

## Homeopathy for Trauma & Disasters

Even though the likelihood is extremely low, we all are susceptible to traumatic events such as accidents, assaults, domestic abuse, epidemics, natural disasters, community violence, terrorist attacks, or even war. How can we cope with the aftermath and stress from these traumatic events?

From a health perspective, homeopathy provides a safe, gentle, and non-addictive treatment for both the immediate (acute) and long-term (chronic) conditions arising from trauma and disasters.

In acute situations, homeopathy can work rapidly to reduce pain, inflammation, infection, and emotional trauma.

Chronic conditions rooted in a traumatic incident or an accumulation of extreme stressors can benefit from in-depth constitutional treatment by a trained homeopath. These cases can involve prolonged physical symptoms, such as chronic pain, or unresolved emotional problems related to survivor's guilt, phobias, or PTSD.

Even when the immediate acute symptoms appear to have been resolved, lingering shock can lead to long-term complications affecting both the physical and emotional quality of life. Treatment from a qualified homeopath can provide relief of these symptoms and improved overall health and general well-being.

For a listing of qualified homeopaths in Canada, see the Canadian Society of Homeopaths website at [www.csoh.ca](http://www.csoh.ca).

## More About Homeopathy

Homeopathy is a distinct and unique system of medicine that was first developed over 200 years ago by the German doctor, Samuel Hahnemann. It is based on the recognition that substances have the capacity to both harm and heal, depending on the level of exposure. Homeopathic medicines are highly diluted through a special process known as potentization, which retains and intensifies the healing properties of the substance while removing any toxic side-effects.

An example of how homeopathy works can be seen with coffee, which is known to cause over-stimulation and insomnia. But for many insomniacs suffering from these symptoms, the homeopathic medicine derived from coffee will reverse their symptoms and allow a good night's rest.

## April is Homeopathy Awareness Month

During Homeopathy Awareness Month, homeopaths around the world will be promoting the benefits of homeopathy in their own communities. Here in Canada, professional members of the Canadian Society of Homeopaths will hold free public lectures, meet & greets, open houses, information booths, displays, and more.

More and more Canadians are turning to homeopathy for an effective, non-drug alternative to maintain general health. We invite you to learn more at one of the Homeopathy Awareness Month activities posted on our website at [www.csoh.ca](http://www.csoh.ca).

## Homeopathy to the Rescue!

Awareness of homeopathy can help you prepare for unforeseen trauma and disasters that may affect you or your loved ones. With an emergency remedy kit and some basic instruction, you can learn to treat a wide range of minor physical and emotional traumas that may occur at or away from home.

When used correctly, homeopathic first aid treatment is safe and effective for all ages. A well-chosen homeopathic remedy can quickly relieve the immediate symptoms of trauma and accelerate the healing process.

Even in cases involving severe injury, such as fractures or concussion, the correct remedy can help reduce early trauma and aid in the recovery while the patient waits for emergency medical care.

## HOMEOPATHY can help with . . .

- Anxiety, fear, & hysteria
- Bleeding & bruising
- Blows & blunt trauma
- Burns
- Concussions
- Cuts, lacerations, & wounds
- Fevers & infections
- Fractures, sprains, & strains
- Grief
- Shock
- and much more!

**To request free copies of this pamphlet contact our office at [homeopathy@csoh.ca](mailto:homeopathy@csoh.ca)**

# TOP 10 Reasons to Use Homeopathy

## 1. NATURAL ACTION

Homeopathy works by stimulating the body's own natural defence mechanism to promote health and to resist infection and susceptibility to disease. Although gentle, the results can be powerful and long-lasting.

## 2. HEALTH & WELL-BEING

Homeopathy improves health generally, rather than merely alleviating localized symptoms. It treats the whole individual, acting on the mental and emotional levels as well as the physical level, providing a balance in overall health and an increased sense of well-being and quality of life.

## 3. EFFECTIVE MEDICINE

When used correctly, homeopathy can be an extremely effective system of medicine, providing long-lasting relief from many acute and chronic conditions and illnesses.

## 4. COST EFFECTIVE

Homeopathic medicines are surprisingly inexpensive, especially when compared to over-the-counter and prescription drugs.

## 5. NOT TESTED ON ANIMALS

Homeopathic medicines are tested only on healthy humans in order to determine the range of action of each remedy.

## 6. NO HARMFUL SIDE EFFECTS

Homeopathic treatment offers a gentle and non-invasive approach to health. When used correctly, it produces no toxic side effects, no dependency or addiction, and no withdrawal.

## 7. FAST-ACTING FIRST-AID RELIEF

Homeopathy can be safely used at home or on the road to provide rapid relief for many minor problems such as bruises, simple burns, sprains and strains, insect bites, gastric upsets, etc. However more serious or long-lasting complaints should be treated by a qualified homeopath.

## 8. COMPLEMENTARY MEDICINE

Homeopathic medicine can be used independently or along with conventional drugs and other therapies (with the full knowledge of all healthcare providers). It often can alleviate unpleasant side effects of conventional treatments (e.g., chemotherapy).

## 9. ENVIRONMENTALLY-FRIENDLY

Homeopathy has no adverse impact on the environment. There is no waste of energy or natural resources in the manufacturing process and no pollution of the water supply, oceans, or dump sites when used. In fact, homeopathy is the ultimate green medicine!

## 10. MEDICINE OF THE FUTURE

Homeopathy is the second most widely-used system of medicine in the world. It is available in most countries and is gaining in popularity as an effective alternative to conventional medicine.

# Homeopathy to the Rescue!

## Trauma & Disasters

