

**Classical Homeopathy, Inc.**

**Patient Information Booklet**

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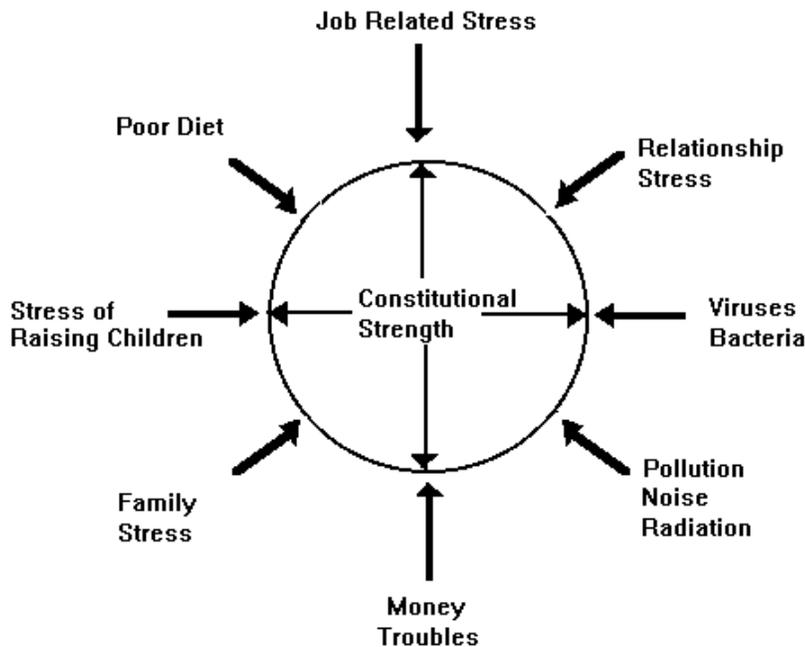
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# Classical Homeopathy

The purpose of this booklet is to explain some of the basic information which you will find helpful while being treated here. This is necessary, because many things in homeopathy are extremely different than in conventional medical approaches. Most people come to see us, because they have one or a number of physical and/or emotional problems, which are bothering them. They want something to make these symptoms go away. The role of the homeopath is more than simply making the symptoms go away. To understand why, let us look at the role of symptoms.

Homeopathy sees that symptoms are not the problem, but rather the way in which our body reacts to the problem. To understand this see the figure below:

**Stress Circle**



This circle represents a person with the incoming arrows representing all of the stresses effecting the person. From the center of the circle (person) there is the person's constitutional strength, which opposes these stresses. The constitutional strength or vital force acts through a number of mechanisms, including but not limited to the body's physical defense system mechanisms. We are born with a certain amount of constitutional strength and extreme traumas or certain types of medical treatments can reduce it. This constitutional strength is the amount of vitality a person has, how much strength they have to resist stress.

Whenever the stresses coming in from the outside are stronger than the constitutional strength, our organism reacts to the stresses in the best way it can. It guards us from harm by minimizing the damage from these stresses. It counterbalances the stresses with an action of its own to minimize it's effects. If the body didn't do this, we would die the first time we had more stress than we could handle.

This is similar to when someone pushes you, and you change your stance to better resist the push. These counterbalancing effects appear as symptoms. Thus such reactions by our organism as a runny nose, cough, fever etc. are simply our organism doing what it can to resist stress.

If one accepts this view of how the body works, it totally changes our perception of the disease process. Our usual reaction to symptoms is to fear them and try to get rid of them by taking drugs (whether doctor prescribed, over the counter, herbs or vitamins) to make the symptoms "go away." But if the symptom is our body's best reaction to stress, what are the effects of making them go away?

One way to visualize what happens is to think of a tea kettle, which has a spout through which steam escapes. If one was to plug up the hole so that the steam couldn't escape (the equivalent of using a drug to make the symptom go away), then the pressure would build up till the weakest spot in the seam of the kettle would burst and let the steam escape. The steam, which has been denied the easy way out, looks for the weakest link in the system and forces its way out causing damage in the process. In the same way in the body if the stresses are not allowed to escape through a symptom, it seemingly disappears but later on escapes in some other way. This usually means coming back later in what appears to be an unrelated symptom. Unfortunately, it often later appears in a deeper more serious level of the organism. For example a runny nose, which is suppressed might come back as pneumonia. Often the symptoms come back in ways that are so different from the original symptom that it is hard to imagine the connection between them.

Another way to visualize this is if a fire alarm goes off to tell you that there is a fire and you respond by turning off the alarm, and by that action you think you have dealt with the problem. Meanwhile the fire continues to burn away undisturbed. This making a symptom go away, which results in deeper symptoms developing later, is called suppression.

Think about how accepting this point of view changes the way that you look at things. One would make a strong distinction between suppression and true healing. One would use great care to avoid suppression, because in the long run it can be the cause of more serious problems.

One fundamental difference in this approach is that it assumes that the body has an intelligence of its own - that it does not get sick by mistake, but is always doing its best to minimize symptoms. If the body knows what it is doing, what can we do to help it toward greater health? Looking back at the stress circle we can easily see that if we either remove some stresses from the outside or increase the constitutional strength of the body, the symptoms would be lessened and greater health achieved. It is important to reduce stress as much as possible. If there is anything in your life which adds stress to you, then anything you can do to resolve the situation and reduce the stress will greatly help your health. But many stresses are built into life and can't be avoided. Germs and viruses are in the environment and also cannot be avoided, though public health measures can insure that the problem is not as great as it would be otherwise.

Nutrition is looked at by some people as the answer to how to cure all disease. This is not accurate, but nutrition is important as it is a stress which is easier to reduce than most. If you are eating a poor diet, changing your diet can relieve a significant amount of stress in your life and thus reduce symptoms. But this can be carried too far, as too great a concern with nutrition can be stressful in and of itself. The same thing applies to exercise; too little is a stress, as is too much, and changing to a healthy amount can improve health.

Reducing stress is very important, but for most people it is not enough to totally transform their health. The other important factor is to increase the persons constitutional strength. If you have a very strong constitution, you can deal with quite a lot of stress without producing significant symptoms. People with very strong constitutions can eat nothing but junk food, smoke a lot of cigarettes, drink a lot and still be fairly healthy, but not as healthy as they would have been if they led a more moderate life. For most people it is not possible to

reach a state of good health without both decreasing stress and increasing constitutional strength. Homeopathy increases constitutional strength by the use of medicines chosen specifically for their ability to add strength to a person. The right remedy literally adds strength to the constitution. The body responds by removing symptoms which are no longer necessary. The person moves a step toward greater health.

## **The Basic Principles of Homeopathy**

Homeopathy is very different in approach from allopathic (conventional ) medicine. Allopathic medicine treats diseases. Allopaths look at a specific problem or set of problems - figure out what disease is causing the problem and initiate a standard treatment for the disease. Any other problems suffered by the person are not considered. A person is put into the category of a certain disease and this determines how the doctor will treat them.

Homeopathy, on the other hand, looks at every symptom the person has - not only the physical ones but also the mental and emotional ones. A homeopath looks at the pattern, the gestalt of how all the symptoms come together. The homeopath will then choose a homeopathic remedy based upon the entirety of symptoms for the individual - not the disease. This medicine, if correctly chosen, will help the whole person, not just one isolated problem.

For example if a person is nervous, has migraine headaches and eczema - under allopathic treatment a general practitioner would give them medicines to give symptomatic relief from the headaches. The doctor would either prescribe a medicine to suppress the eczema or refer to a dermatologist who would do the same. Finally you would either be told to ignore the nervousness or would be referred to a psychologist or psychiatrist, who would either do some sort of therapy or give you a drug to suppress the nervous reaction.

Homeopathy would look at the three symptoms as part of one problem. Looking at these and other problems it would choose one homeopathic remedy for that person which would strengthen them, and enable them to deal with stress better. This would result in symptoms getting better, as part of an overall growing toward better health. Homeopathy realizes that people are not machines made up of different parts - but are integrated human beings - and all of the problems are related to each other.

Allopathy looks at what is normal and what is abnormal and says that when something is beyond the normal range disease is present. Homeopathy says that everyone is different from one another and the question is not what is normal, but what is best for this individual person?

Allopathy mostly suppresses symptoms and doesn't deal with underlying problems. If you have a fever, an aspirin is given to reduce the fever, but the deeper question is why is there a fever? There must be a reason why the body decided to produce a fever, or is it just a mistake? Homeopaths assume that the body knows what it is doing, that symptoms are the body's attempt to deal with the stress it is undergoing. They work to help the body in its attempts to heal itself, not simply to make the symptoms go away. This is the first of the principles of homeopathy.

- The body is intelligent and knows what it is doing. It produces symptoms for a reason, as it minimizes the damage from stress.
- Cure takes place by cooperation with the laws of healing that exist in nature.

- If the laws of healing are not followed, only suppression or palliation (lessening symptoms without curing) can result, but not true cure.
- Diseases do not exist independently of people. Health care problems are problems of diseased people, and the people must be treated not the disease.
- Peoples physical bodies are animated by energy (spirit), and medicines aimed at this energy are more effective than ones aimed at the physical body alone.
- There is only one remedy which is correct for any one person at any one time. This remedy must be left to work without interference for a long time.
- Healing happens in a very specific order, depending on the priorities of the body - what is most important is healed first. Peoples' conscious priorities are often very different than the body's priorities.

Homeopathic remedies are chosen for you based upon the "Law of Similars." This says that a medicine, which produces a set of symptoms in a healthy person will cure the same set of symptoms. Each homeopathic remedy has been carefully tested on large numbers of healthy people, and we have discovered what symptoms produced in these people, and thus we also know what symptoms it is capable of curing in you. We are not matching single symptoms but the whole pattern of symptoms, the gestalt. Homeopathic remedies are all natural medicines. Some are herbs, some minerals or other natural substances. They are prepared by a special process of step by step dilution and succussion (shaking), which makes them capable of effecting your health in a much deeper way than the remedy could without this process.

The process of treatment consists of the following steps. The first, which you have already done consists of a screening by telephone to see if there was any reason why we shouldn't treat you. At this stage we turn away some people with certain problems or who are receiving certain drugs or for other reasons. Next is this present appointment in which you are being asked many questions. These include:

- What foods you crave (not necessarily the same as what you eat)
- What foods you dislike and what foods make you ill
- How thirsty you are
- Sensitivity to hot and cold and different weather conditions
- Sensitivity to different environments
- How times of day effect how you feel
- Position you sleep in and any problems with sleep
- Problems with repeated dreams or bad dreams
- Sensitivities to anything
- Family History for up to 3 generations back
- Weight and height
- Any alternative therapies you have been treated with
- Physical history of all diseases and problems in your life
- For women: menstrual history

There also will be a full discussion of the problems you came to us for, as well as finding out what your personality is like. What were you like as a young child, and now, and what events shaped you? What limits you from being perfectly healthy and happy? We need to find out a lot of the same information that close friends already know about you.

After this long appointment we will take anywhere from a few days to two weeks to choose which remedy to give you. Once we decide, we will give you a remedy one time only. We will drop a few medicated pills under your tongue or have you drink a liquid containing water, brandy (used as a preservative) and the remedy. You will not be able to eat for thirty minutes before and after the remedy. Only water can be taken during this one hour period and not even water for 15 minutes on each side of the remedy. We initially will give the remedy in the office but will eventually allow you to take it at home. In this case you must use extreme care as the remedy is very sensitive to sun, heat and strong odors. It can't be exposed to sunlight for even a second. It also can't be kept within one foot of an electrical cord or plug or electrical appliance.

In most cases the remedy will be given only once. This seems very unusual to most patients at first. People know, based upon their experiences with allopathy, that medicines only work for a number of hours and must be repeated a number of times a day to have continued effect. But homeopathic remedies are based upon an entirely different principle. The energy of the right remedy makes the person stronger. This effect lasts indefinitely. If nothing interferes with it, it will not need to be repeated for many months or even years. In fact repeating it can have a negative effect. If a person takes a remedy and over the next few months experiences relief from symptoms and gradually increasing health in general, then repeating the same or giving any other remedy will often bring back the original problems.

In classical homeopathy we only repeat a remedy when the symptoms indicate it is appropriate. We believe that the body speaks in the language of symptoms and tells us what is needed. If the person is better than before the remedy, we usually need to leave things alone without a new remedy. At some point there will be a relapse. If after the relapse the symptoms are the same as originally (but usually less in degree), then we give the same remedy again. If the symptom picture is different, then we need to choose a remedy based upon the new picture. We have stripped off a layer of symptoms and gone to the symptoms below it. Often, but not always, these symptoms will be ones that the person experienced earlier in their life and which either went away or were overshadowed by later ones.

After the single remedy is given there is sometimes an aggravation, that is something becomes worse. It begins usually in the first few days after the remedy and tends to last for a few minutes to a few days. In some cases it can last longer. This reaction is usually physical but can be emotional. It can be the chief complaint getting worse but more often involves temporary exhaustion, flu-like symptoms or fever. The aggravation is never dangerous and in most cases is very quickly over. Many people report that while something is worse during the aggravation they on a whole feel better. In rare cases the aggravation is very prolonged. Aggravations are a sign of the body's defense system getting stronger and fighting back. The best possible response to a remedy would be a strong aggravation within the first three days lasting up to three days, followed by a clear improvement. The aggravation is not something to be feared. It is not peculiar to homeopathy but is an integral part of how the body heals itself and will be present in any curative therapy.

## **Antidotes**

The action of the remedy can be interfered with by various substances or treatments. These substances or treatments can stop the remedy from working (antidote). A person who enjoys greater health under homeopathic treatment can, after being exposed to these factors be pushed back to their former state of health. This interference can be antidoting or suppression. The resulting relapse may be short-lived and involve only a few symptoms or it may be complete and permanent.

**All of the following are best avoided by homeopathic patients to avoid antidoting their remedy, especially at the beginning of treatment.**

**Coffee** - This frequently antidotes remedies, probably because of a combination of medicinal chemicals (alkaloids) and caffeine. The antidoting effect can happen after one cup in some people or after many months of steady coffee drinking in others. Since we have no way of predicting in advance, we require that patients drink no coffee at all. Most decaffeinated coffee also can not be drunk because it is water processed. Decaffeinated coffee that can be drunk is available from Cafe Cartago at 303-297-1212. Ask for the coffee for homeopathic patients. Also Starbucks decaf coffees can be used. You can also drink coffee substitutes e.g. Pero.

**Tea** - Black or green tea can be drunk in moderation, if you are not particularly sensitive to it. Some people get a rush of energy from tea similar to what most people experience from coffee. Or they may find that drinking strong tea before going to bed affects their sleep. If either is true for you then all tea must be avoided except for decaffeinated tea.

**Herbal Teas** - Some herbal teas have a strong medicinal action and must be avoided. Others (e.g. hibiscus, lemon grass, lemon verbane, rose hips etc.) are mild and can be used freely. Specifically avoid mint tea and chamomile tea. It is best to drink different herbal teas rather than repeating the same one too often. Mate' tea or blends containing mate' must be avoided due to their high caffeine content.

**Alcohol** - Alcohol can be used in moderation. This means only occasionally and not to the point of getting drunk. A glass or two of wine or beer or one mixed drink is fine, as long as you are not particularly sensitive to it.

**Camphor** - Even skin or mucus membrane application of camphor can antidote remedies. Avoid anything containing camphor including many things you rub on your skin for aching muscles or bruises, on your chest or in your nose to break up congestion. It is also in many lip balms, cough lozenges, some massage compounds, some Chinese candies, some cosmetics etc. Brands to avoid include Vicks's Vapor Rub, Tiger Balm, Essential Balm and Chapstick. For people especially sensitive to camphor even the smell of these substances or of moth balls (naphthalene) or of the white crystals used in men's urinals can be sufficient to antidote.

**Other Products With Strong Aromatic Properties** - In addition to camphor the use of, or odor from, certain products can interfere. These include aromatherapy products, and any products containing eucalyptus or melaleuca oil (also known as tea tree oil).

**Medicines** - All drugs (whether doctor prescribed or over the counter) are designed to remove specific symptoms, without regard to the person as a whole. This leads to suppression of symptoms, which weakens the defense system. This suppression may antidote the homeopathic remedy. After homeopathic treatment improves your health, most patients are able to go to their doctors and are taken off many of their drugs. Call us if you are considering taking any new drugs.

**Vitamins, Minerals and Food Supplements** - Some supplements can be taken and others are best avoided. We will discuss which are which at your second appointment. There is a lot of confusion concerning supplements. Many people think that they are natural products used to prevent nutritional deficiencies, so why should they interfere? Though food supplements can be used to prevent deficiencies, most people who take them are using them in massive doses as drugs. Used in this way they can suppress conditions in the same way that allopathic medicines can. Taking a low-dose multi-vitamin daily is fine.

**Routine Dental Work** - The actual drilling (vibration to the bony structure), ultrasound used in routine cleaning and perhaps the chemicals used in dental work or the pain killers seem to antidote homeopathic remedies.

Therefore it is recommended that at the very early stages of homeopathic treatment that you avoid all routine dental work. If, however, a condition arises that requires immediate attention or if you need a dental appointment for any reason, contact us first.

**Recreational Drugs** - Do not use cocaine, psychedelic drugs (e.g. LSD), uppers, downers, heroin or other major drugs. Marijuana (or hashish) is strongly advised against but small quantities may not necessarily interfere with everyone. People who receive certain homeopathic remedies will be asked to avoid marijuana entirely.

**Electric Blankets, Sheets or Heating Pads** - The electro-magnetic fields from these seem to interfere when placed close to the body. Using them to heat up your bed before you get into it is no problem. They cannot be used when you are in bed. Hot water bottles present no problem. Microwavable heat packs also present no problem. Water beds with electric heaters present no problem if the heaters are under the water.

**Antiperspirants** - These cannot be used as they suppress a natural body function - perspiration. Deodorants can be used, but many deodorants contain antiperspirants. Check the label to be sure.

**Anything to Which You Are Particularly Sensitive** - Avoid any food, chemicals, odors or substances which you know effect you deeply e.g. hives or skin eruptions after certain foods, odors which make you feel faint, anything you are allergic to etc.

**Other Treatments** - Many times homeopathy can be supplemented by other natural therapies. But at the same time other treatments can sometimes interfere with your cure. Especially in the early stages of treatment other therapies can slow down your improvement due to confusing the symptom picture. Talk to us about the timing of when it is best to consider adding other treatment modalities, if necessary. Yoga, meditation, psychotherapy, chi (qi) gong and talking therapies are always fine. Taking other homeopathic remedies, Bach Flowers and aromatherapy should be avoided.

**Specific Remedy Antidotes**- Some remedies have specific things which antidote them. You will be told at the time your remedy is given whether there are any other things to avoid.

**If you have any concerns about antidotes please do not hesitate to discuss this with us.**

## **Follow-up Visits**

We see patients for follow-up visits at monthly intervals at the beginning of treatment. These visits average half an hour in length. At this visit we are looking for anything that changed for better or worse at any time in the month. We are looking to see whether the reaction was curative or not and to decide what to do next. One of the main yardsticks used to do this was developed by Dr. Constantine Herring. He, based upon observations of himself and many other homeopaths developed a set of rules to interpret whether response to the remedy is curative or not. Herring said that "cure proceeds from above downward, from within outward, from the most important organs to the least important organs, and in the reverse order of appearance of symptoms." Each of these directions of cure is a separate vector, the sum of which has to go in the direction indicated.

An example of this would be a person who has a cold that starts with a runny nose, which develops into a sore throat and then into chest congestion. If this person is treated, whether with aspirin, antibiotics, vitamin C, herbs or homeopathic remedies used improperly, the reaction might be that the runny nose goes away first, then the sore throat, and finally the chest congestion. This reaction is the opposite of what Herring says is a curative reaction, thus it is suppression of the cold, not cure and the person is weaker. A curative reaction would have

the lungs clearing first, then the throat and finally the nose. A corollary of this - mental and emotional improvement tends to happen before most physical improvement.

It is important to be fully open during the interviews. All of us have some things that are hard for us to talk about. It is very important that you not hide anything and let us get an accurate picture of who you are.

We will not always find the correct homeopathic remedy the first try. There are approximately 3500 homeopathic remedies and only one is right for you. If we do not find the right one the first try, please be patient. It takes us 1-2 months or sometimes more to see whether a remedy is correct or not. We find the right remedy the first most of the time. Sometimes a number of tries are necessary to find the right remedy. We need you to be patient and give us the time we need to find the right one. The wait will be worth it.

After we find the right remedy, the next issue is how fast things get better. In some case the results are fast and improvement dramatic. In other cases it is slower. Our job as homeopaths is choosing the correct remedy. After that it is up to your body to take the energy from the correct remedy and start its repair work. Some people will be able to throw off decades of problems in weeks. More commonly we will see gradual improvement. The improvement is usually noticeable by the first follow-up and definitely by the second. The improvement may not be across the board at the beginning. It may be that certain symptoms get better and others do not change. Most things will get better over time.

Most people come for homeopathic treatment with many problems, some of which have been present for decades. Your body cannot cure all of these right away. It will do everything in its power to improve your help as fast as it can. Most patients who come to us have problems which can not be helped by allopathic treatment. In many cases homeopathy can help, but patience is necessary to see the full effect of what homeopathy can achieve. Homeopathy often produces very deep improvements in health. Sometimes this happens extremely fast, other times slower, depending on many factors including how long the problems have existed.

Follow-up visits are essential to your healing process. They allow us to make sure that you are always moving in the right direction, at the best possible speed and enable us to see when a change in the remedy is needed to move you to a better place. We are looking at the pattern of how you are cured to allow us to know what to do next. This encourages the fastest rate of cure and provides the information needed for when changes need to be made. Follow-ups start monthly and as soon as appropriate are made less often, every 2 or 3 or even 6 months. Many follow-ups may not seem necessary as you are much improved and stay improved due to the homeopathic treatment. These are necessary so that we can understand you better and are thus able to help when you get into difficulties.

What we describe here may sound very different from what you have heard about how other homeopaths practice. There is a split in homeopathy between what is classical homeopaths (which we do) and others who do not practice classical homeopathy. These non-classical homeopaths usually have not seriously studied homeopathy for all of the years necessary to be a classical homeopath. These use homeopathic remedies in the same way that allopaths use drugs to suppress individual symptoms. They tend to not spend much time with a patient, they give many remedies repeated many times. This is not true homeopathy. It can be dangerous as it can suppress problems and over time lead to a lower state of health. There are a growing number (now around 2000) of classical homeopaths in the United States.

# Supplement: Herb Teas

## Okay to Use

### Bigelow

Berri-Good  
Ginger Snappish  
I Love Lemon & C  
Orange & Spice  
Perfect Peach  
Pomegranate Pizzazz  
Spiced Apple Cider  
Taste of the Tropics  
Tasty Tangerine

### Celestial Seasonings

Acai Mango Zinger  
Bengal Spice  
Black Cherry Berry  
Caffeine Free Herbal Tea  
Country Peach Passion  
Cranberry Apple Zinger  
Honey Lemon Diet Tea  
Lemon Zinger  
Mandarin Orange Spice  
Raspberry Zinger  
Red Zinger  
Roastaroma  
Tangerine Orange Zinger  
Tropic of Strawberry  
Wild Berry Zinger

### Lipton

Ginger Twist  
Lemon  
Orange

**Uncle Lee's Iced Tea- all flavors**

## Avoid

### Bigelow

Blueberry Harvest  
Chamomile Lemon  
Chamomile Mango  
Chamomile Mint  
Cozy Chamomile  
Fruit & Almond  
Mint Medley  
Peppermint  
Red Raspberry  
Sweet Dreams  
Sweetheart Cinnamon Valentine

### Celestial Seasonings

Apple Banana Chamomile  
Chamomile  
Cinnamon Apple  
Cinnamon Apple Spice  
Honey Vanilla Chamomile  
Linden Mint  
Mint Magic  
Peppermint  
Sleepytime  
Sleepytime Vanilla  
Sweet Apple Chamomile  
Tension Tamer

### Laci Le Beau's - all

### Lipton

Cinnamon Apple  
Honey & Lemon  
Peppermint  
Quietly Chamomile

### Slim Tea-all

### Sportea-all

### Traditional Medicinals - all

### Yogi Tea- all