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## **What can you expect from homeopathic treatment?**

Homeopathic remedies are designed to stimulate your body's natural ability to recover-to act as a catalyst for healing. A remedy doesn't cure as such; it works rather like throwing a pebble into a pond. The job of the homeopath is to "throw the pebble into the middle of your pond" so that it sends out healing ripples to every part of you.

The process of healing varies from person to person, depending on how ill you are, on your levels of vitality, and of course, on the accuracy of the homeopathic remedy itself. In the days or weeks after taking the homeopathic remedy, you may find that you feel better in yourself namely, you experience an increase in energy and your complaints improve gradually or even clear.

With an acute or recent illness your improvement may be quite swift. It may also be a more gradual or even prolonged process, especially if you have been suffering from a long term or chronic illness. In general, the longer you have been ill, the longer that process may last.

Some people experience a slight worsening or aggravation after their treatment. This usually occurs within the first two weeks of starting a remedy and is a favorable sign. Aggravations usually do not last long, are manageable and are often accompanied by an increased sense of well-being.

You might experience a "return of old symptoms", that is, symptoms which you had in the past may return, and these too are often a favorable signal. They indicate that your body is clearing out an old disease pattern. These symptoms are generally short-lived.

Please keep in mind that any acute illness or injury, i.e. flu, a cough, urinary tract infection and so on can be addressed homeopathically, so it is always helpful to let me know if you are considering medical treatment for an acute complaint between consultations.