

## The Hahnemann Clinic for Heilkunst

The Hahnemann Clinic is part of the Hahnemann Center for Heilkunst Trust, along with the Hahnemann College for Heilkunst.

The HCH Trust is a registered charitable entity under the laws of Canada and operates to provide the benefits of Heilkunst, a complete system of health-care, to those desiring it. It does this through the training of practitioners and the treatment of patients, as well as through more general educational activities for the public.

The HCH Trust and its activities are financed solely through patient and student fees, as well as donations from benefactors. We depend on donations to continue research, purchase new equipment, offer better services and to expand our activities so that more people can benefit from the knowledge of health and disease provided by Heilkunst.

The HCH Trust is headquartered in Ottawa, Canada, and thanks to the wonders of modern telecommunications, can provide services around the world. Students can study through our unique distance learning programs, and patients can be treated by phone, e-mail and fax.

If you would like to make a donation to the HCH Trust, please ask for the separate brochure on donations or contact the HCH Trust through the contact information on this brochure.



### HAHNEMANN CLINIC FOR HEILKUNST

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## THE HOMEOPATHIC HEALING REACTION: *What it means*



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## WHAT IS A HEALING REACTION?

Healing is part of a deeply curative process, and not simply the removal of symptoms. Healing proceeds in a specific way, following certain natural principles, and aided by natural medicines.

These principles have been observed for centuries by natural physicians. They were set down formally by Dr. Constantine Hering and Dr. James Tyler Kent, two homeopathic physicians.

You get sick in a certain order in space and time, and your symptoms appear in a set order. Nature heals in the reverse order of the disease process. This means that the healing proceeds from the mental/ emotional level to the physical level, from the deeper organs to the more superficial, from above downwards (as often seen in rashes), and in the reverse order of the original occurrence of the various diseases.

The direction of the change in symptoms is very important. It is the direction that tells the physician whether a true healing process is underway, or simply palliation (temporary suppression of symptoms).

When you take a deep-acting homeopathic remedy for a chronic disease condition, you will experience a healing reaction. This means that you will see a change in your symptoms according to the natural direction of healing.

First, you will likely experience an improvement at the mental/emotional level. For example, concentration will improve, irritability will decline, you will have a more positive outlook and you will feel more confident and calm. Old symptoms may return. You may experience symptoms at the more superficial level, while deeper organs will improve and strengthen.

Healing is like a house cleaning. A lot of old stuff that has accumulated must be cleared out. Much of this elimination takes place at the physical level. Congestion, various discharges, skin reactions, aches and pains are among the types of symptoms you can expect.

In most cases, after taking a remedy, you should experience an initial improvement or sense of well-being. About 10-14 days after taking a remedy, you may experience a temporary worsening of your situation, usually physical (although it will still be better than at the start of treatment). You may also have a return of old symptoms. This state normally lasts for 1-3 days, then will return to the improved state prior you experienced to the healing reaction.

### Hering's and Kent's Principles:

#### *The direction of a true healing process*

Dr. Hering stated that a true, natural healing process for a particular disease proceeds according to the following pattern:

**From above downward:** Since our mental/emotional state is more important than our physical state, healing always should result in an improvement first at the mental/emotional level. Any physical reaction will tend to move down the body, e.g., a rash that moves from the face to the chest, the legs and then the feet.

**From inside outward:** The deeper a disease state, the more serious the internal organs affected. The skin is the most superficial organ and once a skin rash or other symptom appears or worsens temporarily, this is a sign that the deeper disturbance is being forced out.

Dr. Kent added the following: **In the reverse order of time:** old symptoms associated with the time of the blockage or inherited weakness you are being treated for will return. Old disease states, or rather their symptoms, will return. The symptoms, however, are now the sign of the internal healing or repair process, and are temporary.

## Healing is a voyage of self-discovery

Health is much more than an absence of physical symptoms. Health is the freedom to pursue our dreams, desires and interests, to become more fully who we are. Health is a balance within, a harmony at all levels of our being.



If we have fewer physical symptoms, but feel worse mentally and emotionally, this is a sign of the disease going deeper. Many drugs simply suppress the symptoms so that we can ignore the message of the symptoms, which are a sign that something is wrong, that we need to change our way of living. This may be in terms of diet, hours and style of work, interests or relationships. We can ignore those symptoms, at the cost of more severe illness later on, or we can learn from them.

Treatment, based on Hahnemann's medical system, in particular a sequential approach (see separate brochure) allows for true healing. True healing opens the doors to our making the changes necessary, internally and externally, to allow us to function unencumbered at all levels of our being.

Healing is a process. It takes time because it takes us back on a journey through time. It does not mean that we must re-live the past, but only that we need to go back and remove old wounds which create blockages to the healing power of our life energy.

Through this process, as we gain freedom from our disease, we gain a greater appreciation of ourselves and the causes of that disease. We are better able to take the steps to change our previous unhealthy style of living into a healthier one.