrots in the diet. A lot of flatulence might be the symptoms produced by eating beans the night before. The heart palpitations, and the racy feeling you are experiencing, might just be the symptoms produced by the huge cup of coffee you just consumed. Road rage, and general irritability might be the symptoms produced by the too many cups of coffee you drinking while you're driving! Too much of anything produces symptoms. So, when patients are experiencing symptoms that bother them, even though they are on medication, they may be experiencing side effects.

Simplicity brings clarity...

When a person is on medication and comes to see me it is because they are not being helped by the medicine they are on.

They have symptoms. The first question is: What am I treating: the symptoms they are feeling, or the side effects of the medicine they are on? If someone is on more than one medication, then which one is effective, which one is not, which one is producing side effects? Much of what I do is to research the side effects of the medicine(s) that they are on, because in order to be effective you have to know what is the "dis-ease" which belongs to the person, and what is the "dis-ease" which belongs to the symptom picture produced by the medicine.

For instance, one of the most common side effects of anti-depressants is tiredness, listlessness. If I find that this is, in fact, is one of the side effects listed under the specific medication that a patient is on, we discuss this finding and rectify it by having the patient lower the dose, or come off the medication, with the originating prescriber. Recently a patient came in with exactly this complaint. She was prescribed a new medication that had just come out on the market for treating her depression, and was 1 month into the prescription. She was exceptionally tired and still very depressed. Because she had not been on it for very long the doctor who prescribed it told her to discontinue taking the medicine. I was able to treat her with the remedy that suited her - sans extreme fatigue - and her treatment was short and sweet. After suffering depression and being on various medicines over the period of a few years, she came out of her depression quickly with the use of a homeopathic remedy.

"The physician should not treat the disease but the patient who is suffering from it."

**Rabbi Moses ben Maimon
(Rambam) Maimonides**

On the other hand, a gentleman who had been suffering from what was diagnosed as Parkinson's disease, came to see me for treatment. After researching one of the medicines he was on I found that the symptoms he was experiencing were listed as side effects if that particular medicine. The side effects of the medicine were debilitating in that he couldn't sleep at night, and slept during the day. He was also getting drowsy while driving, and the movement symptoms of the disease were much more pronounced. I showed him the findings and asked him to see his prescribing doctor in order to either lower the dose, or take him off of the medicine altogether. Unless the treatment is strictly palliative, and not curative, there would be no reason to treat the side effects produced by his medicine. In the case of a patient who is undertaking chemotherapy, or radiation, homeopathy would be used for this exact reason -alleviating the side effects (vomiting, nausea) of the treatment.

Formerly, when religion was strong and science weak, men mistook magic for medicine; now, when science is strong and religion weak, men mistake medicine for magic.

Thomas Szasz, M.D

Although conventional medicines can complicate the symptom picture, homeopathic treatment will, in most cases, be able to treat the patient so that they can be weaned off the conventional medicine, then off the homeopathic medicine, and voila! God willing, there you are: in health.

In addition to complications we deal with contra-indications which we also refer to as antidotes in homeopathic terminology.

Contra-indications, Antidotes and Failures...

Contra-indications are those substances that will antidote a homeopathic remedy. A most common contra-indication is drinking coffee, which will make the condition worse with the homeopathic remedy psorinum. Depending on your sensitivity, if you are using cortisone, it may antidote the homeopathic remedy. Many herbals will antidote homeopathy, and the most common problem is taking Chinese medicine, or drinking herbal teas, or taking herbal supplements at the same time. Therefore, taking shark cartilage, or St. John's Wort, or anything other than homeopathy, (and your conventional medicine) will complicate the picture, make the symptoms worse, cause the remedy to stop working, or simply prevent it from working altogether.

Lastly, it is a struggle to free yourself from medications, and it is a struggle to heal. You must really want to do it. If you are seeing a practitioner of another therapy, who is not of the same mind as that of a classical homeopath, you put yourself into a struggle between two different philosophies. An example from this clinic is that of an addictive young woman who was on three medications for "ADD, depression, and a learning dis-

ability". Within a relatively short period of a couple of months she was off one medication. At this time she began to see a therapist, who told her that he did not put much stock into homeopathy, and wanted to put her on a medicine to help her with her "ADD", because he felt she wasn't coping. Every time she came to this clinic she told me that this therapist was trying to talk her into this medicine because she needed it. On the other side of this, it was thrilling to see the transformation she was beginning to make, which this other therapist would not acknowledge - she excused his actions with - "He doesn't know me." The bottom line is this: Homeopathic treatment is a commitment which should be given every opportunity without this kind of negative pull in another direction. The aim in this clinic is to help get off unnecessary medications and it is hard to keep working with practitioners who insist on adding more. By the way, it is not legal for an alternative practitioner to tell you to stop taking conventional medicine. Unfortunately, those that dispense conventional medicine may hold no respect for other practitioners, as was the case in this example.

Complications, contra-indications, and just plain anti-doting, are all the variables that can happen with all treatments. That is why It is so important to address these variables with education, understanding, and awareness. In fact, this is one of the reasons homeopathy is loved so much by its adherents, patients and practitioners alike, because we learn so much, and gain so much understanding and awareness about ourselves, and the world around us.

The other fabulous benefit of being a homeopathic patient, of course, is that you become a responsible partner in your

own healing. Together, we simplify the process and turn towards health.

"It's supposed to be a secret, but I'll tell you anyway. We doctors do nothing. We only help and encourage the doctor within."

- Albert Schweitzer,

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