



Sandra Kamiak, M.D.

Classical Homeopathy – Psychosynthesis



Patient Fact Sheet

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What is Homeopathy?

Homeopathy is a highly systematic, scientific method of therapy based on the principle of stimulating the organism's own healing processes in order to accomplish cure. The basic system was devised and verified by Samuel Hahnemann, a German physician, 200 years ago. Homeopathy's astounding success rates in both chronic and acute diseases has resulted in its not only standing the test of time, but rapidly achieving widespread acceptance in Europe, India, and South America as well. According to the World Health Organization, homeopathy is the second most practiced form of healing in the world, with Chinese medicine being first.

Throughout history, disease has been viewed from two fundamentally different perspectives. First, as a malfunction of specific parts of the body, or secondly, as results of deeper disturbances of the person as an integrated whole. The former viewpoint is the basis underlying standard medicine (which is called "allopathic medicine": "allo-" meaning "other" and "pathy" referring to "suffering"). Whatever symptoms arise, they are counteracted by drugs in a reactive fashion: a decongestant for a runny nose, an analgesic for pain, steroids to counteract inflammation, etc.

In homeopathy ("homeo-" means "similar"), each of us is viewed as a total, complete individual, no aspect of which can be separated from any other. To be effective, any valid therapy must be based on a deep understanding of and respect for the uniqueness of each individual. In homeopathy, each patient is evaluated as a whole person - mental, emotional and physical, and the prescribed remedy is based on the unique patterns found on all three levels. This means that each person is given the remedy that will stimulate their particular organism; thus ten people with arthritis might receive ten different "constitutional" homeopathic remedies.

Moreover, any valid holistic therapy recognizes that the organism has its own mechanisms for healing, however incomplete the process may be in any given moment. These healing mechanisms include all chemical and physiological processes so well elucidated by modern science and more

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subtle processes as well, that are yet to be known. In homeopathy, we begin with the assumption that every individual is fundamentally a mystery, but that there are identifiable laws of cure which we must always follow. To include both the knowable and the unknowable in our understanding, we homeopaths speak of the vital force - - the dynamic energy or etheric plane of the organism which animates everything we call life (including not only the physical, but emotional and mental/spiritual levels as well). It is this vital force which is being stimulated specifically by homeopathic remedies.

Symptoms are a sign of the vital force trying to heal. This is a fundamental concept that must be understood by all patients and practitioners of homeopathy. It is an easy concept to understand in the situation of an acute illness such as a cold or flu. The body will produce a fever to kill the virus and a discharge to eliminate it. Often we find that a strong organism is able to produce a high fever to overcome the cold quickly. A weak organism may only be able to muster up a low fever and in this case it may take longer for the cold to pass.

Even in chronic disease the organism tries to defend itself, and the symptoms it produces are evidence of this defense. Unfortunately, chronic illnesses are chronic - that is, continue unabated for a long period of time - because the organism's vital force is not strong enough to overcome the imbalance. Instead, it smolders along in its best attempts to keep the situation from getting worse. If nothing is done to strengthen the vital force, the patients will find themselves limiting their lives more and more in an effort to conserve energy and prevent deterioration. The task of the doctor, then, is to gather as much information as possible about the totality of symptoms - mental, emotional, and physical - in order to understand all the ways in which the vital force is already acting. The remedy ideally will stimulate the vital force in precisely the ways in which it is already acting thereby enabling it to overcome even chronic disease. This is the famous Law of Similars. In homeopathy, prescriptions are based solely on the language of the vital force as it manifests in symptoms verbalized by you and the physical observations made by the doctor; it is not based on laboratory data, machine technology, extrapolation from animal studies, etc.

— However, homeopathy is not herbal medicine. Homeopathic remedies are prepared from over 2500 mineral, plant, and animal sources. Each remedy has been experimentally tested on human beings in order to determine which type of individual responds most strongly to which substance. (This tells us the type of person whose vital force will be strengthened by that substance) It is as if there is a kind of resonance between each person in any given moment and some mineral, plant, or animal substance. The task of the homeopath is to match the total picture of symptoms, provided by you, with a homeopathic remedy, which will effectively resonate with your vital force as a whole. It is this powerfully stimulated vital force which then cures whatever disease(s) may be present.

— Thus the basic law underlying homeopathy is the Law of

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Similar: Whatever substance produces symptoms in a healthy person will cure those symptoms in a sick person.

Professional, FDA-approved, homeopathic pharmaceutical companies prepare remedies in environments carefully controlled for temperature, odors, dust, light and humidity. They are prepared according to the standards set forth in the Homeopathic Pharmacopoeia of the United States. The original substance is serially diluted an incredible number of times, the vial being vigorously shaken between each dilution. Paradoxically as it may seem, the more the original substance is shaken and diluted, the more its curative power is increased while eliminating all toxicity. We routinely use remedies more dilute than Avogadro's number, the point beyond which there is no molecule of the original substance left! Our remedies are extractions of energy or force - which current research in physics suggests is a resonant transfer of information to directly stimulate the energy plane of the patient.

What to Expect

It is important to make clear that homeopathy is not a panacea, and it is not free of difficulty. Although most people receive great benefit over time, there are rare patients who are not curable for whatever reason. In chronic cases, homeopathy usually does not produce immediate relief of symptoms; indeed, in about two-thirds of cases, the expectation is that there will be a healing crisis before cure follows - usually brief and not always noticeable.

Cure is the goal of homeopathy, and our results show that 80-90% of our patients can expect at least great strides toward that goal. Our definition of "cure" is the attainment of a high degree of health without having to depend on drugs, special diets, or other treatments. George Vithoulkas, the foremost homeopath in the world today, defines health in terms of FREEDOM: *Health on the physical level is freedom from having to put undue attention on the body because of pain, weakness, etc. On the emotional level, health is freedom from being bound by the various emotions. (Not a mere absence of emotions, but a dynamic state of feeling all emotions while not being trapped by any); and on the mental level, health is clarity and Selfless Creativity, the ultimate state being unification selflessly with Truth.*

On average (always with noticeable exceptions), homeopathic cures take three months to two years, depending on the severity of the condition, the hereditary, strength of the vital force, and the amount of previous drugs. Appointments are scheduled initially for 1 1/2 hours. The time is spent doing a verbal interview, which is an exhaustive review of all limitations - emphasizing the mental and emotional levels but including physical as well. Follow-up appointments are spaced 4-6 weeks apart in chronic cases until clear progress is being made, at which time they may be stretched to 2 months, 6 months, or annually. If you feel it might be desirable, relatives or close friends are welcome to be present during the interview. With acute or more severe symptoms, visits will be scheduled sooner, according to the need of the person.

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The remedy is given in one dose on the tongue, with a few of the pellets under the tongue or in a solution, usually at the conclusion of the interview - or sometimes after a few days to allow time for studying the case more thoroughly. The majority of patients experience some degree of healing crisis within days after the remedy. This is usually mild or unnoticeable but can sometimes be more energetic; the length of time depends upon the individual case and the presence or absence of drugs, but most commonly is only a few hours to days. It is during these crises that it is important to remember that all symptoms are attempts of the vital force to heal. An intensification of symptoms after a remedy is a good sign that cure will (gradually) ensue. Cruel as it may seem, the best advice is, "Wait." Likewise, it is best to minimize any treatments or medications; they will merely delay the cure.

Even once the healing crisis is completed, you may experience a return of old symptoms from your past. These are not signs of a setback but rather a sign of the vital force reaching back to clear up old obstacles. Even old childhood complaints or emotions may recur; these are transient and rarely intense.

Remedies are given in a single dose; because they are stimulating your own vital force, they do not have to be repeated in most cases, for some time. Usually, however, there are "layers" of symptomatology, each layer requiring a separate remedy. This may be needed within a few months, or more commonly after a year or more. Meanwhile, the previous dose continues to act for months to years, constantly pushing symptoms away from the deeper mental and emotional regions and outward to the physical plane, eventually onto the skin or mucous membranes, and finally to ultimate elimination. During all this time, we continue to have follow-up visits to evaluate progress, but usually another dose will not be given.

Responsibilities of the Patient

As you can imagine, homeopathy is highly demanding on the prescriber. Getting to know patients in such depth and subtlety takes a lot of time and energy, and it takes many years of supervised training and hard studying to begin to master the art as well as the science of homeopathy. Meanwhile, we must deal with healing crises, antidoting influences, previous drug suppressions, and sometimes, many other problems. So, be patient with your doctor if an incorrect remedy is given or more time is needed to allow the symptom picture to become clear. We make mistakes, of course, and we admit them when we do. Our hope is that we will have the knowledge and wisdom to recognize them so that we can avoid perpetuating them.

Homeopathy places great demands on patients as well. There are antidotes to be avoided, of course, but the primary demand on the patient is self-observation. To prescribe correctly, we need information about those aspects that are most peculiar, most unique, most unexplainable by ordinary

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logic. This requires a good deal of attention on your part, something that does not come easy to some of us.

Homeopathy demands perseverance and patience. The slow progress towards cure can sometimes become a severe test of faith and understanding, especially in our quick-fix culture. Nevertheless, the demand to "Wait" is crucially important. The most common mistake in homeopathy is to give a remedy too soon - even after months and years have passed! The vital force knows better than we do what pace is optimal for cure, and it follows distinct laws of cure recognizable to the trained practitioner.

What Interferes?

There are basically two ways by which you can interfere with the action of the remedy: by antidoting it and by suppressing symptoms.

Remedies may be antidoted either partially or completely by various means. The resulting relapse is usually partial and temporary (two or three weeks), or the relapse may be complete and permanent. It is not automatic that a remedy can be repeated in this situation because it would interfere if not really needed. In addition the picture may change subtly, making the prescriber's task exceptionally difficult. The best approach is to allow three weeks to recover; if that fails, the case must be taken again in its entirety.

Ways by which remedies may be antidoted; therefore, please avoid:

1) Coffee:

Coffee frequently antidotes remedies, probably because of a combination of medicinal ingredients in coffee beans. Even decaffeinated coffee will antidote, so it is not the caffeine. The amount needed to antidote varies from person to person, but since it is possible for only one cup to wipe out the effect of the remedy it is recommended that you drink no coffee at all. Tea, Coke, diet drinks, and chocolate (containing caffeine) are okay. But, diet drinks with Aspartame are toxic. Commercially made coffee flavoring is okay also, as in some ice cream, toffees and tarts. Avoid any real coffee product (regular, decaf, Kahlua, real coffee desserts, drinks, etc.)

2) Menthol - Eucalyptus - Camphor:

Even skin or mucous membrane applications of camphor can antidote remedies. Avoid anything that has significant amounts of camphor such as deep heat rubs, liniments, Vicks, Ben Gay, Tiger Balm, some massage compounds, some cosmetics, many lip balms, Australian Tea Tree oil, some Chinese candies, most cough lozenges, and others. Learn to read labels!



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3) Allopathic Drugs:

Allopathic drugs are designed to remove specific or local symptoms, without regard to the person as a whole. This approach leads to suppression of symptoms, which weakens the vital force and may antidote the remedy. For this reason, prescription allopathic drugs should be avoided except in severe emergencies and always discussed with your homeopath. If you are on allopathic drugs prior to your first visit, do not stop them on your own. It is often possible to begin homeopathic treatment while you are on prescription drugs and discontinue them, as your system becomes stronger. Over-the-counter drugs are generally safe if used sparingly. Antibiotics very often antidote the remedy; occasionally a patient may need one, but we can usually try other treatments first.

4) Routine Dental Work:

For some unknown reason, actual drilling on teeth seems to antidote remedies with a high degree of reliability. Therefore it is recommended that you complete any necessary drilling prior to starting homeopathic treatment, so that you can avoid any drilling, for six months to a year or two, while under homeopathic care. If, however, a condition occurs which requires immediate dental attention, allow the work to be done and follow-up with your homeopath three to four weeks after the dental work is complete. Routine x-rays and manual teeth cleaning are no problem; one exception is the ultrasonic cleaning device, which sounds like a drill and does antidote. Novocain, gum surgery, and even general anesthesia are not problems.

5) Acupuncture:

Acupuncture used systemically, with needles or especially electro-acupuncture or moxa, may antidote remedies. Because it is a powerfully curative system in its own right, acupuncture is an extremely good choice for chronic conditions - but a choice it must be, because both systems interfere with each other. Acupressure, however, is okay, and local acupuncture first aid needles, for injuries, are safe. Interestingly, Chinese herbs when prescribed by a trained specialist do not generally antidote, whereas over-the-counter Chinese herbal combinations often do antidote.

6) Other Treatments:

Please don't start new treatments at the same time - whether that is an allopathic drug, herbal or energetic treatment. It is important to know what each is doing. One doctor/prescriber may be able to integrate homeopathy and say osteopathic treatment because of their experience with both over time. Please discuss treatments with us.

7) Miscellaneous:

Experience has identified other specifics which commonly antidote remedies:

- * Mothballs in the house (brief exposure is no problem)

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- * Electric blankets (okay to use to warm the bed if turned off during sleep, and you must pull the plug out of the wall socket; water bed heaters and foot warmers are okay)
- * Hot Springs - sometimes (Minerals added to bath water are okay)
- * Australian Tee Tree Oil (camphor product)
- * Swedish bitters
- * Pau d'Arco tea (or strong herbs)
- * Specifically, Sunrider and Km products
- * Strong aromatic substances (Heavy duty DEET, ammonia, etc.)
 - * MRI's
 - * Nervous system or consciousness -altering drugs like cocaine, marijuana, etc. An occasional glass of wine or beer is okay.

8) Anything to which you are particularly sensitive:

Avoid large exposures to foods, chemicals, or substances which you know cause severe, life-threatening reactions in your particular system - i.e. bee-stings, shellfish, medications in susceptible people.

9) Usually Bach flower essences, like Rescue Remedy are okay.

10) Don't use other oral Homeopathic remedies (labeled with X or C).

— Homeopathic ointments like Traumeel or Calendula are fine.

— Suppression occurs whenever a specific symptom is removed without strengthening the organism as a whole. Any therapy (even homeopathy) is capable of producing suppressive responses when it focuses in on "a branch" and neglects to pay heed to "the whole tree". What the patient experiences during a suppression is that one or two specific symptoms may leave but in general the person as a whole is worse - i.e. energy is low, as is enthusiasm for life. An example of suppression would be a patient who suffers from high blood pressure using a drug to only stop that symptom, and eventually ending up apathetic about life, lacking libido, and depressed. If suppression occurs during homeopathic treatment - whether by other medications or other therapies - the result will usually not be an antidote, but progress toward cure may be temporarily hampered.

Emergencies

— If your state of mind or physical symptoms are potentially life-threatening (e.g.) very suicidal or having significant trouble breathing, etc. always go to the Emergency Room, a close Urgent Care Center for treatment, or call 911 for transport. Call me as soon as you can, but in an urgent situation, use whatever treatments are necessary in that moment.



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Taking Homeopathic Medicine Remedies

— 1) Wait about one hour before taking the remedy, if you have just eaten, brushed your teeth, or drank something. (If the situation is urgent - rinse the mouth with some water, and wait 10-15 minutes; then repeat the remedy 30-60 minutes later or as instructed).

— 2) It is fine to eat, drink or brush your teeth, 15-20 minutes after the remedy has dissolved in your mouth.

— 3) Do not open the medicine bottles in sunlight, or around strong odors. Store them at room temperature - in a drawer or cabinet without other odors. The remedies are fairly stable for many years, but I would not keep them in places like your car, if it were hot outside.

— 4) We wait and observe what happens after taking the remedy - sometimes improvement is immediate, sometimes a symptom may be aggravated, and then gradually improve - like an old roadblock being lifted, or progress may be very slow and gradual. It is in your own vital or life force (intelligence in your mind-body) that is activated to rebalance your system. Every symptom is important and even old symptoms, may return briefly, as part of a deeper healing. The correct remedy will also assist your whole system in developing more resilience and health into the future as well. Over time people can notice major shifts in their attitudes and consciousness. Old problems may no longer be seen as obstacles and new levels of freedom and creativity can arise over time.

Office Procedures and Appointments

For any life-threatening emergency, please call 911 or go to your nearest emergency room.

My answering service takes routine calls between 8:00 am and midnight.

Appointments that are not canceled 24 hours in advance are charged for at the very same rate they were scheduled.

I return phone calls as soon as possible; that may be in a few minutes or, if it is a hectic day, several hours later. Only on rare occasions, such as those due to a pager not receiving your call or the transmission to me of a wrong number, will I miss your message. However, if from 8 to 10 hours have passed and I still have not responded to your call, please leave a second message.



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When you arrive for a visit, have a seat in the outer waiting room, and I will come out to meet you there.

For any life-threatening emergency, please call 911 or go to your nearest emergency room.

Charges

Initial Homeopathic Visit - 90 minutes - \$ 395

Initial Visit - 60 minutes - \$ 275

Visit/session - 50 minutes - \$ 230

Visit/session - 25 minutes - \$ 120

Brief visit: 15-20 minutes - \$ 70-80

No charge if I asked you to call for a check-in or a brief question at anytime.

If we are doing an extended phone contact, taking your case for an acute prescription, or a scheduled 30-50 minute visit, the charge will be according to the service time used: see above range & a phone call acute remedy assessment is usually 10-20 minutes (\$40-60.)

\$5.00 fee for credit card charges.