

## **LIKEWISE HOMEOPATHY**

### **“Homeopathy is Holistic Medical Science”**

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Everyone has heard the expression, “Physician, heal thyself.” Miriam Mackey, homeopathic consultant, is more likely to say, “Body, heal thyself.” She works with her patients to find the right remedy to stimulate the patient’s system and promote healing.

“Homeopathy is a holistic medical science,” says Mackey. “It looks at mental, emotional and physical symptoms and treats the person as a whole.”

Patients seek homeopathic care for a wide range of ailments like infertility, asthma, allergies, difficult menopause, anxiety, depression, headaches, migraines, digestive problems and skin conditions. Even infants and children can take homeopathic remedies for everything from earaches and sore throats to behavior disorders.

Mackey, who has worked in the health-care field for more than 20 years, has a Bachelors in Science and a background in exercise physiology. She began her homeopathy practice after completing an intensive three year program at the Pacific Academy of Homeopathic Medicine.

A patient’s initial consultation with Mackey can take about two hours. During that time, she asks that patient to talk about their symptoms, past medical history and their own perceptions about their health.

“I get a capsule of what life is like for them,” she says.

Mackey looks at both internal and external influences on the patient’s health. Sometimes the onset of an ailment can coincide with a traumatic or stressful event in someone’s life.

“I’m trying to find out where they are stuck, what event or set of events may have kept them in this state of ill health,” she says.

Mackey then recommends a remedy tailored to the individual patient. Patients make follow up visits only as needed.

“In homeopathy, everybody is treated as an individual. You don’t see that with conventional care,” says Mackey.

Remedies are minute doses of plant, animal or mineral substances. All remedies are listed in the Homeopathic Pharmacopoeia and are recognized by the FDA. However, most homeopathic remedies are available over the counter.

The homeopathic consultant has seen patients with problems such as pink eye or a sore throat respond to one or two doses of a remedy. She also reports amazing results in some children who have been diagnosed with ADD.

Children with asthma have been able to get off their medication and enjoy activities that had previously been nixed due to their condition.

The goal is to have people live more inclusive lives, to get them to their optimum level of health, so they can adapt to a variety of different situations,” says Mackey.

Many patients turn to Mackey when they are not satisfied with conventional health care. She has seen homeopathy help people with lingering or vague symptoms that do not respond to medicines. Pregnant women consult her because they want the best pregnancy possible for themselves and their babies.

Homeopathy has been used worldwide for over 200 years, according to Mackey. In fact, homeopathy was practiced in the United States in the late 1800s to early 1900s and practitioners studied in several homeopathic medical schools. The practice died out by the 1950s but saw a resurgence in the 1970s and 1980s.

Mackey practices classical homeopathy, which is characterized by giving one single remedy that addresses the patient’s condition at that time. One of

the principles behind classical homeopathy is the Law of Similars: a little bit of a substance that can cure you would make you sick in a larger dose.

Her patients can relate to this idea when she explains that vaccines and allergy shots operate on a similar principle, although homeopathic remedies are not vaccines.

Mackey's interest in homeopathy grew after she had a serious car accident.

"I saw that there were other ways of doing things besides conventional medical care," she says. "I tried homeopathic therapy then went to a lecture and was hooked. I'm so excited to have stumbled upon this occupation."

She advises everyone to find health care practitioners they trust and feel confident in.

"Check their education and experience. Develop a rapport with them," she says.

Miriam Mackey's office is located at 2145 Central Avenue. Call 523-6946 for an appointment.