

# Homeopathic remedies



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Homeopathic Remedies Research has proven alternative medicine to be both safe and effective. The practice of alternative medicine has been around for centuries, however, many Americans ridicule this old way of treatment.

There are many different forms of alternative medicines available to the public that are on the market today. Prescription drugs have been compounded to “cure” all ailments, everything from physical pain to mental illnesses. Although many physicians are seeing positive results from the use of alternative medicines, they are refusing to incorporate them into their practice.

In summing up the main differences between conventional medicine and homeopathic users, both patients would more than likely identify that “conventional medicine's main “arsenal” consists of surgery, chemotherapy, radiation, and powerful pharmaceutical drugs. Alternative medicine uses time tested, natural remedies and gentle, hands on treatments.” (Hans R. Larsen) According to the National Center for Complementary and Alternative Medicine (NCAM), “alternative medicine actually encompasses a very large array of different systems ranging from ayurvedic medicine to physical therapy.

Complementary and alternative medicine (CAM) is the term for medical products and practices that are not part of standard care. Standard care is employed by medical doctors, doctors of osteopathy and allied health professionals, such as registered nurses and physical therapists. Alternative medicine includes treatments which are used in place of those utilized in standard care; specifically complementary medicine refers to nonstandard

treatments that are used in conjunction with standard ones. Examples of CAM therapies include acupuncture, chiropractic and herbal medicines.

NCAM explains that Alternative or Homeopathic therapies include, but are not limited to the following: folk medicine, herbal medicine, diet fads, homeopathy, faith healing, new age healing, chiropractic, acupuncture, naturopathy, massage, and music therapy. Benefits of different alternative therapies depend greatly on which therapy is needed/ used to treat or manage a particular ailment(s). For example, herbs for common colds, meditation for preventing heart disease, and many more natural remedies were commonly practiced centuries ago; yet they have declined due to the rise of conventional medicines.

Today however, people are becoming more aware of the benefit by trying and experimenting with different, even more logical approaches to their own health care. The most common concerns voiced against the use of alternative medicine is simply that they have little to no effect in treating a patient's ailment(s); some even believe the use of these treatments and therapies to be a myth. It is not uncommon for doctors to prescribe an antibiotic to "cure" the common cold, what people do not always realize is that taking these drugs can have a serious negative long-term impact on your body's immune system.

Many are unaware that by introducing herbs, such as Echinacea and garlic, into your diet, one not only helps one's body fight off colds, but can even promote proper functioning of organs which can contribute to protection against cancer. (Compton 88) Unfortunately, doctor's today tend to be more

motivated by the benefits provided by pharmaceutical companies that they rarely dispense this information during a consultation. Add that to the fact that the majority of patients run to their doctors and expect a prescription.

It is obvious that despite the high cost of these drugs, patients would rather pay for a antibiotic that will only strengthen the ‘ virus’ in the long run, than research the use of natural herbs, vitamins and minerals. One cannot open a magazine or turn on the television without being bombarded by multiple advertisements for pharmaceutical products. These commercials along with popular medical websites such as WebMD have promoted the use of these drugs to patients.

Not only are people running to their doctors for a prescription, but it is now commonly acceptable for patients to self- diagnose their illness. Many people do not take the use of these ingredients seriously because they are not officially approved by the Food and Drug Administration. Fortunately, there are a few doctors who agree that the use of conventional medicine for treatment of every ailment is not necessary and can actually be detrimental to your overall health. For example, the director of the Integrative Medicine Program in Arizona, Dr.

Andrew Weil, maintains that if we would limit the use of prescriptions to crisis or very severe situations, not only would patients save a great deal of money, but harm done to the body’s own ability to heal itself in the attempt to eliminate symptoms of disease would also be avoided. According to a report written by Hans R. Larsen, conventional medicine should always be the first choice in treatment of trauma and emergency situations. Larson

states that a patient with a head trauma for example would be foolish to not go to a hospital. However, he points out that someone who suffers from a illness or disease would do well by seeking advice from an herbalist. For some, the use of alternative therapies also includes a lifestyle change, " alternative medicine encompasses a very large array of different systems ranging from ayurvedic medicine to physical therapy. " (Larsen) As with any form of treatment, the benefits of different alternative therapies rely greatly on which therapy is needed and the particular ailment the person is experiencing.

While some of these practices have declined due to the increasing use of conventional medicines, people are slowly becoming more aware of the many benefits of these homeopathic remedies. Some of these remedies are meditation for preventing heart disease and reducing stress levels, as well as herbs for common colds. Larson promotes alternative and homeopathic remedies because they include " comprehensive systems which place equal emphasis on body, mind and spirit and uses a highly personalized approach to return an individual to a state where he or she is in harmony with their environment.

It has been proven that " homeopathic medicines or alternative therapies work by mobilizing or stimulating the body's own ability to fight off illness. " (Hulke, 114) It is common knowledge that when taking prescription drugs, one must be cautious of the many harmful side effects caused by any one of these medicines. A shocking statistic points out that " complications caused by side effects from prescription drugs are among some of the leading causes of deaths in the United States. (Compton 94) People who are already

familiar with the use of alternative and homeopathic remedies have seen positive results and tend to avoid the use of drugs. Interestingly enough, studies have proved that the use of unconventional medicines are most commonly used by people with some college education than those without any college experience. (Davis) Previously, one would have to search much harder to find ‘ success stories’ attributed to homeopathic remedies.

It seems that the more these treatments are promoted by doctors and by certain sections of the media, the more one can research the positive effects that these treatments provide. Some physicians In the United States are becoming aware of the increasing importance and growing demand for alternative medicines, some are even being incorporated into their practices. An article published in Time Magazine written by Dr. Weil gives foundation for these claims: “ aerobic exercise regularly because the release of endorphins through ones body can help treat and even prevent depression. He also recommends breathing exercises to reduce anxiety. Meditation is a proven exercise which can be used to reduce or even eliminate damage caused by stress. Dr. Weil concludes his article by informing patients that there are still many tonic herbs that are not native to the United States which have been found to provide great success in certain treatments. (Time) Works Cited Davis, Carol M. , ed Complementary Therapies in Rehabilitation. Thorofare, NJ: SLACK Inc. ’ 1997

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