

Healthcare In The New Millennium

We are living in a very fortunate time from the point of view of available healthcare. The world has become smaller and other cultures more accessible, so that we can take advantage of the knowledge gleaned after centuries of trial and error. Certainly, we have come a long way diagnostically. Cat scans, Ultrasound, MRI and other innovations allow us to see inside the human body in a way never thought possible. Doctors are traveling to third world countries to find out about local medical lore, herbals used by isolated tribes and are asking local shamans and tribal healers about their knowledge. There is much to be learned from centuries old cultures.

Homeopathic medicine has been practiced around the world for centuries. Just as religions split and became isolated entities, so in medicine, different views of what is important in the treatment of illness have arisen and this continues today. Homeopathy has endured worldwide because there is much to validate its lasting appeal. The term "holistic medicine" has been much abused. The terms holistic and totality of care are already cliches; even cereal boxes claim to treat the body and I wonder if this term holistic is entirely understood. When we speak of holistic care, what is meant in homeopathy and in other "alternative" forms of medicine, is that the body when in a disease state, operates as one unit. **Therefore when a person develops an illness, all of the body is involved. Illness does not affect the part to the exclusion of the whole.** When we have rashes on the body, it makes sense that these rashes are the product of some imbalance in the entire system. Eczema and psoriasis involve the liver, the kidneys, the digestive tract and the lymphatic systems of the body. They are not just skin conditions. By using local creams and anti-inflammatories, we are not curing the problem. In fact, by suppressing skin conditions from the outside, we are in actuality throwing the system out of balance. The body naturally throws off toxins to the less important parts to save the more vital regions. Therefore we see a great rise in joint conditions, skin conditions and various other more local site problems. It is a bit like a centrifugal effect; throw off to the periphery to protect the centre.

What can we learn from this. It makes sense that most conditions in the body have to be healed from the inside, not locally from the outside. We demand quick relief, we

don't want to suffer. But the body heals itself, with the help of medicines, in a pace directly related with the chronicity and severity of the problem and the vitality of the ill person. Children heal very quickly. The elderly take longer, unless very vital and strong. Homeopathy treats from the inside. It aims to heal from the source, to cure if possible, that is if the pathology is not too advanced. The medicines a homeopath uses increase the vitality, and often produce miraculous and surprising improvements in health.

The beauty of homeopathy is that it can be used on many levels. Mental conditions, emotional states, as well as local outcomes of illness are treated. There are tissue salts which nourish and feed the various systems of the body, from nervous to endocrine systems. There are digestive aids, detoxifying cleanses and anti-viral treatments. There are medicines for the effects of alcohol, depression, ulcers, and all keeping in mind healing from the centre. Oddly enough there is a relationship between like curing like in homeopathy. For instance, one of the best treatments for poison ivy rashes is the homeopathically prepared poison ivy plant. This does not hold true across the board in homeopathy. But the fact remains that natural substances prepared so as to remove the toxic aspects, without altering even one isolated part of the chemical balance of the substance, can heal the same conditions that the plant can cause. Scientifically this is astonishing and can teach us much about the healing potentials of natural substances in the world. The homeopathic repertoire of medicine goes far beyond plants. It includes also minerals, metals, mineral salts, and often toxic substances prepared so as to release healing properties and eliminate toxic side-effects. The whole process of homeopathic drug preparation is extensive and too involved to detail here, but suffice to say that science has much to learn when it comes to understanding how homeopathy works. When that day arrives, which it will, hopefully all of medicine and thereby the public, will benefit.

We do indeed live in a great time. One day we will be seen as just scratching the surface in our understanding of the healing properties of natural, unhampered medicines. It is a great time to live with what is available to us in the various fields of medicine. **THE CHOICE IS YOURS TO EXPLORE THE POSSIBILITIES**