

Other Modalities Used By The Homeopath

Vitamins, Minerals and Biochemical Preparations

The homeopath uses vitamin and mineral supplements as adjuncts to the care of patients. Recent evidence points to the depletion of soils, to the effects of the drugs given to animals in the meat that we eat, to the effects of overuse of certain foods on the biochemical nature of the body, to the effects of stress on the wear and tear of the body, and to the effects of fast food diets. Vitamins and minerals are used routinely by homeopaths to support the system at the basic level. Dietary concerns, including drinking of pure water daily and eating whole natural foods are all part of the concerns of the homeopath. Detailed questionnaires are used to determine what is really needed by the individual. No more guessing is necessary.

Botanicals/Herbals

These crude herbals in capsule and tincture forms may be used as adjuncts to treatment. They are used mainly to supplement digestion, boost immunity, detoxify different organs and generally to support the treatment regime. There are also many preparations used for weight loss, addiction control and stress-related disorders.

Biochemical Tissue Salts

These are low dose homeopathic preparations made from various mineral salts which are trophic or supportive for the system. For Example, **Kali Phosphoricum** is used for people with exhausted nervous systems and great difficulty sleeping. They nourish the nerves in this case and promote healing. Often these are given over longer periods of time along with regular homeopathic medicines.

Note: always consult a healthcare professional before making changes to your regimen.