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How to Get the Most Out of Homeopathy

Presenting your case: Homeopathy treats the whole person rather than the disease. An example of this is two individuals that have both been diagnosed with migraine headaches. One person is on the chilly side, feels irritable and is sensitive to light. The other person feels better in the fresh air and wants sympathy. These two individuals, from a homeopathic perspective, have two different disorders, based on their uniquely subjective states, and would be given two different remedies. Another example is three individuals, one with the flu, one experiencing stress due to some personal problems and another with chronic constipation. All three of them are thirsty for cold water, overly sensitive and are afraid of thunder. These three individuals, from a homeopathic perspective, all have the same disorder, based on their subjective states, and would be given the same remedy. This is called constitutional prescribing.

For our homeopathic consultation, I need to find out what makes you who you are, what has gone into your history that is unique to who you are and what makes you different from everyone else with your same issues. What are the most traumatic events of your life and how did you respond to them? What are your desires and aversions, general information about your living, eating and sleeping patterns, your stools and urine? Any discharges, including perspiration, mucous, blood. Also any quirks you have, dreams, anything especially difficult about your childhood and upbringing. Any problems with family relationships, business relationships and friendships. If you are female, I will want to know what your menses are like, what menopause was like for you, and what any pregnancies were like. I also need to know what makes you or your symptoms better or worse, including weather, environment, activities, position, etc. I need to know about your emotional states, your feelings and what things make you angry, depressed or afraid. For any physical symptoms, please describe the etiology, both how the symptom started and what was happening in your life when it started; the location you experience the symptom and any extension of the location; the sensation in detail, i.e., not just pain, but burning, cramping, throbbing, intermittent, etc. or not just mucous but thick, white, thin, excoriating, green, sticky, etc.; any other symptoms that occur at the same time or alternate with the presenting symptom; and modalities, i.e., what makes the symptom better or worse.

The things you would tell an allopathic doctor concerning your illnesses and the things your doctor would tell you about your illnesses are not of much value in finding your homeopathic constitutional remedy. I'm sure this will be a different way of thinking about yourself. There are over 3,000 FDA approved homeopathic remedies and finding the one that matches your state most perfectly is often a challenge, but the more information you can give me about the above topics, the more success we will have in finding your constitutional remedy.

Taking the remedy: The remedies can be given dry, under the tongue, where they will melt or they can be diluted in water. Do not take anything other than water ½ hour before or after the remedy. If you are taking a high potency, you will take only one dose. If you are taking a low potency, you will be taking it more frequently and will be given directions for its use. Do not repeat or change remedies unless you are instructed to do so.

What to expect after taking the remedy: You may experience a slight aggravation within the first week or so of taking the remedy, followed by an amelioration of symptoms. The slight aggravation is a sign that your vital force is being stimulated. However, many people report no aggravation from the remedy, only amelioration, which is an excellent response. You may also experience a change in your symptoms and/or mood, some things improving and others worsening, or a completely new set of symptoms. These are all indications that the remedy is affecting your vital force. If you are concerned at any time, please call; and do be sure to note any changes, so they can be reported at the follow up session.

What if I am currently being treated allopathically or need treatment for a medical condition while taking a homeopathic remedy? If you are currently under allopathic treatment, do not discontinue any medication except under the care of a licensed physician. If you develop a medical condition while using homeopathy, you should be seen by a licensed physician. In case of an emergency, call your licensed physician or go to the nearest emergency room.