

## **LIKEWISE HOMEOPATHY**

**“Homeopathy can be Route to Beat Allergies”**

**By Suzanne T. Storar  
CORRESPONDENT**

**Alameda Times Star  
Thursday March 13, 2003 Edition**

Spring is in the air, along with grains and grains of pollen. Allergy sufferers find temporary relief from itchy eyes and runny noses with doctor-prescribed and over-the counter medications. Few expect that next spring will be any different.

Homeopathy may offer another outcome. Rather than treat sneezes and sniffles, the alternative therapy goes to the source of the problem, and individual's vulnerability to allergens.

“The goal of homeopathy is to make people more adaptable instead of to suppress symptoms,” says Miriam Mackey, a classical homeopath.

Mackey sees a range of responses to allergy season. Some people can't stop sneezing. One group has itchy, runny noses and another has itchy, watery eyes. Some report feeling irritable and puffy. These symptoms can appear in all combinations. The homeopath chooses a remedy that best matches an individual's unique set of reactions.

“The correct remedy will address the symptoms and lessen their frequency, duration and/or intensity over time,” says Mackey.

The key term is “correct remedy,” she says.

Remedies sold in health food stores can be used for many more conditions than listed on their labels, and a homeopathic allergy formula that works for one person may not work for another.

The best bet is to meet one-on-one with a homeopath.

Homeopathy is based on the principle “like cures like”.

A substance that would make you sick in a large dose can stimulate the body's own healing powers in a very small dose.

Homeopathy is used worldwide to treat patients with remedies made from plant, animal, or mineral sources.

Classical homeopathy, which Mackey practices, closely follows the original system developed more than 200 years ago by Samuel Hahnemann.

“The goal of homeopathy is to have the treatment be rapid, gentle and permanent,” says Mackey.

Patients come to Mackey's Alameda office for more than allergies. They usually seek homeopathy for complaints they feel have not been addressed by conventional care: anxiety, depression, digestive problems, women's health and menopause, ADD/ADHD and asthma.

Clients range from children to pregnant women to senior citizens.

In the first visit, Mackey spends up to two hours in a discussion with the patient to learn what is happening on mental, physical, and emotional levels.

She also makes note of significant life events and experiences.

“I find out what life is like for them,” she says.

This information is used to find a remedy match that best addresses the individual's symptom set.

Follow up visits help Mackey fine tune recommendations and determine when the remedy is no longer needed.

Patients report feeling better from the inside out. Often they forget secondary symptoms mentioned in the initial meeting.

“I'll say, ‘Are you still having headaches?’ And they will say they forgot about the headaches, then realize they haven't had any,” says Mackey.

Remedies are dispensed in liquid form or as pellets that dissolve under the tongue.

Homeopathic remedies have no known contraindications with conventional medicines, unlike some herbal formulas, because the remedies are diluted.

Mackey, formerly an exercise physiologist, tried homeopathy for herself following car and horseback riding accidents. She used arnica and found her bruising, pain, even the trauma subsided quickly.

Her mother, a nurse, suggested she attend a lecture on alternative forms of healing.

Afterwards, Mackey wanted to learn more.

She completed a three-year course at Pacific Academy of Homeopathic Medicine and opened her practice more than three years ago.

Homeopathy has its skeptics. Some say it works by placebo effect, but Mackey says theory doesn't explain why patients find their most recent complaint goes away first, like peeling away layers.

Because remedies must be matched to the patient, they do not fare well in large clinical trials.

However, Mackey says, recent experiments on individuals show homeopathy's effectiveness.

Many of her patients offer glowing testimonials.

One patient said, "Thank you, thank you, thank you for giving me my life back."

Mackey can be reached at 2145 Central Ave., 523-6946

The National Center for Homeopathy, 877-624-0613,  
[www.homeopathic.org](http://www.homeopathic.org) also offers referrals.