

Homeopathy for Healthy Families

Did you know? Homeopathy is the **fastest-growing** and **second-most widely-used** system of medicine in the world, according to the World Health Organization.¹

Homeopathy is a complete system of medicine based on scientific principles that have been clinically tested for over 200 years:

- *Similia similibus curantur* (Latin for “like cures like”): **a substance that can cause disease can cure the same disease.**
- Homeopathic diagnosis: a medicine is selected **based not on the name of the disease but the patient’s symptoms...** mental, emotional and physical.
- Minimum dose: homeopathic medicines are attenuated, meaning **they are highly effective but are non-toxic and produce no side effects.**



How to use homeopathy

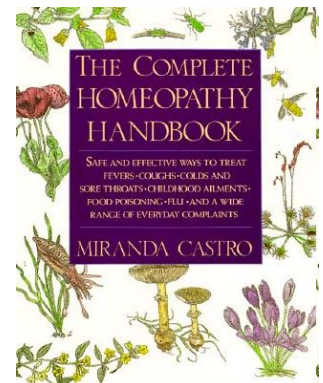
Homeopathic remedies are available in most health food stores and pharmacies and don't require a prescription. You can easily learn to use them for acute conditions (minor injuries, colds, etc.). Chronic conditions, however, require the help of a professional Homeopath.



- **commercial combinations** for specific problems (easy)
- **single medicines** you use by matching symptoms (more complex: you need to learn how to do it)



We suggest a **home care kit** of medicines and a **good how-to book**. Many Homeopaths will create a home care kit for you, some health food stores carry good kits ...or you can put one together yourself!



Want to learn more? Contact:



Canadian Consumers Centre for Homeopathy (3CH)
3CH is a non-profit organization devoted to spreading the word about homeopathy in Canada, consumer to consumer. See more resources and sign up for our news at www.homeocentre.ca.

^{*} World Health Report, *WHO Global Atlas of Traditional, Complementary and Alternative Medicine*, Map Volume, 2005.