

# Inga Maria Richberg

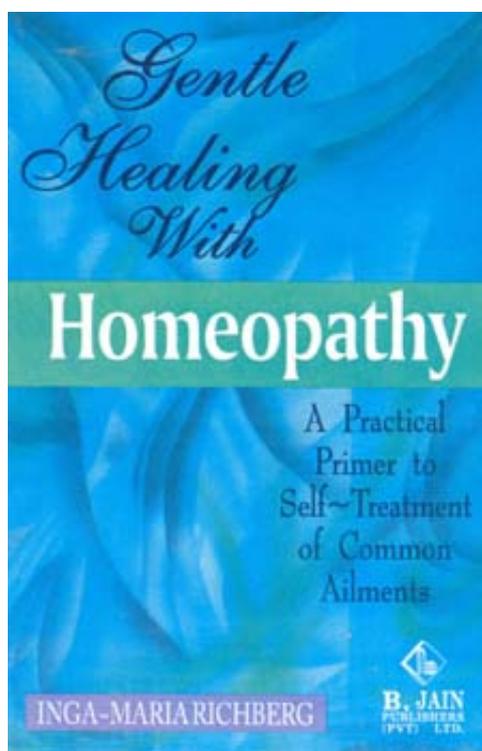
## Gentle Healing with Homeopathy

Reading excerpt

[Gentle Healing with Homeopathy](#)

of [Inga Maria Richberg](#)

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# PREFACE

Homeopathy has made a tremendous leap in popularity. As little as 20 years ago, homeopathy existed more or less in the "shadows" as an almost secret science and was vehemently denounced by the established medical profession. But much has changed since then, not the least of which is the birth of the environmental movement and the growing uneasiness with today's five-minute, high-tech medical procedure. But as is so often the case with new trends, the "back-to-nature" movement too overstepped its bounds. Some of the responsibility belongs to the media, who—with sensational reports—made many people believe that so-called "natural" remedies were the answer to all of their ills. It is also not uncommon for people to consider themselves experts in homeopathy just because they have read in a magazine about the successful treatment of an illness with a homeopathic remedy, or had a physician prescribe one for them. All this has done great harm to the reputation of homeopathy, a disservice that has been totally undeserved.

## THE DEMANDS OF HOMEOPATHY

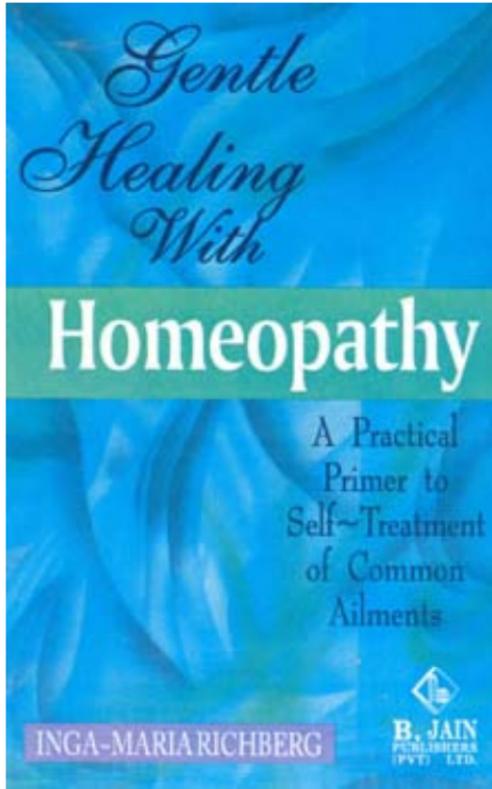
Homeopathy is a serious, scientifically proven form of therapy that makes great personal and professional demands on those who are practicing it. Professional qualifications include a well-rounded medical education and training as well as the ability to establish a careful and detailed case history and to participate in an ongoing continuous education. On the personal side, a homeopathic practitioner must always critically and ruthlessly question his own observations and conclusions and be willing to learn from his own daily experiences. In addition, a homeopathic practitioner must always be conscious of the limitations inherent in this treatment modality. Sadly, there are those who do not take their responsibilities as seriously as they should and may, for instance, prescribe medication over the phone without having seen the patient. While this seems very easy, it is nevertheless a serious violation of one of the basic principles of homeopathy.

What is true for the professional homeopathic therapist also holds for the lay person who either wants to treat himself or a family member at home. And here, the limitations are even narrower. Anybody who is

thinking of performing such treatments at home must keep this clearly in mind. If this person would be as careless with homeopathic remedies as many are with over-the-counter pain medication—treating according to the motto "More is better"—then it is suggested that they stay away from homeopathy. While a lay person with such an approach will not necessarily cause any real harm, it is still possible to make the symptoms being treated worse or to bring about serious complications.

But those who, on the other hand, are capable of patient and careful observations, are always open to expanding their knowledge, know their own limitations, and are willing to seek professional advice when necessary can do a lot of good, and over time they will develop a deep understanding about the health of the human being. Because homeopathy teaches the person involved to live a healthy lifestyle, and sees to it that family members do likewise, it teaches early intervention when an imbalance in the psychological, mental, or physical equilibrium is detected, and thus is helpful in restoring overall well-being and an ability to enjoy life. And last but not least, it also reduces, to a great degree, the overall financial cost of staying healthy.

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