



# Get Started With Homeopathy

## COMMON QUESTIONS

### **Is homeopathy better than other natural healing modalities?**

When I compared the healing potential of essential oils, herbs and homeopathy, I felt like homeopathy is much more versatile and powerful. You will be able to heal more ailments with the time invested in learning homeopathy and buying those remedies. There are general principles you can learn in homeopathy and you can apply them to every situation. In herbal medicine you have to learn each herb, there are contradictions (times you can and can't use them), you have to grow/tincture them and you consume more of that substance when treating illness than homeopathics. There is a place for essential oils, herbals, movement and nutrition as part of staying well and healing from illness, I have personally found homeopathy to be the best starting point and the best investment of my limited time.

### **What is a good introduction book to Homeopathy?**

"The Best Family Homeopathy Acute Care Manual: A Pictorial Guide to First Aid and Acute Therapeutics" by Kate Birch

[https://www.amazon.com/Best-Family-Homeopathy-Acute-Manual/dp/1523961554/ref=sr\\_1\\_1](https://www.amazon.com/Best-Family-Homeopathy-Acute-Manual/dp/1523961554/ref=sr_1_1)

### **Is there a video I can watch to help me learn more about Homeopathy?**

Introduction to Homeopathy (Virtual Class)

<https://corac.co/2021/11/23/intro-to-homeopathy-class/>

### **What happens when I run out of remedies?**

I hear your concern about running out of homeopathic remedies... I was very concerned about that initially too. I thought I had to buy every pellet I was every going to need (a mind-boggling task). The amazing news is that 1) you can water dose, which really stretches the remedies 2) if you don't use up all your medicated pellets and you have some 90 proof Everclear, you can graft the remedy on to blank pellets, or organic cane sugar or just put drops of the medicating potency in water. If you learn the skill of grafting, you should never run out of homeopathic remedies. This is the book H&W national has started pointing people to learn about homeopathy.

### **Do I need to buy the new Joette Calabresse Gateway class?**

No. CORAC's Health & Wellness team wishes Joette well but we have decided to produce and manage this Functional Homeopathy intro series to replace Gateway, and to better serve our members.