

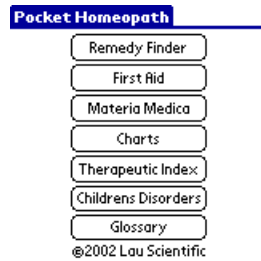
The Pocket Homeopath

Operating Instructions About Homeopathy

Buying this program allows you to keep the charted data beyond the trial date.

Operating Instructions:

* Click on the area of homeopathy you want to explore.



* Choose an Ailment Category, then select a body part. Tap the tabs and words to select. Working..... illustrates that the program is thinking.

* The Remedy Finder: Tap through all of the tabs and select the symptoms that apply. Be as specific as possible. Each selected symptom will be marked by >>



Click OK when done with all selections

*The Recommended Remedies are rated and listed in order of likely importance. The best remedy in this illustration is Pulsatilla. This would be the likely remedy. To learn more, tap the remedy and you will be taken to the Materia Medica to learn more about that specific remedy.

Recommended Remedy	H	%
Pulsatilla	2	67
Lycopodium	1	33

Tap a remedy for more information

OK CHART

If the top remedies are very close in their rating, tap each remedy and choose the one that sounds the closest to the specific ailment.

If you tap OK, you will be taken back to the beginning. If you tap chart you will be taken to the chart.

(NOTE) If you are doing many remedy searches, exit the program completely and re-enter often to reset the calculator.

*In the Current Chart, enter the name of the person you want to chart or use the pull down arrow to select someone already listed. Ailment, symptoms and remedies are already filled in. Remedies are in order of importance.

Current Chart ⬇️ ⬆️

Name: ▼ | 10/21/2002

Ailment: Headaches

1 Symptom

Better for Cool, Fresh Air

2 Remedies

Pulsatilla

Lycopodium

Dose:

* follow recommended dosage

Notes:

SAVE CANCEL

Under Dose: Enter the recommended dosage from the preferred remedy manufacturer. Use notes to fill in other details and list the remedy chosen if the top two or three were close in ratings.

* The Pocket Homeopath has a Materia Medica. Use this function to research remedies. Tap tabs and remedies to get more information.

Materia Medica ⬆️

Select Remedy

A-B C-D E-I K-N P-S T-V

Aconitum napellus

Allium cepa

Antimonium crudum

Antimonium tartaricum

Apis mellifica

Argentum nitricum

Arnica montana

Arsenicum album

Baptisia

⬇️

*Glossary gives you definitions of terms used in the application.

Glossary
Acrid
Acute
Adynamic
Asthma
Bile
Bilious

Asthma:

breathing is labored accompanied by wheezing and a sense of constriction in the chest

*Therapeutic Index is a quick reference to common ailments. Where appropriate, links are connected to the corresponding category in the Remedy Finder.

Therapeutic Index
Bone Affections
Bronchitis
Broncho-pneumonia
Car Sickness
Catarrh(inflamed mucus membran...)
Broncho-pneumonia

Kali. bich.; Phos.

For a more in-depth look at COUGH ailments, click here

About Homeopathy:

What is Homeopathy?

Homeopathy is a method of treatment that supports the body's own healing mechanism. It 's based on the law of similars "like cures like". A homeopathic remedy is an extremely pure, natural substance that has been diluted many times. In large quantities these substances would cause the same symptoms the patient is trying to cure. In small, pure, diluted doses, it is not only safe and free from side effects, but it will trigger the body to heal itself. Example: Allium cepa is a remedy that is used for watery eyes and runny nose, it is created from red onion. If you've cut open a red onion you'll notice the same symptoms. When the body creates a similar "symptom picture" to Allium cepa and you take a dose of Allium cepa, it activates the body to go about the process of stopping watery eyes and a runny nose.

Homeopathic remedies are regulated and manufactured under strict quality controls by the United States Food and Drug Administration -FDA. Homeopathic remedies come in several forms tablets, powders, liquids and ointments. Tablets are the most common and popular. Tablets are sugar pills with the liquid remedy infused. They are taken sublingually (dissolved under the tongue).

What is the Difference Between Homeopathy and a Vaccination?

A vaccination infects the person with the actual disease. This is why some people may get sick from the vaccination. Homeopathy on the other hand uses a remedy that will produce similar symptoms to the disease. In fact homeopathic remedies can be very useful to offset negative reactions to vaccinations.

How Do I Select A Remedy?

The important part of selecting the correct remedy is to 'match' the symptom picture of the remedy as closely to your own symptoms. Symptom pictures, or descriptions of symptoms take into account the condition of the whole person, not just one symptom. If two remedies seem to be very close and hard to decide between, pick the one that best matches your most annoying symptom.

Potency

Homeopathic remedies are classified into three levels of potencies. X, C and M refer to 10, 100 and 1,000 in terms of the amount of dilution. The confusing and amazing aspect of Homeopathy is that the more a tincture is diluted, the more potent it becomes. So, while a C is more dilute than an X, the C is more potent. The M classification is very potent and is usually prescribed by Homeopathic physicians.

Homeopathic remedies begin with part of the original substance dissolved in alcohol, called the mother tincture. The mother tincture is then diluted many times. After each dilution the solution is shaken or "succussed", this shaking activates the remedy. The solution is then made into pills, powders, tinctures or creams. A 1X potency is created by mixing 1 part of the mother tincture and 9 parts alcohol or distilled water. In each successive number (increasing the potency 2X, 3X, 6X), 1 part is taken from the previous potency and diluted according to the new potency.

Example: A 3X remedy (10x10x10=1000) has one part of the 2X remedy to 999 parts of alcohol or distilled water.

What does this mean to you when you are trying to select the remedy and potency?

- 1) The higher the potency (30th potency) the more confident you need to be that you have selected the correct remedy.
- 2) Use the lower potency (6th potency) when you are uncertain of the remedy.
- 3) Higher potencies take less doses. Lower potencies take more doses.
- 4) A general rule is double the C potency number to get the equivalent X potency.

15C = 30X

6C = 12X

How Do I Take A Homeopathic Remedy?

The remedies should be kept in cool, dark place. Be careful not to touch the tablets when taking them, pour the tablets into the cap and then into your mouth. Allowing them to dissolve under your tongue. Always follow the recommend dosage on the packaging.

There are just few guidelines to consider when using Homeopathy. Certain foods, substances or odors are thought to interfere, or antidote the action of the remedy. Garlic, onions and caffeine should be avoided. The use or smell of strong perfumes, eucalyptus, menthol or anything minty, (baking soda can be a good alternative for toothpaste). Also avoid eating anything 15 minutes before or after taking a remedy.

These are only guidelines, not hard and fast rules. Some people feel that these things greatly interfere with the remedy, others do not. It is just a matter of finding out how sensitive you are.

Typically only one remedy is taken at a time. Although when you go to the store to purchase a remedy you will undoubtedly see combinations of remedies, packaged to treat a sore throat, or flu. Here again, there seems to be two schools of thought on the subject, and again it is up to you to decide what works best for you.

Homeopathic remedies can be found in most health food stores, and are starting to be carried in regular pharmacies. You can also get them through mail order.

How Do I Know if its Working?

There are several ways the body reacts to homeopathy.

- 1) Physical symptoms get a little worse, but the mental state improves. Later the physical symptoms improve.
- 2) Most common reaction is improvement of mental and physical symptoms. Often the improvement is rapid, 20-45min.
- 3) The patient starts to feel better, then progress seems to level off or decline. If the symptoms are still the same then take another dose of the same remedy.
- 4) The patient starts to feel better, then progress seems to level off or decline. If the symptoms have changed since the initial remedy, select a new remedy.
- 5) The patient does not improve, feels worse or the physical symptoms improve but the mental state is worse. These reactions could signal a few things. The incorrect remedy was selected initially. The illness is due more to a constitutional imbalance. Depending on the seriousness of the condition; try selecting a remedy again, or see a doctor.

The rule of thumb is if there is improvement the patient should be left alone. While Homeopathy is safe, over-prescribing can be a problem, as it can confuse the symptom picture. We tend to think; if a little is

good - more is better. With Homeopathy a little goes a long way. Be patient, and watch the symptoms.

So Is Homeopathy Just For Runny Noses?

Homeopathy can be used to treat more than just acute illness, it can also be used to strengthen and support the immune system by means of constitutional remedies. A constitutional remedy is a remedy that works on a deep cellular level to bring the body and emotions back to a state of health and balance. By doing so it makes the whole system more resistant to disease. To find your constitutional remedy you will need to see a trained homeopathic physician. They will ask you many questions, some may seem irrelevant, like what kinds of foods do you crave, or if you prefer the mountains or the seashore. And don't be surprised if you are given a single dose. Constitutional remedies are deep and long acting. Many people find that it is useful to get a "constitutional tune-up" once a year or at the change of the seasons.

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