

# Homeopathic Remedies

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## What is homeopathy?

Homeopathy is the use of very dilute substances such as plants or minerals. These substances are so dilute that there are very few, if any, molecules of the original material left. As such, they are very safe. They work on an energetic or vibrational level. Homeopathic remedies stimulate the body's vital force into action. They work on the 200 year-old principle "like cures like". A remedy which in large doses causes problems will, in minute doses, stimulate healing of similar problems.

## Potency

The potency of a homeopathic remedy is related to how many times it has been diluted. A higher potency is more dilute, and therefore a **stronger** remedy. A potency is designated by a number followed by a letter. The number indicates the number of times the remedy has been diluted. The letter indicates the degree of dilution: X has been diluted 1:10; C is 1:100; M is 1:1000. Higher potencies are used for more deep-seated, emotional, or psychological problems or in young animals with a strong life force. Higher potencies may "overshoot" purely physical problems. Lower potencies are used for physical problems or in very old or sick patients. Sometimes the remedy is initially given in low potency, and then the potency is gradually increased during treatment.

## How to give homeopathic remedies to your pet

Remedies are best given directly into the mouth, either by putting pills onto creased paper and sliding into your pet's mouth or by dissolving pills in water and giving by eye dropper. Avoid directly touching the remedy if possible. Remedies should be given no less than 20-30 minutes after eating. Although less than ideal, remedies can be placed in food or water. Since homeopathy is based on energetic principles, the exact amount of pills or water is not critical.

## How often

The frequency of administration will vary from patient to patient, so it is difficult to generalize. The basic principle is that as you see measurable improvement,

reduce the frequency of dosing or stop the remedy altogether. Repeat as needed as signs recur or persist. With higher potencies, it is common to give one dose and wait for weeks to months to evaluate the response.

### **Aggravations**

Sometimes there is overstimulation of the healing process. This can lead to an aggravation of the symptoms being treated. Although this may be unsettling, it can actually be a good sign in that the remedy is working. If an aggravation is noted, temporarily stop the remedy. Begin again when the aggravation subsides. Call your veterinarian if the aggravation is severe.

### **Antidoting**

Many things can antidote (make ineffective) a homeopathic remedy. Coffee, strong perfume or cologne, mints, and strong smelling liniments such as Vicks, eucalyptus, camphor, and tree tea oil can all cause a remedy to be ineffective. Avoid exposure of the remedy or the patient to these substances.

### **Storage of remedies**

Avoid heat, moisture, or prolonged exposure to sunlight. Avoid strong electrical currents or magnetic fields, such as around a computer or cell phone. Keep at room temperature, in a drawer, cabinet or box. **Do not keep in the refrigerator.**