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Homeopathy Remedies – the Way to a Healthier You [By Nicole Brown](#)

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Homeopathy remedies have been around since the 1700s. It's a branch of science that has many people divided as to its effectiveness in helping many health conditions. Modern medicine calls it quackery because it hasn't been shown to be effective in some studies conducted over the years. With all the negative feelings surrounding the subject, there is the positive side of people that have received many benefits from homeopathic formulas.

What is it?

The principle behind homeopathy remedies is based on the "like seems to cures like" principle. The thought behind this theory is that any substance that might cause symptoms also has the ability to relieve the disease or illness. This theory is not new and was discussed and understood all the way back in the time of Hippocrates in ancient Greece.

Substances that cause a condition are diluted through a process called potentiating. This process involves shaking the substance vigorously with each step. A series of steps are performed until the vital essence of this substance is all that remains. The belief or homeopathic philosophy is that even though the physical substance is in effect gone, it still remains therapeutic to help the very condition that it would worsen in its pure undiluted state.

Is there any benefit to using homeopathic remedies?

Although it sounds much like hocus pocus, homeopathy has been regularly practiced in the U.S. since the 19th century. Homeopathy remedies stimulate the body's own ability to heal by administering small doses of much diluted substances, like previously mentioned, would harm an individual in larger doses.

Does it work?

Like many alternative health care approaches, there are many people that have been greatly helped. Of course, mainstream medicine will never give it any approval or credibility. However, there are many different practices such as herbs, acupuncture and chiropractic that were not accepted at one time and even to this day, have limited approval by modern medical practices.

Just because it hasn't been proven, doesn't mean it doesn't work and hasn't helped people. What do you have to lose if you have an ailment and try a homeopathy remedies to see if it can help. It isn't going to do any harm. If it doesn't work for you, then you can go on to something else that will.

The thinking here is that you can benefit from something now, instead of waiting for years for some expert to tell you that it is effective. You probably already have a lot of home remedies that were passed on by your mom, that work, but have no scientific validity as to why. There are many people that have benefited from this form of therapy and that's why there continues to be practitioners as well as retail stores that continue to sell these types of products.

In conclusion, homeopathy remedies may be a safe and effective solution in helping to overcome many conditions and illnesses. With so many people having positive results without any side effects, it might be worth buying quality homeopathy products to help you stay healthy and happy.

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