

What is Homeopathy

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The basic principle of homeopathy has been known since the times of ancient Greeks. Derived from the Greek word 'homoios' meaning 'like', homeopathy is the medical practice of treating like with like. This is to say, treating an illness with a substance that produces in a healthy person similar symptoms to those displayed by the person who is ill. Current medical opinion believes that symptoms are caused by the illness. Homeopathy, by contrast, sees the symptoms as the body's reaction against the illness as it attempts to overcome it, and seeks to stimulate and not suppress this reaction.

According to statistics issued by the World Health Organization, homeopathy currently runs second in the list of most widely used methods of treatment in the world and is the fastest growing method, especially in some parts of Europe and Asia.

Today, many well-known personalities subscribe to the safety and effectiveness of homeopathic remedies, the most prominent being the British Royal Family.

How does it work?

Homeopathy is essentially a natural healing process in which remedies assist the patient to regain health by stimulating the body's natural healing forces. The choice of remedy depends more on the patient's individual reaction to illness - mentally and emotionally, than on the signs and symptoms characteristic of the disease. Homeopathy, therefore, is concerned with the whole person rather than treating the patient simply as a bearer of disease.

Is it a new medicine?

Homeopathy was known to the Greeks in the fifth century, and was introduced in the nineteenth century by the German doctor, Samuel Hahnemann as a safe alternative medicine. By the turn of the twentieth century, homeopathy had gained widespread support and was practiced by doctors in more than fifty countries throughout the world.

Is it safe?

By virtue of their infinite dilution, homeopathic remedies are completely safe and non-addictive, with no unwanted side-effects, even for babies, children, nursing mothers and during pregnancy.

Is it effective?

The success of homeopathy clinically has been demonstrated by its international adoption and effectiveness in treatment of millions of people worldwide. It has been successful when all other forms of treatment have failed.

Is it officially recognized?

Homeopathy was officially recognized by an Act of Parliament in 1859 by a bill known as "An Act Respecting Homeopathy". However, homeopathic medicine is not as yet covered by OHIP. Private health insurance plans recognize the benefit and cost-effectiveness of homeopathic care and will cover a substantial amount of the fees.