



# 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. NO HARMFUL SIDE EFFECTS

Homeopathic treatment offers a gentle and non-invasive approach to health, producing no toxic side effects, no dependency or addiction, and no withdrawal.

## 5. COST EFFECTIVE

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

## 6. 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.

## 7. NOT TESTED ON ANIMALS

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

## 8. COMPLEMENTARY MEDICINE

Homeopathic medicine can be used independently or along with conventional drugs and other therapies (with the full knowledge of your other healthcare providers). It often can alleviate unpleasant reactions and 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 available in most countries and is gaining in popularity worldwide as an effective alternative to conventional medicine.

**NOTE:** Reprinting permitted with acknowledgement of **Canadian Society of Homeopaths** and links to [www.csoh.ca](http://www.csoh.ca).

