For many years I have wanted to practice a more holistic medicine. I knew something was missing in my conventional pediatric medical practice. I was writing prescriptions but not taking the whole person into consideration. I grew more and more dissatisfied with medicine…enough so that I sold my practice and went to seminary. After 4 years of ministry I felt this tremendous call to return to medicine, but this time, it had to be in a more holistic way.

I met a homeopathic physician, Dr. Dennis Kay, and what he told me about homeopathy astonished me. I knew I needed to learn more about this amazing scientific system of healing. I searched for a training program that would prepare me for the practice of homeopathy. I flew to Minneapolis monthly for 3 years to attend the Northwestern Academy of Homeopathy… and began my homeopathy practice here in Lakewood in 2000.

**Why is homeopathy so powerful as a healing therapy?**

**It is holistic.** In traditional/conventional medicine, each organ system is treated as a part. What we forget to consider is that every time you take a prescription drug or put any substance into your body, there is an effect on the whole body system. That’s why drugs have side effects…those side effects are the effects on the whole system. Every thing is connected to every thing…the cells communicate with each other in an amazing synchronistic and synergistic manner.

Homeopathy is holistic medicine because we are treating diseases as something that affects the whole being…mentally, emotionally and physically.

**Homeopathy is individualistic.**

Each person has his own individual, different, peculiar disease even though they may all have the same diagnosis. Because, when you study one state of being from the state of being of another, it is different…they may have the same pathological entity like diabetes or hypertension, but the expressions of it will be completely different from one individual to the other. And each one’s individual disease shows its individuality by individualized, peculiar and characteristic symptoms. When you listen to and examine the expressions of each one, it is individual.
Every living being is a unique expression of life. I may see 10 people with the same diagnosis, but each one experiences their disease in their own unique way. This is why the homeopathic consultation is the key to finding the best remedy. We cannot take anything for granted. As a homeopath, I must let go of everything I know about a particular disease, and open myself up to listening deeply to what the person says and how she says it...how much energy does she express by hand gestures. What is her experience of this symptom? How does it impact her life? There can be no judgment on either the part of the homeopath or the patient. There must be a willingness to go into the seeming mystery of what the core issues are that have caused this particular distunement of the vital energy to lead to this state in this one person. In homeopathy we use the word “distunement” to mean anything that causes an imbalance in the vital energy away from harmony.

That’s why when people call and ask me if I can help them with a particular disease or how many people with this disease have I treated, the answer is simple...the name of the disease doesn’t matter...what is important is YOU who has this condition. We are treating YOU and not the disease. We have to find the homeopathic remedy that best suits YOU and not the disease. Homeopathy has the potential to help anyone with any disease. There may be some life style obstacles that must be overcome, but homeopathy heals at a deep, core level. Homeopathy heals the whole being...mentally, emotionally and physically.

Why do we get sick in the first place?
Something happens to distune the vital energy of the person. It could be a belief system: “My father had a heart attack at age 40 so I am afraid I will, too.” Stress, either mental, emotional or physical can distune our energy system. Infections, injuries can also cause an imbalance in our system. I deeply believe the cause of almost all our illnesses is Thought.

I wanted to spend time in introducing this idea of holism and individuality because it is vital to understanding homeopathy. It is not necessary that you understand homeopathy as a scientific system of healing, but it is important that you understand that when you take a homeopathic remedy, it is affecting your whole being for the purpose of stimulating your body’s innate capacity to heal itself. Conventional medicine cannot do this. Prescription drugs suppress symptoms and cannot stimulate the healing response. Most of the prescription drugs are anti-something...against something. Listen to the words you hear from conventional medicine: war on cancer, attack the infection, kill the cancer cells, battle the disease...etc. I’m not sure why anyone would want to go to war against his or her own precious body.
My teacher, Dr. Rajan Sankaran, compares modern medicine and homeopathy like this: With modern medicine, it says if your pain, your disease symptom is gone, then you are happy. Homeopathy says, “if you are happy, then the pain or disease symptom is gone.” Happiness is a state of mind and a choice. When there is harmony at the mental/emotional level, there is peace and harmony in the body.

A BRIEF HISTORY OF HOMEOPATHY:
Dr. Samuel Hahnemann (1755-1843), a German physician, is the founder of homeopathy. While the fundamental principle of homeopathy, “Like cures Likes,” had been used by Hippocrates and others before him, Dr. Hahnemann brought this principle to practical application.

I think it is important that you know a little about this amazing man. Hahnemann was brilliant, as are so many people in the history of scientific discovery and development. He began his medical career at a time when “modern medicine” was using very toxic methods on people. He gave up the practice of medicine because he claimed that the medicine of his time did as much harm as good: "My sense of duty would not easily allow me to treat the unknown pathological state of my suffering brethren with these unknown medicines. The thought of becoming in this way a murderer or malefactor towards the life of my fellow human beings was most terrible to me, so terrible and disturbing that I wholly gave up my practice in the first years of my married life and occupied myself solely with chemistry and writing."

Hahnemann was proficient in over 11 languages and he made his living translating scientific books. His inquiry into what is in a substance that would help heal a patient with a particular disease began with his translation of a book about chinchona, the bark of the Peruvian tree. This is the source of the drug, quinine, which has been used to treat malaria. So, Hahnemann took the chinchona himself and developed malaria-like symptoms. This led him to postulate a healing principle: "that which can produce a set of symptoms in a healthy individual, can treat a sick individual who is manifesting a similar set of symptoms."[3] This principle, like cures like, became the basis for an approach to medicine to which he gave the name homeopathy, which means “similar suffering”. By the way, Dr. Hahnemann also coined the term “allopathy” to mean different suffering.

LIKE CURES LIKES:
In the development of homeopathy, Hahnemann experimented on himself, his family and friends. This experimentation is what we call provings (our clinical drug trials)...how we find out what a particular substance can cause in healthy people, and what this substance, our homeopathic remedy, can help a person with similar symptoms heal at the whole state of being. Remember, what we take into our vital energy has an effect on the whole.

As a chemist, Dr. Hahnemann, began diluting the material substance and found that they no longer caused toxic side effects. He further realized that if he shook the liquid dilution, that the side effects were eliminated. This shaking is called succession or potentization. At a certain level, the material substance is diluted out and what is left is the energy of the substance. Current research now shows that water holds the memory of what comes in contact with it. It is this energetic essence that then when introduced into the dynamic energy of the sick person can retune, rebalance and bring the whole state of the person’s vital energy back into harmony and homeostasis. In this state of harmony the symptoms individually expressed by each person are thrown off or healed. The natural state of the whole state of being of each of us is HARMONY. And when there is harmony, there can be no distunement or disease.


In a remarkable interview published in Science magazine of December 24, 2010, (1) Professor Luc Montagnier, has expressed support for the often maligned and misunderstood medical specialty of homeopathic medicine. Although homeopathy has persisted for 200+ years throughout the world and has been the leading alternative treatment method used by physicians in Europe, (2) most conventional physicians and scientists have expressed skepticism about its efficacy due to the extremely small doses of medicines used.

"I can't say that homeopathy is right in everything. What I can say now is that the high dilutions (used in homeopathy) are right. High dilutions of something are not nothing. They are water structures which mimic the original molecules."

Here, Montagnier is making reference to his experimental research that confirms one of the controversial features of homeopathic medicine that uses doses of substances that undergo sequential dilution with vigorous shaking in-between each dilution. Although it is common for modern-day scientists to assume that none of the original molecules remain in solution, Montagnier's research (and many of his colleagues) has verified that electromagnetic signals of the original medicine
remains in the water and has dramatic biological effects. I have copies of this article for those who would like to read it in its entirety.

**HOMEOPATHY IS ENERGY MEDICINE**
We are treating each patient with the energy of a substance that comes from the plant, mineral or animal kingdom. The reason homeopathic remedies are safe is because of the dilution and succession process of preparing them. The more dilute, the higher the potency because of this process of succussion. That makes homeopathy a dynamic medicine…energy medicine. Dynamic, a force that stimulates change or progress within a system or process and for homeopathic treatment that progress is in the direction of healing.

**REAL PEOPLE**
Let’s talk about a few of our patients who have received and been healed by homeopathy.

Patient with chronic sinusitis: This man had suffered from chronic sinus infections for years, and had to take antibiotics almost constantly. After the initial consultation, I studied and found a remedy that best matched his whole being. He took the remedy several times over months and gradually the episodes of sinus infections began to subside. After about 9 months, he no longer had recurrences. He has gone about 2 years now without needing an antibiotic.

Patient with chronic eczema: This 52 year old man had had chronic eczema since he was an infant. When I first saw him his skin, from scalp to feet, was thick, red and scaly. I call him my “red man.” He suffered from constant itching and flare-ups that came in times of high stress in his job. The words he used to describe his symptoms helped me find the best remedy for his condition. He used words like “fight”, “force”, I have to battle the eczema…etc” This lead me to understand that he needed a remedy from the mineral kingdom, specifically from the 4th row of the periodic table. I chose ferrum (homeopathic iron). Over a period of a year, his eczema gradually cleared. IT was amazing to see. After 50 years of suffering with this chronic skin disease, he now had normal skin.

Let me say this: the longer a condition has been going on, the longer the healing process. That’s why commitment to homeopathic treatment is so very important.

This man’s eczema had been suppressed for decades with the use of oral and topical steroids, but now with homeopathic treatment he was healed.

Patient with chronic plantar warts: This woman had had warts on her feet for over 10 years. She had tried everything conventional medicine offered: chemicals, freezing, even surgically removing them, but they always came back. She was so embarrassed by the appearance of her feet that she never wore sandals. Only her
family knew of her condition. What helped me find the best remedy for her was this problem of embarrassment. It was very important that people did not see these warts so she covered them up. She also suffered from performance anxiety...she could not make a presentation in front of group of people. She would literally shake and no words would come out. Now you might say, what does this have to do with her warts. Everything. The remedy I chose for her was from the mineral kingdom, from the 3rd row which is all about appearance. How others see me. I chose silica for her treatment. Silica has a fixed image of themselves. They want others to see them exactly as they want to be seen. People who need silica are also very perfectionistic and brittle. They fall apart if criticized. And of course, silica also has lots of skin overgrowths, specifically warts.

I started with a low potency and nothing happened. Increased the potency and nothing happened. I restudied the case and even had her come in for another consultation with me and one of my homeopathic colleagues. We were both convinced that silica was the remedy. Finally, we raised the potency again. She came back for followup in about 6 weeks. I held my breath when she walked in. She excitedly exclaimed “there gone.” No, I resounded. Let me see. She took off her shoes and there was absolutely normal, pink beautiful skin on the soles of both feet. Remember, she had had both soles of her feet covered in thick, painful warts...not one inch of normal skin for 10 years!!!

I recently heard from her mother who is also a patient of Healing Unleashed, that the warts have never returned. That’s been over 2 years.

Now, in homeopathy, we don’t considered a patient healed of their condition until they have been symptom free for 3-5 years. I am certain she will call me at the first sign of a recurrence of the wart. But, I will do another consultation to be sure silica still fits her whole state.

Patient with chronic shoulder pain, anxiety and depression: The patient, a 72 year old woman, had terrible pain in her left shoulder for years. She also suffered from anxiety and occasional depression. She is the caretaker of her husband with a chronic heart condition. I asked her to describe her shoulder pain: she said something is stuck, trapped in there...like a band around the tissue. As the consultation unfolded, she talked about the situation of having to take care of her husband...she said I am stuck, trapped in this situation. This theme of stuck and trapped ran through all her symptoms both physically, mentally and emotionally. This led me to understand she needed a remedy from the plant kingdom, specifically from the Anacardacea family. The sensation that runs through this family is stuck, caught, trapped, cannot move, but needs to move. I gave her the remedy Rhus radicans. On her first followup the pain was much improved, her anxiety was gone and she was much happier and feeling more freedom. She also has been seeing Dr. Joan for some corrective work at the connective tissue level.
Homeopathy and medical massage work beautifully together. We practice integrative medicine. Homeopathy works on the whole vital energy and every symptom a person experiences will in time be healed. We are treating the person, not the condition. Another patient with chronic eczema: This woman came to see me about 4 years ago. She is a nurse and been suffering from eczema for several years. During the consultation, she showed me her legs. The worse case I think I have ever seen. Her entire legs from hip to feet were red, raw and oozing. Also the eczema was on her arms and trunk. Based on what I understood of her unique experiences in life and with this chronic eczema, I gave her a remedy, also from the Anacardacaea family, called Rhus Toxicodendrum (poison Ivy). I started with a low potency so as not to aggravate her eczema. Over a 3 months period, the eczema began to dramatically improve. She would relapse occasionally and the remedy was repeated as needed. After a year, her eczema was completely gone. She was thrilled. I was amazed. After four years, she is still symptom free and a believer in homeopathic medicine. An infant with constipation: I first saw this baby when he was about 6 months old. He literally would not have a bowel movement without help. Mom was very concerned. I took her case also because an infant is frequently in the same state as the mother… and from my observations of the baby and the nature of his severe constipation, I gave him silica. Mom called me the next day and said he had a bowel movement when she got him to the car immediately after taking the remedy in my office. He continued to have ease of passing stool and has not had any problem with constipation since. A child with autism: A 3 1/2 year old boy with autism symptoms for 2 years came with his parents for homeopathic consultation about a year ago. He was running around the room, clicking his tongue, swirling around with his arms flapping (called stemming), and making no significant eye contact with me. But, he was very loving with his mother, caressing her face, smiling at her. The biggest concern for the parents was his lack of speech. Based on what the parents told me and my observations of this little boy, I gave him a plant remedy called Pulsatilla. On followup the stemming had decreased, and he began to spontaneously use appropriate language. He is about 40% better. Now we have a long way to go, but homeopathy has had dramatic results in the healing of this pervasive condition. There is a book I highly recommend called “Impossible Cure” written by Amy Lansky. Her autistic son was healed with homeopathy and because of this, she became a homeopath and is an ardent spokesperson for this wonderful, healing medicine.

FAMOUS PEOPLE WHO HAVE BEEN HEALED WITH HOMEOPATHY:
(From the book, “The Homeopathic Revolution: Why famous people and cultural heroes choose homeopathy” by Dana Ullman.

As our email flyer said: “The Queen of England uses homeopathy.”

In the beginning of this book, there is a quote I will share with you:

“I believe what prevents men from accepting the homeopathic principles is ignorance, but ignorance is criminal when human lives are at stake. No honest man faced with the facts of homeopathy can refuse to accept it. He has no choice. When I had to face it, I had to become a follower. There was no choice if I were to continue to be an honest man…Truth always demands adherence and offers no alternative.” From Sir John Weir, physician to six monarchs, including 4 generations of British monarchs.

CHER: was struck with a debilitating viral illness that caused chronic fatigue and pneumonia. She was disabled from work for 2 years. She tried conventional medicine, but without any help. Doctors told her it was all in her head. She turned to a homeopathic physician and within four months, she was up and back on the road again.

TINA TURNER: powerful musician and strong advocate of homeopathic medicine was healed of tuberculosis with homeopathy. In her autobiography she writes, “Life in the fast lane wore me down. Changes in diet and the use of homeopathy saved me. Thanks to my homeopathic physician for bringing me back to health and always being available for me.”

QUEEN ELIZABETH II: the current queen of England is an active supporter of homeopathy. She is a patron of the Royal London Homeopathic Hospital. Her personal physician, Dr. Peter Fisher, is the medical director of this hospital and editor of the journal “Homeopathy”.

The Queen Mother, who lived to be 102, was the principal royal patron of the British Homeopathic Association.

PRINCE CHARLES: has been the most outspoken modern day royal family member to advocate for homeopathy. In 1982 he became the president of the British Medical Association. He made it his mission to get the medical community to understand the problems and limitation of conventional medicine…and to appreciate the contribution of holistic therapies, esp. homeopathy. Prince Charles and (Diana) only use homeopathic medicine.

Dana’s book is filled with hundreds of famous people from the arts, to music, to sports, to politics and even to spiritual leaders around the world who have successful used homeopathy for their health needs.
I hope you can begin to see that homeopathy really does work. It is not a placebo effect. It works wonderfully with animals and children who don’t know the word “placebo.”

**Where do you begin your healing with homeopathic medicine?**
The initial consultation is key to understanding you as a unique individual. I spend about 2 hours listening carefully to what your symptoms are in great detail and esp. what is your experience of these symptoms. I am listening for the language you use to describe your chief complaint and what impact this has had on your life. I may want to know about what it was like for you as a child to be in your family. I will ask about your fears, dreams, your nature, hobbies, etc. to get a more complete view of your state of being so I can begin to understand what the core issue is.

After taking your remedy, you will come for follow-ups about every 4-6 weeks until we see the direction of your healing progress. Healing is a process and takes a varying amount of time depending on the duration, intensity and depth of the condition you are suffering from. Our goal in homeopathy is assist you in healing so you are free to be who you are in the world. Ultimately health is FREEDOM.

Let me summarize the key points of this article:

- Homeopathy is holistic medicine
- Homeopathy is treating you and not just your disease
- Homeopathic remedies are safe and effective.
- Homeopathic remedies are diluted and successed (energized)
- The homeopathic remedy can cause similar symptoms that you are suffering from and thus retune your vital energy.
- Homeopathy stimulates the body’s innate capacity to heal itself.
- Homeopathic healing is a process that takes time and commitment from you.
- Over the last 200 plus years millions of people have been healed with homeopathic medicine

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Healing Unleashed, LLC
3609 W. Wadsworth, #132
Lakewood, CO 80235
www.HealingUnleashed.com
info@HealingUnleashed.com