

What Is Homeopathy?

Are you interested in a safe alternative healing method? While modern medicine has made wonderful strides, at times it may be beneficial to try a nontoxic form of healing given the long list of unwanted side effects that accompany virtually all prescription drugs. Since I started writing this column, I have received several inquiries about Homeopathy. By way of background, Homeopathy was founded by the German physician Samuel Hahnemann. It is an officially accepted part of conventional treatment in Europe, South America and South Asia, however, it is unknown to many Americans. According to the World Health Organization, it is the second most used form of healing in the world after Chinese Herbal Medicine. An extensive 2012 study by the Swiss government found it to be effective, more cost efficient and with no resulting side effects.

Well into the mid-twentieth century, there were thousands of homeopathic practitioners and numerous homeopathic hospitals throughout the United States. New Jersey for example, had twenty-one homeopathic hospitals. In New York there

were forty including Middletown Psychiatric Hospital.

Homeopathy is based on the “law of similars,” “let likes be cured with likes.” Those who are familiar with it most likely know the remedy Arnica, a mountain daisy, which if taken in its normal state (not to be tried since it is a poison) would produce symptoms similar to suffering contusions and bruises. Since like cures like (comparable but different than vaccinations), one would take Arnica to heal bruises, as is now recommended by American orthopedic surgeons.

Recently a youngster diagnosed with anxiety was referred to me by her physician, for homeopathy and possible counseling. During her assessment, which consisted of questions regarding her very specific emotional and physical issues, she articulated much grief and sadness due to her family’s move to a new community. Social and family stress was at the core of her anxiety and underlying grief. After going over all her symptoms and considering several remedies, I chose the one that most represented the totality of her presenting situation. Within a short period of taking the recommended remedy and brief counseling, she

experienced relief of her anxiety and was able to make the social transition. Her parents were grateful that their daughter was able to avoid psychotropic medication, preferring

this nontoxic alternative.

The homeopathic pharmacies in this country are regulated by the Homeopathic Pharmacopeia of the United States. Over 1200 homeopathic remedies are approved by the FDA, all of which have been clinically proven through a controlled process where healthy individuals are given a remedy and record elicited symptoms. Homeopathy works well with mind/body issues, such as Irritable Bowel Syndrome, attention deficit, anxiety, physical injuries, and depression to mention a few. It also addresses acute problems related to allergies, flu and skin ailments.

Dana Ullman in his book, “The Homeopathic Revolution: Why famous people and cultural heroes choose Homeopathy,” cites that eleven American presidents were treated solely with Homeopathy as well as many entertainers, athletes and heads of state throughout the world including Gandhi and Churchill. Even John Wayne stated after punching a foe in a film “better get this guy some Arnica.” 🍷



By Dr. Kenneth Silvestri

Psychotherapist and Certified Classical Homeopath in private practice in Montclair, NJ and Nyack, NY; Contact 973-214-0540, drkennethsilvestri.com, or drkennethsilvestri@gmail.com

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