

What is Homeopathy?

Homeopathy is a holistic healthcare modality, which addresses acute, chronic and traumatic health problems.

01

A HOLISTIC APPROACH

Homeopathy was founded in the 18th century by Dr. Samuel Hahnemann, a physician and chemist. The ruling principle of homeopathy is the Law of Similars, which states, “Let likes be cured by likes.” ** Homeopathy is a pharmaceutical science. The remedies used are regulated by the FDA in the USA.

02

PRINCIPLES OF CLASSICAL HOMEOPATHY

- Remedies should be proven on healthy subjects to determine their field of action on the mental, emotional and physical levels.
- One remedy should be prescribed at a time based on similarity to the patient’s symptoms.
- The smallest possible dose should be administered that will produce a healing response.
- The symptoms of the patient should be matched to a remedy that has produced similar symptoms in the “provings,” or experiments on healthy volunteers.
- The practitioner should endeavor to make the healing process as gentle as possible and to try to minimize aggravations.
- With centesimal scale remedies the remedy should only be repeated when symptoms that have improved begin to relapse.
- The practitioner should match the strength or potency of the remedy with the patient’s vital force, or the level on which their illness resides.

03

THE SOURCE OF THE REMEDIES

The remedies come from the animal, mineral, and plant kingdoms. They are also made from bacteria and viruses, or disease products.

“Homeopathic creams are a terrific adjunct to a classically prescribed constitutional remedy.” Amy L. Lansky, PhD

Some remedies are made from imponderables, such as sunlight, moonlight and x rays.

In recent years homeopaths have been studying the characteristics of remedies made from the different kingdoms to learn about their properties, and to understand how to apply them to sick people in a more scientific manner.

Homeopathic remedies are made to the standards of the Homeopathic Pharmacopoeia of the United States, and the FDA regulates them. For external use only. Keep out of the reach of children. Not intended to prevent, diagnose, treat, or cure any disease. Please see a health professional for assistance if your symptoms persist. Based on homeopathic theories, not accepted by some medical doctors. **© 2026 First Aid Creams Company, LLC · firstaidcreams.com**



An understanding of chemistry, biology, zoology and botany is advantageous to the homeopath and intertwined with homeopathy as the natural world is the source of our remedies.

04

VISITING A HOMEOPATH

Since homeopathy looks at the whole person she will ask you questions about all aspects of your life. Homeopathy involves not just science, but also intuition. Repertorizing your case helps the homeopath build an intuitive understanding of the remedy you need, balanced by research.

"Homeopathic remedies need to be treated with respect and repeated only when symptoms that have improved begin to relapse for a while."

Your homeopath reviews your questionnaire before you come. She tries to get to know you or your child and become familiar with your health problems. She will try to familiarize herself with your health and personal history. She tries to understand your emotional and mental health. She types the case notes and keeps a record of all that transpires during the visit.

After taking your complete case the homeopath repertorizes your symptoms. This means that she looks up your symptoms in a book or computer repertory in order to learn which remedies cover your symptoms the best.

Homeopathic remedies come in various strengths and in various forms. The homeopath has to determine which method of administration would be most suitable for you: dry or wet dose, or LM potency.

The homeopath carries a wide range of remedies in stock in various strengths. She will prepare the remedy that you need for you, or if she does not have it, she will ask you to purchase it from the pharmacy or order it for you. The homeopath gives you directions on how to take the remedy, and explains what kinds of reactions you may experience after taking the remedy.

Two weeks after you take a remedy, the homeopath asks you for an email progress report, to learn about your initial response to the remedy, and address your concerns.

"I have been a satisfied homeopathic user since the age of 18 years old; I am now 81 years 'young' and would advise everyone to take the homeopathic route." Joan Weeks

Follow up appointments are scheduled at one month intervals for people who want frequent contact with their homeopath, or at seven week intervals, or as needed for people who do not need frequent contact.

At the consultation we discuss your response to the remedy. The homeopath makes a chart of your symptoms, which serves as a document showing where things stand at that point in your treatment, and as a guide to repetition of the remedy.

If you are not experiencing significant improvement in your health at the follow up visit, the homeopath may take your case once again to gain more clarity on the remedy you need.

The homeopath looks for obstacles to cure, which may be environmental influences, life style challenges, or mental and emotional habits, which negatively impact your healing.

Homeopathic remedies are made to the standards of the Homeopathic Pharmacopoeia of the United States, and the FDA regulates them. For external use only. Keep out of the reach of children. Not intended to prevent, diagnose, treat, or cure any disease. Please see a health professional for assistance if your symptoms persist. Based on homeopathic theories, not accepted by some medical doctors. © 2026 First Aid Creams Company, LLC · firstaidcreams.com



05

WHO CAN HOMEOPATHY HELP

Homeopathy is good for babies and children. Homeopathy is good for the health problems of women, and for health issues relating to a woman's reproductive cycle. Homeopathy is good for boys and men. Homeopathy is good for the elderly. Homeopathy is good for animals. People even treat their plants with homeopathy. **

"I have said this before and I will say it again. Homeopathy is Divine Medicine. It is Spiritual Medicine."

Conditions Homeopathy Can Treat:

- Allergies
- Anxiety and Fears
- Arthritis
- Asthma
- Autism
- Autoimmune conditions
- Bedwetting
- Behavioral problems
- Colds and coughs
- Chronic conditions
- Depression
- Ear infections or pain
- Fever
- Gastrointestinal problems
- Headaches and Migraines
- Influenza
- Insomnia
- Irritable bowel syndrome
- Menopausal symptoms
- Musculoskeletal problems
- Neuralgia or pain
- Sexually transmitted Diseases
- Trauma and Injuries
- Warts. **

06

MEDITATION AND EXERCISE

The homeopath encourages a daily meditation practice, as a part of mental hygiene. Meditation helps the person to gain self awareness and to see how thoughts influence the emotions and ultimately our physical health. When requested or when the homeopath feels it can be beneficial, she will teach meditation techniques, such as mindfulness meditation, breathing exercises, the use of mudras or hand gestures, and the use of mantras or repetition of spiritual phrases as tools to help center the mind.

"I love your products. I finally gave in and replaced my travel kit. It was so well worn that some of the pots were not able to be cleaned. It was time." Pam J

People consult a homeopath because they want to feel healthy and strong. Exercise is one of the most valuable things people can do for their health and to enhance the joy of living. Any exercise you do to get your body moving is beneficial. I encourage people to find an exercise activity that they like and make that a regular part of their lives.

Wishing you health and happiness,

Deborah Olenev **CCH RSHom (NA)**

Homeopathic remedies are made to the standards of the Homeopathic Pharmacopoeia of the United States, and the FDA regulates them. For external use only. Keep out of the reach of children. Not intended to prevent, diagnose, treat, or cure any disease. Please see a health professional for assistance if your symptoms persist. Based on homeopathic theories, not accepted by some medical doctors. **© 2026 First Aid Creams Company, LLC · firstaidcreams.com**