

HEALTHY LIFESTYLES

Complements to traditional medicine gaining respectability

(From page 16)

found a homeopathic solution for chronic fatigue. Additionally, homeopathy looks at the person as a whole, striving to take into account the effect of a person's intellectual and emotional make-up when diagnosing a physical ailment.

"I really believe our bodies are capable of healing themselves to some degree and homeopathy embraces that," Cathcart adds.

It's a guide suited to the individual and their system and treats the person not the disease, stresses Dr. Helen Chang Meyers, a naturopath, practicing homeopathy out of the Markham Pain Clinic.

Homeopathy is a systematic way of treating and diagnosing and is under the umbrella of naturopathy which also includes Chinese medicine, herbal medicine and nutrition. A first trip to a homeopath would include an approximately two-hour investigation to get a "picture of a patient's physical, emotional, and mental state," she says. "We look at the individual as an integrated being which guides us to a remedy best suited to them and their particular system."

The use of these highly diluted natural products has led some traditional practitioners to dismiss the practice as "quackery" and

acting like a placebo," she adds.

"At The Medicine Cabinet, owner/pharmacist Cynthia Meek, was at first guarded about speaking about homeopathy because of the number of negative articles about the practice in the media.

"What it comes down to is dollars and cents," she says. "There isn't as much money in homeopathy in terms of research or backing because the remedies are natural products and can't be patented. No patents mean no profits."

However, skepticism is waning and in Europe naturopaths, homeopaths and more traditional practitioners make up a medical community working "side-by-side" in conjunction with each other, Dr. Meyers adds. These complements are not a replacement for traditional medicine.

"Also, as patients become increasingly educated and informed in terms of their own health,

they are also more open to exploring other avenues," she continues. "Drugs are chemicals - they're foreign to your body and a natural alternative is attractive to many people."

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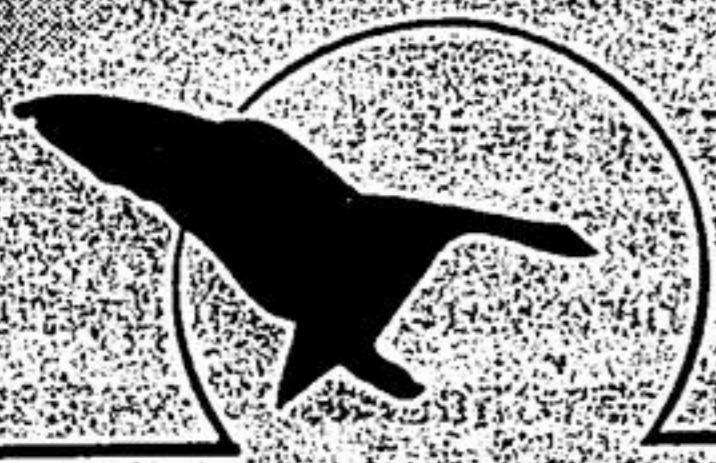
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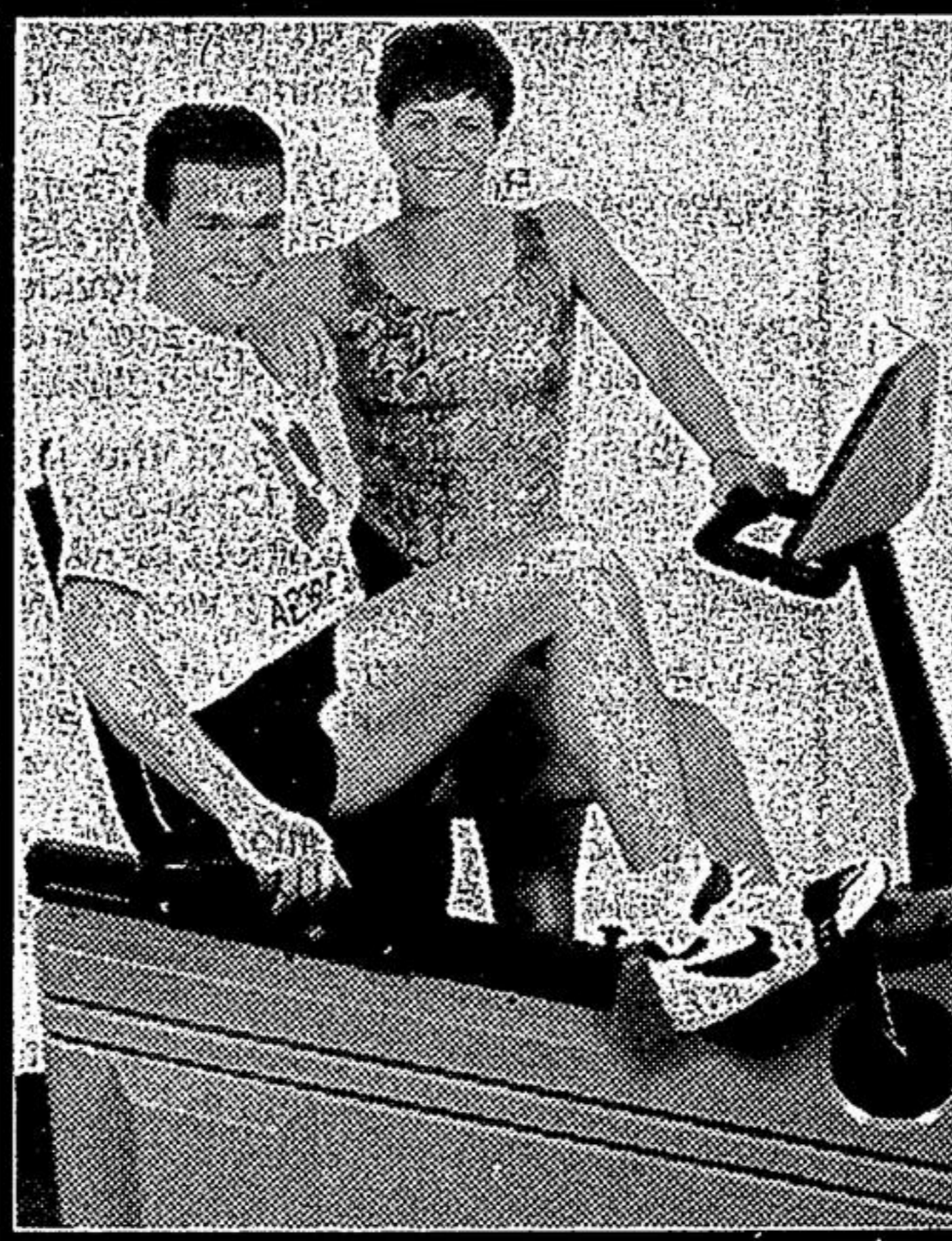
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