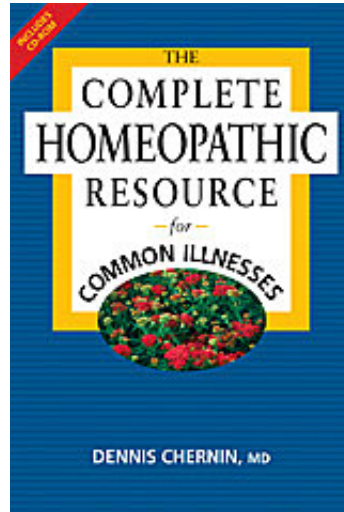


Dennis Chernin

The Complete Homeopathic Resource for Common Illnesses

Reading excerpt

[The Complete Homeopathic Resource for Common Illnesses](#)
of [Dennis Chernin](#)



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Introduction

Disease generally falls into three categories—acute, acute exacerbations of chronic illness, and chronic illness. While homeopathic remedies can be used to treat all categories, or levels, of disease, this book and accompanying CD are generally oriented toward the former two. Treatment of chronic illness with homeopathy is somewhat more complex because the practitioner needs to take into account factors such as family history including genetic predispositions (what homeopaths call "miasms"), old accidents, suppressed illnesses, and the long-term effects of medication. While I touch upon some of the remedies used in chronic problems, it is really beyond the scope of this book to delve deeply into this complex area of disease treatment.

This book and CD teach the principles and concepts of homeopathy in great detail. Using the book, or CD, or both, readers can select a remedy for their family's health concern. Physicians and health care practitioners will find this book quite helpful as well, especially those who are beginning a homeopathic practice. It should be remembered, however, that this is not a substitute for professional advice—laypeople should always consult their health care provider for problems that are serious or persistent.

This book is divided into chapters: (1) the basics of homeopathy, introducing homeopathic theory and definitions; (2) the Clinical Repertory portion, covering common illnesses and their homeopathic treatments; (3) an overview of the different modules of the CD, corresponding to the content of the book, and how to use the CD; and (4) a summary of scientific study about homeopathy. The CD, from which this book was taken, includes a materia medica and a repertory. The Materia Medica (in Latin, "materials of medicine") module covers the various homeopathic medicines and their symptom pictures and applications. If included in this book, it would be a massive section of many hundreds of pages; I believe

readers can more easily review the remedies by studying the CD. The Repertory module, essentially an index to the *Materia Medica*, containing a listing of symptoms and homeopathic remedies that can be used to treat the symptoms, also is not included in this book because it is designed as an interactive resource on the CD; it simply does not translate into usable book form.

In Chapter 1, we explore the definition and history of homeopathy, the basic laws of homeopathy, homeopathic and allopathic views of health and disease, the concept of the vital force, and susceptibility to disease. Basic facts are detailed as well as home prescribing approaches, how to prepare the remedies, and a comparison to standard medicines. Readers also learn how to choose the correct remedy, its dosage (potency), and when to repeat or change the remedy selection.

Chapter 2, *Common Illnesses and Their Homeopathic Treatment*, is the Clinical Repertory listing of many illnesses or conditions with the remedies that can be used to help each one. For each remedy, there is a description of associated symptoms. From the remedy options, a home prescriber may be able to choose which remedy best matches the person's illness. Using some thirty years of experience in practicing homeopathy, I created the Clinical Repertory in this book and CD. The conditions covered in the Clinical Repertory were determined by the conditions I have successfully treated with homeopathy in the past and by the types of problems encountered most frequently in my practice.

Chapter 3 covers in some depth the definitions and practical applications of the Clinical Repertory, as well as the other modules on the CD (the *Materia Medica* and the Repertory). This chapter helps readers understand how to use the CD most effectively.

In the fourth chapter, readers can find summary descriptions of the scientific research that supports the modern interest in homeopathy. We look at early research, meta-analysis studies, double-blind and placebo-controlled clinical studies, clinical outcomes studies, and laboratory studies.

Finally, in the Resources section, the last "chapter" in the book, are helpful lists of books on homeopathy, research, organizations involved with homeopathy, and Internet sites for further inquiry.

Homeopathy is a wonderful, effective, and fascinating system of medical care. This book and CD are great tools and offer clear and concise guidance on your journey toward improved health and well-being. This book will teach you how to treat many common acute ailments so that you do not have to resort to conventional drugs, which may be effective in eliminating your symptoms, but which do so by suppressing your body's immune and defense system. You and your family deserve safe treatments that help heal both your body and mind.