

Homeopathic remedies are substances diluted in alcohol or distilled water which are given a series of vigorous shakes or "succussions." Hahnemann developed this system of preparation to reduce the aggravation of symptoms for the patient. (Such aggravation was to be expected, of course, since the remedy itself produced symptoms similar to that of the disease.)

This hard-to-believe dilution process not only reduced the toxic effects of the remedy, but made it more potent! Here is an account of his succussions:

"...he mixed one part of the substance with 99 parts of the liquid, and submitted the mixture to 100 vigorous succussions. This dynamized mixture he called 'the first centesimal potency.' Then he mixed one part of this potency with 99 parts of water or alcohol, and again succussed the dilution 100 times to produce the second centesimal potency of the drug. The third step in the process, of course, diluted the original substance to one part in a million, and the fourth step to one part in a hundred million. He repeated this process up to thirty times and apparently did not go beyond that, although his successors did." (The Holistic Health Handbook, Berkeley Holistic Health Center, 1979.)

As strange as it seems to common sense, the higher the dilution...the less of the original substance present...the greater the potency of the medicine. The resulting mixture is so diluted that there should be virtually nothing left of the original essence!

**CASE #124 - DIANE**

**Finally rid of life-long rash.....**

Diane had been burdened all her life with eczema, a rash which covered her body. She saw doctor after doctor, took treatment after treatment, only to find the irritating condition continued.

By her own description, Diane was a "mess, a disaster," when she walked into Helen's office at Options a few months ago. She came to Helen on the advice of a masseuse, whom Diane had gone to see with her sister. After Diane described her condition, the masseuse suggested the problem might be associated with the liver. Diane says that was the first time anyone had made that connection.

She took the masseuse's advice with a "I'll give it a try...what the heck" attitude and contacted Options. She says she hasn't looked back since.

Helen introduced Diane to herbs and a homeopathic ointment. She used it on the rash which covered her face and hands. Within a couple of days, "The rash was virtually gone. Only one finger of one hand still showed signs of the skin condition," Diane says.

Since that time, Diane has taken herbs for her inner body as well, to "flush the system" or cleanse the body of toxins. "You've got to deal with your body," she says, "It's got to be cleansed. We have all these toxins...."

Diane has learned a more healthy lifestyle, one without medication or synthetic hormones. She had taken estrogen, but has discontinued it and lost the bloating which made her "almost unable to walk." She has also come down two dress sizes!

Diane came to Helen as a "last resort," but says Helen was able, through various techniques, to pin point "exactly what the body is looking for, what it needs."

When friends and acquaintances express amazement at the healing evident in Diane, she tells them about Helen and her herbs. "I recommend Helen," she says, "and I recommend herbs to everyone. The herbs were here before modern medicine."

### Why Does It Work?

Hahnemann said it was because "the powers, which are, as it were, hidden and dormant in the crude drug, are developed and roused into activity to an incredible degree."

Paracelsus wrote: "The Quintessence is that which is extracted from a substance...After it has been cleansed of all impurities and its perishable