

Homeopathy means more than “Natural”...



By Alyssa Wostrel, MBA, DIHom

In the US, the term homeopathic is often misunderstood to mean “all things natural” when actually, it is related to a specific manufacturing process. Homeopathic treatment has a good safety profile because each remedy has gone through a process of serial dilution during manufacturing. This serial dilution basically removes the threat of side effects and contraindications, while retaining the therapeutic effect of the ingredients (think micro-dose).

This micro-dose is reflected by one of main principles of homeopathic medicine, the infinitesimal dose — or stimulating the body’s own healing abilities with the smallest possible dose. I like to call this a pharmaceutical feather rather than a pharmaceutical hammer. Instead of suppressing the symptoms of a cold, for instance, the homeopathic remedies help the system to self-regulate and return to equilibrium, without side effects.

The marketing of homeopathic medicines differs from supplements and herbal medicines in that all homeopathic products must be registered with the FDA. Treatment claims on the label also must adhere to standards and requirements set by the FDA. Homeopathic medicine offers a safe and effective treatment for people of all ages and for both acute and chronic health conditions, as follows:

Pediatric: viral illness, ear pain and infections, colic, hyperactivity, anxiety, teething, gastrointestinal upset, croup, warts, allergies.

Adolescent: viral illness, acne, emotional/mood balancing, stress, PMS, concentration and memory, detoxification, addictions, performance and test anxiety.

Adult: detoxification, hormonal health, constipation, indigestion, insomnia, post-birth healing, menopause, energy level, moodiness and/or depression, PMS, memory, sports injuries, addiction, sinus infections.

In general: Both physiological and emotional life transitions can be supported by the gentling effect of homeopathic medicine.

My homeopathic consulting approach includes both classical remedies and modern homeo-therapeutics. A typical consultation will be initiated with a 1.5 hour intake interview about your current and most challenging health concerns.

Please contact info@1msolutions.com, call 505.331.7358 or visit the 1M Integrative Solutions at www.1msolutions.com.

Alyssa Wostrel, MBA, DIHom, also consults with corporate clients in the integrative medical sector and the natural products industry by providing innovative sales and marketing strategies and pro-active market analysis.



1M Integrative Solutions

Inspiring people to lead healthier lives through homeopathy

Safe, gentle, effective and non-addictive treatment of acute and chronic health challenges for all ages – including allergies, sinus infections, PMS, gastrointestinal disorders, recurrent colds and flu, anxiety, insomnia and more.

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