



Transitional Council of the College of Homeopaths of Ontario

CONTACT US

We welcome your comments, questions, concerns, or requests for information.
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What is Homeopathy?

FACT SHEET

What is homeopathy?

Homeopathy is a system of medicine based on the principle of "let likes be cured by likes". Patients who exhibit symptoms of disease are treated with administration of minute doses of substances, to stimulate the individual's natural healing process in order to restore and maintain health.

What is the homeopathic scope of practice?

Under the *Homeopathy Act, 2007*¹, the scope of practice is defined as "the assessment of body system disorders and treatment using homeopathic techniques to promote, maintain or restore health."

What do homeopaths do?

Homeopaths are trained health care practitioners who observe and assess the totality of signs and symptoms that the patient expresses. This totality refers to taking all the symptoms a patient exhibits on a physical, mental and emotional level, and prescribing the remedy that best matches these symptoms. Treatment involves choosing the appropriate remedy, administered in minute doses with the aim of stimulating the individual's healing response in order to restore and maintain health.

What is the principle "let likes be cured by likes"?

The principle "let likes be cured by likes" states that if a substance ingested by a healthy individual can cause certain symptoms during the course of "provings" or "testings", then that substance can be used to treat individuals who exhibit symptoms of disease that are similar to those produced by that substance.

For example, *allium cepa* (red onion) is a substance which when made into a remedy and can be used to treat the common cold. If the common cold can cause an individual to exhibit signs of weepy eyes and a runny nose, and red onion is known to cause an individual to react similarly, then *allium cepa* may be the appropriate remedy to treat that patient.

What are remedies?

Remedies are prepared in laboratories through a process called potentization. This means that a substance is diluted with distilled water or alcohol and succussed (vigorous shaken with impact). A substance can be material (from plant, animal, or mineral origin) or non-material (such as x-ray or magnet). Remedies can be prescribed in pill, liquid or vapour form. They work to support and strengthen the healing response of the patient.

Where do homeopaths work?

Homeopaths work in a variety of settings including private practice, multi-practitioner health care centres, pharmacies, and other health care settings.

Do I need a referral from my family doctor?

Homeopathy may be used independently to treat acute or chronic illness or disorder or as an adjunct to other forms of health care. A referral is not required to see a homeopath.

What should I expect when I visit a homeopath?

At the first consultation your homeopath will spend at least one to two hours, sometimes longer, asking detailed questions about your health, medical history, and lifestyle. Your homeopath is seeking to understand how you experience your symptoms and how they affect your life, so that s/he can assess and prescribe the most appropriate remedy to match your symptoms.

Subsequent consultations are often shorter in duration and will involve discussing the changes that have occurred, so that your homeopath can understand how you have responded to the remedy and what the next step of your treatment will be.

Will I have to pay for my treatment?

Homeopathic care may be covered by your individual health care benefits plan. Check with your employer or insurance provider for more details.

How can I find a homeopath?

There are an estimated 1,000 homeopaths in the province of Ontario. At this time homeopaths are in the process of being regulated under the *Homeopathy Act, 2007* which has been established under Ontario's *Regulated Health Professions Act, 1997*². Regulation will ensure all homeopaths meet the education and professional standards criteria set out by the transitional Council College of Homeopaths of Ontario.

Until the transitional Council has completed its work and is ready to register homeopaths into the regulatory health system through the College of Homeopaths of Ontario, the best way to find a homeopath is through referral from your healthcare provider or word-of-mouth from a credible source.

¹Homeopathy Act, 2007 www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_07h10_e.htm
²RHPA, 1991 www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_91r18_e.htm

³*Organon of Medicine*, 6th Edition, §2, Christian Friedrich Samuel Hahnemann, MD. Published in German, circa 1842. Translated and published by William Boericke in 1922.

*"The highest ideal of cure is rapid, gentle and permanent restoration of the health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable, and most harmless way, on easily comprehensible principles." Christian Friedrich Samuel Hahnemann, MD 1755 – 1843, Founder of Homeopathy.*³