



“The highest ideal of cure is the rapid, gentle and permanent restoration of health.”
Samuel Hahnemann

The Law of Similars: The first principal of Homeopathy is the law of similars. This law simply states that if a substance causes certain symptoms in a healthy individual then it will, in turn, initiate cure in someone who is ill with them.

For example: Allium Cepa (Red Onion) causes watery eyes and a runny nose, therefore, it will alleviate those symptoms in someone who is experiencing them due to a cold or allergies. This is the same way that Apis (Honey bee) will alleviate the symptoms of someone who was just stung by a bee.

The symptoms of the ill person are matched to the symptoms that the remedy will create in nature. Samuel Hahnemann discovered this when he came across information on Peruvian Bark and its success in treating Malaria. To test his theory he took several doses of Peruvian Bark himself. He documented his symptoms and found that they were similar to the symptoms of Malaria. His conclusion was that because Peruvian Bark created symptoms seen in Malaria it would, in turn, help the body to cure itself of these symptoms. Homeopathy has continued to be proved and tested in this way for over 200 years.

Proving: Provings are another principal in Homeopathy. A proving is how a remedy is tested to find out what symptoms it will create in a healthy individual in order to understand what conditions it will cure.

Provings are conducted, in most part, with the double-blind method. A group of generally healthy people are gathered together. Half of the group is given the actual substance being tested. The other half is given a placebo. None of the people doing the experiment know whether or not they are receiving the actual remedy or a placebo. Over a period of time (usually 7 –14 days) those taking part in the experiment document their symptoms as they take the remedy. From the documentation a group of symptoms are compiled and this information makes up the “remedy picture”.

There are different degrees to which the symptoms produced are recorded. If everyone receiving the actual substance exhibits the same symptom then greater degree is given to that symptom. If just one or two of the testers experience a symptom it is recorded to a lesser degree. Many of the remedies we have in Homeopathy have been tested in this way for over 200 years.

Minimum Dose: Minimum dose is a principal of Homeopathy that is very unique, especially in today’s world of medicine. Hahnemann proved that you could give very small doses of the correct remedy and bring about a permanent cure. Higher potencies of Homeopathic remedies contain no detectible material trace of the original substance.



Vital Force: Hahnemann uses the word vital force to describe the life force present in each individual. He describes it as the force that separates someone who is alive versus someone who is dead. He also recognized that some people have a stronger vital force than others. Vital force is not something that is stationary, but instead, very dynamic. He believed that it was not the virus or bacteria that caused disease but the intimate nature of the being, the vital force. If you have a strong vital force, you are less likely to succumb to disease. Homeopathy, instead of suppressing symptoms, raises the strength of the vital force so that it can effectively fight off disease.

Herring's Law of Cure: Cure occurs from the inside out and the top down. It also moves from the more important organs to the less important (liver to skin). Lastly, cure moves from the most recent symptoms back to the first symptoms to appear.

Potency: Potency is the word used to describe how remedies are created. Potencies range from the mother tincture to 10M and are created from a method called dilution and succussion. For example: a potency of 30C is from the centesimal scale (1:100). One part of the mother tincture is mixed with 99 parts of 87% alcohol and succussed (shaken) yielding the 1C potency. This process is repeated 30 times to reach the 30C potency. The liquid substance is then dropped onto lactose-based granules or pellets.