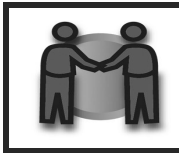


HOWE
Sound
PHARMACY



Sound Advice

...from your Neighbourhood Pharmacy.

Volume 2: Issue 5
May 2005

Regular Hours

We are open to serve
you ~

Monday to Friday:

9 am to 5:30 pm

Tuesday:

9 am to 7 pm

Saturday:

9 am to 12:30 pm

825 Gibsons Way
Next to Gibsons'
Medical Clinic

Tel: 604-886-3365

FREE DELIVERY!

We offer~

- Compliance Blister Packaging
- Blood Glucose and Pressure Monitors
- Health care consultations
- Nutritional Supplements
- Bathroom Safety Supplies
- Compression Stockings
- First Aid and Wound Care Supplies
- Incontinent Supplies
- Life Style consultations
- S.A.D. Therapeutic Lights
- Sport Braces and Canes

We are~

- Your Health Information Source
- Homeopathic Specialists

SOME FACTS ABOUT HOMEOPATHY

What is homeopathy?

Homeopathy is a therapeutic method which clinically applies the *Law of Similars* and uses medically active substances in weak or infinitesimal doses.

Homeopathy began with the discoveries of its founder Samuel Hahnemann (1755-1843), a German physician. He first coined the word *homeopathy*, which is derived from the Greek *homoios* meaning similar, *pathos* meaning suffering. The *Law of Similars* was also described by Hippocrates and Paracelsus and was used by many cultures, such as the Mayans, Chinese, Greeks, Native American Indians and Asian Indians, but it was Hahnemann who made it into a systematic medical science.

The *Law of Similars* formulates the similarity or parallel action between the toxic potential of a substance and its therapeutic action. For example, bee venom causes pinkish red swelling in healthy individuals. The symptoms appear suddenly with an itching and burning sensation and can be relieved by applications of cold water. In infinitesimal doses, the same venom can improve or cure these itchy, burning eruptions, which are relieved by the cold compresses. However, this type of symptom may have a different origin, such as sunburn or an allergic reaction to foods or drugs, yet the bee venom relieves the symptoms!

Homeopathy can be used to treat certain conditions by itself or

in conjunction with conventional treatments. If you are currently taking conventional medications you can use homeopathic medications to improve results.

What are the differences between homeopathy and traditional medicines? It is important that a patient gives a detailed case history, not only of the his symptoms, but also of his developmental milestones, his personality, likes and dislikes, etc. Using all this information, one or more remedies can be prescribed and therapy prescribed which most closely matches the total picture of the patient. The expected out-come is not only relief of symptoms, but a cure "from the inside out."

In contrast, conventional medicine uses opposites to treat disease. In other words, if you have an infection you would use an anti-biotic. If you have an inflammation, you would take an anti-inflammatory drug. You treat with the opposite of your condition. "When the body displays symptoms, conventional medicine attempts to suppress or counteract those symptoms.

Homeopathy is a way of treating the whole person rather than alleviating individual physical symptoms." The debate over the effectiveness of homeopathy versus traditional medicine is one littered with controversies, most of them centered on the differences in treatment and diagnosis. In most cases, ► over



Working with you towards a healthier lifestyle.

