

Patient Resources

Homeopathy

Homeopathy is a “natural pharmaceutical” science that was developed in Germany more than 200 years ago. It uses small doses of pure extracts to create formulas to heal the body. The basis of homeopathy is that certain substances, such as herbs and minerals, in full strength yield the same symptoms as a known disease. When those same substances are diluted and vigorously agitated, they can provide relief of those same symptoms. It is the principle of ‘like treats like’.

Who is it for?

Homeopathy can be used for many conditions, including fibromyalgia, arthritis, and more. Each formula is individualized, meaning two individuals with the same condition may receive different treatments. *It is important that individuals discuss their interest in homeopathy with their rheumatologist to ensure that it is a safe option.*



Does it work?

The National Center for Complementary and Integrative Health (NCCIH) has conducted research on homeopathy, and has found little evidence to support the use of homeopathy as an effective method of treatment. However, homeopathic treatments are difficult to research because they are highly individualized; there are hundreds of different homeopathic remedies that can be prescribed in a variety of different dilutions for many different symptoms.

Before you make your appointment...

- Discuss your thoughts of homeopathy with your rheumatologist to ensure that it is a safe option for you.
- In most states, there are laws that regulate the practice of homeopathy, however in some states, non-licensed professional may practice. Individuals that are licensed to practice medicine or another health care profession can legally practice homeopathy.