

# The Wellness Family

Dr. Brayton Keeps You Informed



## A BRIEF HISTORY OF HOMEOPATHY

Homeopathy is a practice that has been around since before western medicine was documented. Homeopathy is the pseudoscientific system of alternative medicine. It is centered around the belief that a substance that causes symptoms of a disease in healthy people can cure similar symptoms in sick people; this belief is called *similia similibus curentur*, or "like cures like." The selected substance is repeatedly diluted in this process until the final product is chemically indistinguishable from the diluent. Those that practice homeopathy and believe in its benefits think that these remedies, usually taken orally, can both treat, and possibly cure disease.

While it has been around seemingly forever, Homeopathy as we know it gained the most notoriety during the late 1700s. A man named Samuel Hahnemann dismissed the use of medicine popular in the late 18th century because he believed it to be ineffective and, at times, even harmful to the patient. Instead, he believed that a single drug, used at a lower dosage and with the purpose of directly targeting a specific malady would be more effective.

Homeopathy lost popularity in the early 20th century as surgery became safer and new treatments became available but saw a resurgence in the 1970s. This was due largely in part to emergence of New Age philosophy which encouraged the care of the whole body with holistic and natural approaches. Over the next few decades advocates for homeopathic treatments would struggle to advocate for the validity of homeopathy, seeing increased support for it within the last few years.

### Application of Homeopathic Remedies

Homeopathic remedies are incredibly safe and should not interact negatively with any prescription medication you might be taking. As a general rule of thumb, try to take them 20 minutes before/after eating or drinking. When taking homeopathic remedies in liquid form, remember to follow the directions. Some remedies are better taken in the morning, while others, in the evening. Some, you will spread out through the course of a single day. With liquid homeopathic medicine, you can usually drop the remedy directly into your mouth from the bottle. For remedies that come in pellet form, it is recommended that you do not chew or swallow them, but rather let them dissolve. This helps to maximize the potency of the remedy. Furthermore, it is

recommended that you take your homeopathic remedy when you are relaxed. It is recommended that you drink black or green tea. It is also suggested that you cut back on the use of herbal supplements as these can mask symptoms that homeopathic remedies are used to treat.



*Homeopathic remedies are incredibly safe and should not interact negatively with any prescription medication*

### Common Homeopathic Remedies

Here are some common homeopathic remedies. As always, it is best to consult to a doctor or expert before trying anything new. Remember that most homeopathic doses are small in quantity and therefore should be administered correctly.

- Chamomile: This is a wonderful remedy for an infant who is irritable. Not only does it help soothe and relieve crying brought on by things such as teething, but it helps them to sleep.
- Hypericum (St. John's Wort): This is recommended for pain relief, primarily where nerves are concerned.
- Ignatia (St. Ignatius Bean): This is the leading homeopathic medicine that helps to relieve grief.
- Magnesia Phosphorica (Phosphate of Magnesia): This is a helpful remedy for cramps. This includes menstrual cramps.
- Arsenicum: This helps with anxiety due to loneliness. It relieves feelings of being imperfect and may relieve stress.
- Belladonna: This is the number one homeopathic treatment for sore throat. It treats angry looking throat swollen glands.
- Ipecacuanha: This helps nausea/vomiting as well as diarrhea. It also helps relieve tight chests, gagging, and dry cough. Basically, all your flu symptoms.
- Hypericum: This homeopathic treatment relieves pain that seems to follow the path of the nerve. It eases tender gum tissue and promotes healing.
- Rumex: A treatment for coughs. In particular, tickles in your throat that are irritating and located in the larynx.

- Allium Cepa: This relieves runny noses and burning nasal discharge. It also eases discomfort brought on by headaches or fevers.
- For a more in-depth list, visit Homeopathy Choice to download a Homeopathic Medicine Cheat Sheet.

### **Arnica - One of the Most Widely Used Homeopathic Remedies**

Arnica is one of the better-known, and more widely used homeopathic remedies. It is an herb that can be found both in the United States and parts of Europe and is part of the sunflower family. Arnica comes from the perennial Arnica montana, a yellow-orangish flower that grows in the mountains of Europe and Siberia. It's sometimes called the "mountain daisy," because its color and petals look like the familiar flower. Arnica is often used for bruises and pain; however, it has other uses as well. Many people use it to relieve pain and discomfort caused by osteoarthritis.

A 2006 study on people who underwent a rhytidectomy — a plastic surgery to reduce wrinkles — showed that homeopathic arnica can significantly boost healing. Arnica has proven effective during the healing of several postoperative conditions. These include swelling, bruising, and pain.

Arnica is comparable to medications such as ibuprofen. It has proven useful in the treatment of pain management and inflammation and shows fewer side effects. Furthermore, it has proven to be cheaper than many standard medications.

### **Benefits for Babies and Kids**

Parents looking for relief of their children's aches, pain, and immunity, will find joy in discovering one company that carries an extensive line for pediatrics: Hyland's Naturals.

For babies, their Oral Pain Relief has a day and night formula that helps provide temporary relief of teething symptoms. They also carry natural formulas for boosting immunity, cough, and mucus.

For children 2 and older, their product Pain Relief, without acetaminophen, has natural active ingredients that may be effective for relief of headaches, muscle ache, toothache, and minor joint pain. For colds, cough, and mucus, a natural formula is also available.

And a final question. Is arnica cream (external) safe for children? Absolutely, it can be great for relieving pain from bumps and bruises.

### **Conclusion**

While not as widely known as Advil or Aspirin, homeopathic remedies have proven the test of time. While some are still skeptical, these remedies have shown that they are a valuable addition to any medicine cabinet. While they may not have as much scientific data reinforcing their claim to space on the pharmacy shelf, the endurance of homeopathic treatment proves that it not only works, but it can potentially work better than prescription medication.

### **The Chiropractic Factor**

Your family wellness chiropractor's priority is always checking you and your family's spine and nervous system. With gentle adjustments, your body's innate (inborn) intelligence begins to naturally improve you and your family's quality of life. Your chiropractor also recognizes that there are also other ways to support a more natural lifestyle, like avoiding exposing your family to extra chemicals. So, consider looking into homeopathy as a new choice for your family.



*Dear Patient,  
Dr. Brayton is dedicated to providing you with the absolute best in family wellness care. So take a moment today to discuss with your Family Wellness Chiropractor any concerns you may have regarding your family's overall health and wellness.*

### **This newsletter is provided to you by:**

Hoboken Family Chiropractic + Wellness  
 Laura T. Brayton, D.C.  
 113 Monroe Street; Suite 2S  
 Hoboken, NJ 07030  
 201.792.3544



# The Wellness Family

Dr. Brayton Keeps You Informed

## A BRIEF HISTORY OF HOMEOPATHY

Homeopathy is a practice that has been around since before western medicine was documented. Homeopathy is the pseudoscientific system of alternative medicine. It is centered around the belief that a substance that causes symptoms of a disease in healthy people can cure similar symptoms in sick people; this belief is called *similia similibus curentur*, or "like cures like." The selected substance is repeatedly diluted in this process until the final product is chemically indistinguishable from the diluent. Those that practice homeopathy and believe in its benefits think that these remedies, usually taken orally, can both treat, and possibly cure disease.

While it has been around seemingly forever, Homeopathy as we know it gained the most notoriety during the late 1700s. A man named Samuel Hahnemann dismissed the use of medicine popular in the late 18th century because he believed it to be ineffective and, at times, even harmful to the patient. Instead, he believed that a single drug, used at a lower dosage and with the purpose of directly targeting a specific malady would be more effective.

Homeopathy lost popularity in the early 20th century as surgery became safer and new treatments became available but saw a resurgence in the 1970s. This was due largely in part to emergence of New Age philosophy which encouraged the care of the whole body with holistic and natural approaches. Over the next few decades advocates for homeopathic treatments would struggle to advocate for the validity of homeopathy, seeing increased support for it within the last few years.

### Application of Homeopathic Remedies

Homeopathic remedies are incredibly safe and should not interact negatively with any prescription medication you might be taking. As a general rule of thumb, try to take them 20 minutes before/after eating or drinking. When taking homeopathic remedies in liquid form, remember to follow the directions. Some remedies are better taken in the morning, while others, in the evening. Some, you will spread out through the course of a single day. With liquid homeopathic medicine, you can usually drop the remedy directly into your mouth from the bottle. For remedies that come in pellet form, it is recommended that you do not chew or swallow them, but rather let them dissolve. This helps to maximize the potency of the remedy. Furthermore, it is

recommended that you take your homeopathic remedy when you are relaxed. It is recommended that you drink black or green tea. It is also suggested that you cut back on the use of herbal supplements as these can mask symptoms that homeopathic remedies are used to treat.



*Homeopathic remedies are incredibly safe and should not interact negatively with any prescription medication*

### Common Homeopathic Remedies

Here are some common homeopathic remedies. As always, it is best to consult to a doctor or expert before trying anything new. Remember that most homeopathic doses are small in quantity and therefore should be administered correctly.

- Chamomile: This is a wonderful remedy for an infant who is irritable. Not only does it help soothe and relieve crying brought on by things such as teething, but it helps them to sleep.
- Hypericum (St. John's Wort): This is recommended for pain relief, primarily where nerves are concerned.
- Ignatia (St. Ignatius Bean): This is the leading homeopathic medicine that helps to relieve grief.
- Magnesia Phosphorica (Phosphate of Magnesia): This is a helpful remedy for cramps. This includes menstrual cramps.
- Arsenicum: This helps with anxiety due to loneliness. It relieves feelings of being imperfect and may relieve stress.
- Belladonna: This is the number one homeopathic treatment for sore throat. It treats angry looking throat swollen glands.
- Ipecacuanha: This helps nausea/vomiting as well as diarrhea. It also helps relieve tight chests, gagging, and dry cough. Basically, all your flu symptoms.
- Hypericum: This homeopathic treatment relieves pain that seems to follow the path of the nerve. It eases tender gum tissue and promotes healing.
- Rumex: A treatment for coughs. In particular, tickles in your throat that are irritating and located in the larynx.

- Allium Cepa: This relieves runny noses and burning nasal discharge. It also eases discomfort brought on by headaches or fevers.
- For a more in-depth list, visit Homeopathy Choice to download a Homeopathic Medicine Cheat Sheet.

### **Arnica - One of the Most Widely Used Homeopathic Remedies**

Arnica is one of the better-known, and more widely used homeopathic remedies. It is an herb that can be found both in the United States and parts of Europe and is part of the sunflower family. Arnica comes from the perennial Arnica montana, a yellow-orangish flower that grows in the mountains of Europe and Siberia. It's sometimes called the "mountain daisy," because its color and petals look like the familiar flower. Arnica is often used for bruises and pain; however, it has other uses as well. Many people use it to relieve pain and discomfort caused by osteoarthritis.

A 2006 study on people who underwent a rhytidectomy — a plastic surgery to reduce wrinkles — showed that homeopathic arnica can significantly boost healing. Arnica has proven effective during the healing of several postoperative conditions. These include swelling, bruising, and pain.

Arnica is comparable to medications such as ibuprofen. It has proven useful in the treatment of pain management and inflammation and shows fewer side effects. Furthermore, it has proven to be cheaper than many standard medications.

### **Benefits for Babies and Kids**

Parents looking for relief of their children's aches, pain, and immunity, will find joy in discovering one company that carries an extensive line for pediatrics: Hyland's Naturals.

For babies, their Oral Pain Relief has a day and night formula that helps provide temporary relief of teething symptoms. They also carry natural formulas for boosting immunity, cough, and mucus.

For children 2 and older, their product Pain Relief, without acetaminophen, has natural active ingredients that may be effective for relief of headaches, muscle ache, toothache, and minor joint pain. For colds, cough, and mucus, a natural formula is also available.

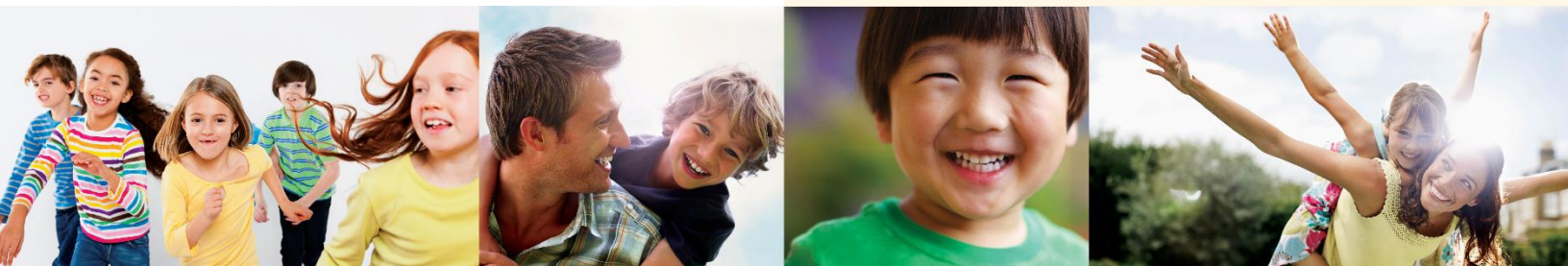
And a final question. Is arnica cream (external) safe for children? Absolutely, it can be great for relieving pain from bumps and bruises.

### **Conclusion**

While not as widely known as Advil or Aspirin, homeopathic remedies have proven the test of time. While some are still skeptical, these remedies have shown that they are a valuable addition to any medicine cabinet. While they may not have as much scientific data reinforcing their claim to space on the pharmacy shelf, the endurance of homeopathic treatment proves that it not only works, but it can potentially work better than prescription medication.

### **The Chiropractic Factor**

Your family wellness chiropractor's priority is always checking you and your family's spine and nervous system. With gentle adjustments, your body's innate (inborn) intelligence begins to naturally improve you and your family's quality of life. Your chiropractor also recognizes that there are also other ways to support a more natural lifestyle, like avoiding exposing your family to extra chemicals. So, consider looking into homeopathy as a new choice for your family.



*Dear Patient,  
Dr. Brayton is dedicated to providing you with the absolute best in family wellness care. So take a moment today to discuss with your Family Wellness Chiropractor any concerns you may have regarding your family's overall health and wellness.*

### **This newsletter is provided to you by:**

Hoboken Family Chiropractic + Wellness  
 Laura T. Brayton, D.C.  
 113 Monroe Street; Suite 2S  
 Hoboken, NJ 07030  
 201.792.3544