

Homeopathic Consultation

This is the most important part of the homeopathic treatment. The initial consultation takes approximately 2 hours to gather the **individual characteristics** of the complaint as well as the patient such as appetite, cravings and aversions, perspiration, bowel habits, temperature preferences, hormonal functions, sleep, dreams, and most of all, emotional temperament followed by the careful analysis and choice of a suitable homeopathic remedy. The past history of the patient and their family members is also carefully analyzed to make the assessment complete. The choice of homeopathic remedy is merely the first step in the process of the treatment.

The shorter follow-up assessments are scheduled 4-6 weeks apart to evaluate, assess and monitor the progress of the patient's health during the homeopathic treatment. These consultations are approximately 20-40 minutes long to go over all the changes in patient's complaints, health as well as situation in life. The frequency of these evaluations decreases as the patient progresses on the path of recovery and health.

*Some patients, though conscious that their condition is perilous, recover their health simply by contentment with the goodness of the physician.
Hippocrates, 400 B.C.*

Safety of Homeopathic Treatment

Homeopathic treatment is extremely safe, gentle, and without any side effects even for small babies and pregnant women, because the remedies are highly diluted. If a remedy is chosen properly on the basis of Law of Similars, treatment will result in cure, but an incorrectly chosen remedy will have no adverse effect at all, because it is not resonating at the proper frequency with the patient's Life/Vital Force.

*The cure of the part should not be attempted without treatment of the whole. No attempt should be made to cure the body without the soul, and if the head and body are to be healthy you must begin by curing the mind, for this is the greatest error of our day in the treatment of the human body that physicians separate the soul from the body.
Plato (427-347 B.C.)*

SadhnaThakkar, is a well-respected homeopath, an internationally recognized teacher, the founder of the Homeopathy Health Care as well as National Institute of Classical Homeopathy. A homeopathic graduate from the Bombay University, India, she is a certified practitioner of Classical Homeopathy, a past president of North American Society of Homeopaths, and an honorary member of California Homeopathic Medical Society in the US. Her 15 years of homeopathic experience includes working in a homeopathic hospital as a resident homeopath, apprenticeship with an experienced homeopath, a busy private practices in Bombay, India and subsequently in the US.

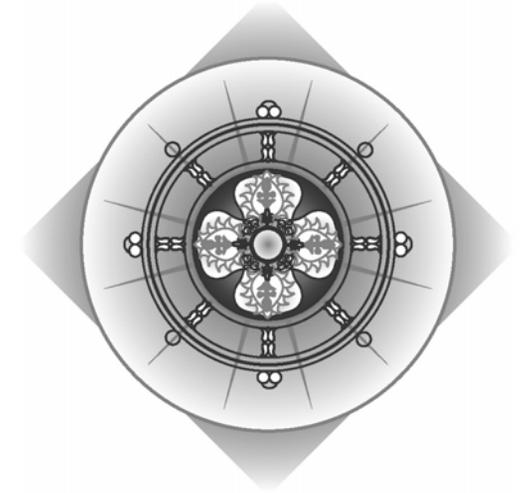
Her teaching experience includes teaching beginner's as well as advanced practitioners of homeopathy in various parts of US, Canada, Switzerland, Egypt and India, and speaking at various conferences. She has authored and published many articles in various national & international journals and is currently writing two books Insights into Consciousness of Snake Remedies and The Simple Truth. A resident of Thousand Oaks, California, Sadhna maintains a busy homeopathic practice from her offices in Thousand Oaks and Santa Monica.

Sadhna is a distinguished practitioner of classical homeopathy. Amongst her patients, Sadhna is known for her exceptional insight and non-judgmental presence in the patient's healing process while providing compassionate, empathetic, and unwavering support to the patient. She strongly believes these to be the core qualities required, not just for being a homeopath but for being a healer of any kind. Her firm belief, faith and an in-depth understanding in health and healing lends itself to truly creating an equal partnership between herself and each of her patients. This relationship allows her patients to heal and expand their potential in their lives.

Sadhna's dedication and commitment to healing in addition to her extensive training has facilitated her to help remove the suffering of her patients consistently for many years. She emphasizes family's health above an individual's health as she believes that it is important to have calm and harmonious surrounding for an individual to experience health at a consistent level. Families and individuals from all walks of life, from far distances, and with variety of illnesses have attained the highest level of health through Sadhna's expert homeopathic advice.

In addition to being an expert homeopath, Sadhna is also a master at teaching homeopathy. Her seminars and courses around the world bring wealth of information, simplicity to the practice of homeopathy and above all her contagious passion and inspiration to her students. Sadhna is renowned for tying together various aspects of homeopathic practice in comprehensible and simplified tool easy to practice. She inspires her students through thought provoking discussions, her passionate dedication and faith in the healing process along with her logical and systematic approach to the application of homeopathic principles.

Healing with Homeopathy



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Homeopathy

Homeopathy is a natural, safe, and gentle system of healing that is based on using minute 'homeopathic' doses to stimulate and encourage the natural healing systems of the body to bring harmony between mind, body, and spirit. The human body is self-sufficient with its own healing mechanisms that repair and preserve its structure and functions. Based on this fact, homeopathy is designed to stimulate and support this healing mechanism.

The highest ideal of cure is rapid, gentle and permanent restoration of the health, or removal of the disease in its whole extent in the shortest, most reliable, and most harmless way, on easily comprehensible principles.
Dr. Samuel Hahnemann,
The Founder of Homeopathy

Principles and History of Homeopathy

Although the basic principle of homeopathy was observed throughout the history of medicine, a German physician **Samuel Hahnemann** accidentally stumbled upon this phenomenon in the early 1700's and explored this phenomenon further. Later, he developed it as a system of healing, and named it Homeopathy.

Homeopathy refers to homeos – similar and pathos – disease. It is based on the **Law of Similars** or like cures like. He observed that when a sick person is given minute doses of the same substance that produced similar symptoms of sickness in healthy person, the sickness disappears leaving the patient healthy. It is similar to taking Ipecac in minute doses to cure the vomiting because it is used successfully in emergency situations to induce vomiting or taking minute doses of coffee to relax the person who is extremely restless and sleepless, or using minute doses of red onion to remove the watering of eyes and running of nose during an attack of hay fever.

He verified this observation by conducting many experiments. He concluded that the basic concept that **every action has an equal and opposite reaction** is responsible for this phenomenon. In order to remove symptoms of sickness, if a slightly increased sickness is created, the body will be forced to react in an equal and opposite manner. As a result, the body will succeed in removing the original symptoms of sickness as well as the artificial symptoms created by the homeopathic substance.

Contrary to popular medical practice of more is better, he also observed that recovery was gentler and faster when the dosage became smaller and smaller. Although this concept defies the medical world, and puzzles many skeptics, **'less is more'** is a common principle in Nature. A highly poisonous snake has far potent venom requiring merely a drop to take life of its victim than a less poisonous snake. It requires merely two atoms of Uranium to make the atom bomb that affects mass population. Thus homeopathic remedy is a made from diluting the substance multimillion times.

Another important observation was that **mind and body expressed discomfort concurrently**. Also, when any substance was given based on the Law of Similars, removed all of the symptoms experienced in mind as well as body. This observation was an extremely vital discovery because not only did it explain the strange phenomenon at the level of mind during an illness but also provided relief at both levels with the same substance at the same time.

Over the past 200 years homeopathy has evolved into a widely practiced system of medicine all over the world. Homeopaths all over the world continue to enhance this natural system of medicine further through careful clinical observations and research. It continues to relieve suffering and enhance the health of millions around the world.

Natural Forces within us are the true healers of the disease.
- Hippocrates

Although a general awareness of the **life force** existed during his times, he discovered that the earliest sensation of illness are experienced at the level of life force and the mode of reaction throughout the body is decided at this level. For example, if on ingesting spoiled food, the uneasiness and restlessness at a general level preceded diarrhoea and vomiting. Later, symptoms of diarrhoea and vomiting are used as primary defense mechanisms to purge the spoiled food in the quickest manner. Thus, **symptoms are defense mechanisms** aimed at preserving the rest of the organism, they are not to be feared and removed at any cost.

Absence of symptom may give a false perception of health. The goal is to achieve total health, not a mere absence of symptoms. Total Health is a state without compromise; a state that is dynamic and free of rigidity at all levels - mental, emotional and physical. We must strive for health without compromise and must never settle for a life with disease under control.
-Sadhna Thakkar , BHMS(Ind), CCH

Homeopathic Treatment

Homeopathic treatment is a two-fold process - **constitutional** for chronic complaints and **acute** for complaints of acute nature. Most patients seek homeopathy for the chronic diseases that have failed to respond to conventional medications. Since chronic diseases develop relatively slowly over a long period of time, the recovery takes place over a period of time under homeopathic treatment. Also patient with presence of or even the history of severe pathology takes longer time to recover and heal completely.

To name a few chronic diseases responding successfully to the homeopathic treatment are allergies, asthma, recurrent respiratory infections, ADD/ADHD, recurrent ear infections, migraines, sinus infections, reflux esophagitis/acid reflux, irritable bowel syndrome, Crohn's Disease, Ulcerative Colitis, Fissures, menstrual irregularities, menopause related complaints, thyroid problems, growth disorders, chronic yeast infections, chronic and recurrent bladder infections, neuralgias, nervous disorders, depressive and anxiety disorders, autism, insomnia, eczema, psoriasis, rosacea, acne, neuro-dermatitis, and vitelligo.

Acute complaints are also handled efficiently and promptly with homeopathy and often times relief is achieved more quickly than with conventional drugs. For example, homeopathic Apis, given for a bee sting, can take away the stinging pain and itching in a matter of few minutes, even faster than an injection of Benadryl. Each headache may seem to be a new complaint, but when the life pattern is examined carefully, the homeopath may recognize that the headaches in question are actually recurring chronically. [Such a situation may require an immediate remedy for the acute pain, but also a constitutional remedy to treat the underlying cause of the ongoing problem. Constitutional treatment, which can only be performed by a trained classical homeopath, is essential to correct the deep-seated roots of the disease disturbance, such as the tendencies toward different recurring ailments. The complete homeopathic treatment (constitutional as well as acute) increases the level of resistance, reduces susceptibility to illnesses, prevents occurrence of severe chronic diseases and brings about a deep change in the whole person. Most of all, it brings **health and harmonious balance at all levels of human existence.**

The individual, not the disease, is the entity"
Sir William Osler