

Dr. Amy Neuzil, N.D.  
Excelon Health LLC  
5524 Bee Cave Rd Ste B-1  
Austin, TX 78746  
512.306.0373

## What to Expect When Taking a Homeopathic Remedy

Homeopathy is a form of medicine developed over 200 years ago by Dr. Samuel Hahnemann. He discovered that when a substance produces symptoms when given in a toxic dose, that same substance cures those symptoms when given in a very small dose. This is the principal of “like-cures-like”. The action of the homeopathic remedy depends on the accuracy of the prescription. Homeopathy works on all ages and in both chronic and acute conditions.

Homeopathy is a very subtle, gentle form of medicine with no side effects and no possibility for toxicity. Even though it is gentle, many people notice a reaction when they take their remedy. Very often people report some type of drainage or release, for example if they are prone to chronic sinus conditions they will experience nasal drainage over the first few days of taking the remedy. Others report minor diarrhea, leucorrhea, or discharge from wounds or rashes. This is a very good sign and indicates the body expelling a damaging toxin. This reaction should not be suppressed with medication unless it is absolutely necessary. By suppressing this reaction it is possible to stop the healing process and drive the disease deeper into the tissues.

Some people also notice that they will experience a symptom that they used to experience but haven't experienced lately. For example if a person used to get cold sores in college but hasn't had one in years, they may develop a minor cold sore after taking their remedy. This is also a very good sign and indicates the body is addressing old health issues that it was never fully able to work through.

If you experience a reaction you are not sure about please contact Dr. Neuzil.

In addition to drainage and return of old symptoms, one of three things can happen after taking a remedy:

1. Immediately the condition starts to improve gradually and continues to improve over the next few weeks.
2. After taking the remedy, the condition gets worse for a few days before it starts to get better. This is the most common reaction and is a very good sign. This indicates that your body is responding to the remedy and is able to process and move through some of the disease states it has been fighting.
3. The condition does not respond. This is not typical and indicates an incorrect choice of remedies. This situation can be corrected by reexamining the case and prescribing a new remedy. In many cases it means that vital information was missing from the case. If this happens, Dr. Neuzil will correct the error.

If you have questions about homeopathy please ask Dr. Neuzil or consult the book Beyond Flat Earth Medicine by Dr. Tim Dooley.