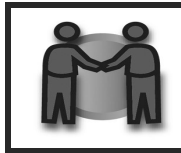


HOWE
Sound
PHARMACY



Sound Advice

...from your Neighbourhood Pharmacy.

Volume 2: Issue 5
May 2005

Regular Hours

We are open to serve
you ~

Monday to Friday:

9 am to 5:30 pm

Tuesday:

9 am to 7 pm

Saturday:

9 am to 12:30 pm

825 Gibsons Way
Next to Gibsons'
Medical Clinic

Tel: 604-886-3365

FREE DELIVERY!

We offer~

- Compliance Blister Packaging
- Blood Glucose and Pressure Monitors
- Health care consultations
- Nutritional Supplements
- Bathroom Safety Supplies
- Compression Stockings
- First Aid and Wound Care Supplies
- Incontinent Supplies
- Life Style consultations
- S.A.D. Therapeutic Lights
- Sport Braces and Canes

We are~

- Your Health Information Source
- Homeopathic Specialists

SOME FACTS ABOUT HOMEOPATHY

What is homeopathy?

Homeopathy is a therapeutic method which clinically applies the *Law of Similars* and uses medically active substances in weak or infinitesimal doses.

Homeopathy began with the discoveries of its founder Samuel Hahnemann (1755-1843), a German physician. He first coined the word *homeopathy*, which is derived from the Greek *homoios* meaning similar, *pathos* meaning suffering. The *Law of Similars* was also described by Hippocrates and Paracelsus and was used by many cultures, such as the Mayans, Chinese, Greeks, Native American Indians and Asian Indians, but it was Hahnemann who made it into a systematic medical science.

The *Law of Similars* formulates the similarity or parallel action between the toxic potential of a substance and its therapeutic action. For example, bee venom causes pinkish red swelling in healthy individuals. The symptoms appear suddenly with an itching and burning sensation and can be relieved by applications of cold water. In infinitesimal doses, the same venom can improve or cure these itchy, burning eruptions, which are relieved by the cold compresses. However, this type of symptom may have a different origin, such as sunburn or an allergic reaction to foods or drugs, yet the bee venom relieves the symptoms!

Homeopathy can be used to treat certain conditions by itself or

in conjunction with conventional treatments. If you are currently taking conventional medications you can use homeopathic medications to improve results.

What are the differences between homeopathy and traditional medicines? It is important that a patient gives a detailed case history, not only of the his symptoms, but also of his developmental milestones, his personality, likes and dislikes, etc. Using all this information, one or more remedies can be prescribed and therapy prescribed which most closely matches the total picture of the patient. The expected out-come is not only relief of symptoms, but a cure "from the inside out."

In contrast, conventional medicine uses opposites to treat disease. In other words, if you have an infection you would use an anti-biotic. If you have an inflammation, you would take an anti-inflammatory drug. You treat with the opposite of your condition. "When the body displays symptoms, conventional medicine attempts to suppress or counteract those symptoms.

Homeopathy is a way of treating the whole person rather than alleviating individual physical symptoms." The debate over the effectiveness of homeopathy versus traditional medicine is one littered with controversies, most of them centered on the differences in treatment and diagnosis. In most cases, ► over



Working with you towards a healthier lifestyle.

HOWE Sound PHARMACY

More about our Services...

We're hitting the streets to serve you better!

Watch for our new white Minivan!!



**Call for free delivery ~ Monday to
Saturday**

Call before 2 p.m. for same-day delivery

604-886-3365

► *continued from page one*
homeopathy is used in conjunction with traditional medicine. The homeopathic remedy will be treating the whole patient while the conventional medicine is addressing the micro-organisms. One practice does not exclude the other nor is one preferable over the other.



Instead, it is good to look at how to combine them effectively. But it must be remembered that homeopathy is not a quick fix; often patience and persistence are needed. However, it has been suggested that the first point of call should be homeopathy, because homeopathy won't block or suppress the body's symptoms, which can make the disease more difficult to treat. If one's immune system is so weakened that it cannot respond to a homeopathic remedy then you may need an antibiotic, and it may be life-saving. But conventional medicine should not necessarily be the first thing that one jumps at. There are gentler ways and homeopathy is one of them.

Homeopathic Remedies: Some examples where homeopathy works well are in reducing the severity and duration of a viral infection:



- Cold or flu: *Oscillococcinum*, used as directed and taken at first signs of a cold or flu, reduces the severity and duration of the illness. It is the number one cold remedy in the world today.

Allergies? By using *Sabalina* or others such as *Histaminum* or *Pollens 19* (from Canada) the body will reduce its own histamine levels and reduce the symptoms of allergies – none of those bothersome side effects such as drowsiness and dry mouth!

Irritated eyes: *Oculoheel* has no preservatives or agents that actually irritate eyes. Anything from dust to dry eyes, allergies to irritant, it soothes the eyes and gets rid of the red naturally.

Arthritis: Worried about all the side affects being reported about the anti-inflammatory drugs? People

have been successfully changing to a combination of *Detox Kit*, *Traumeel* and *Zeel* with the addition of glucosamine sulphate, gentle movement, yoga and even physiotherapy.

Trouble sleeping: *Ventogoheel* or *Homeogene 46* help one's sleep without interfering with our REM sleep, necessary for great brain functioning the next day.

Promote healing and reduce inflammation: *Traumeel* helps everything from muscle strains to speeding the recovery of damaged tissue and has been amazing people for years. Some people use it before playing sports and going to places where they know they will damage their body (i.e., to reduce the trauma before it happens when going to the dentist).

Come in and talk to the Howe Sound Pharmacists about homeopathy. Ask us if we think homeopathy with or without other therapy will help you.

Treatment is very individualized so it is always best to check with us first.



**COMING SOON TO
A COMPUTER
NEAR YOU!**



**Howe Sound
Pharmacy will be on
the Worldwide Web
in the near future
with an informative
website and an email
address– another
way we can keep in
touch!**

**Watch for further
announcements this
summer!**

Health care for your body and mind.