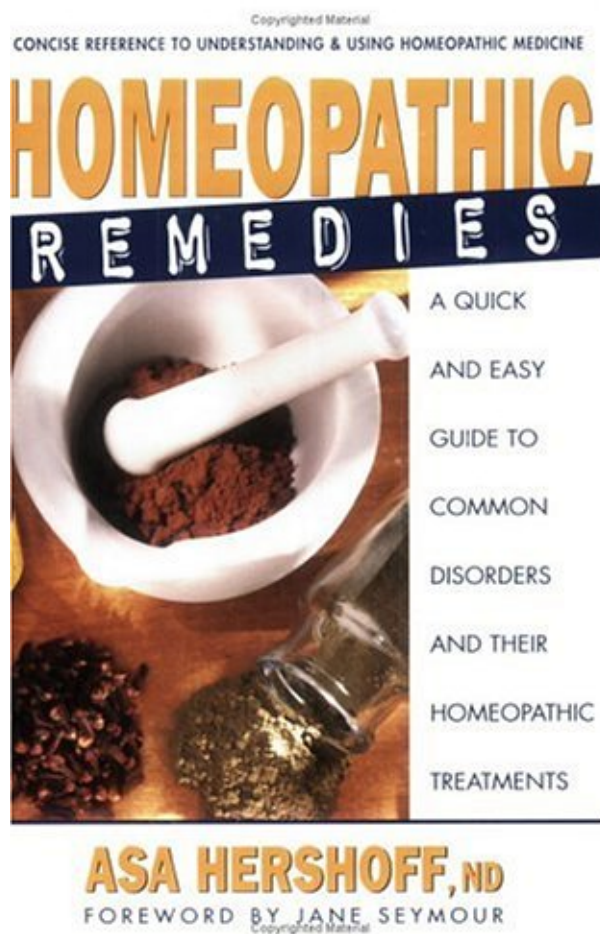


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# HOMEOPATHIC

# REMEDIES



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**ASA HERSHOFF, ND**

FOREWORD BY JANE SEYMOUR

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## About the Author

Asa Hershoff, N.D., D.C., is a chiropractor, naturopathic physician, and homeopath with practices in Los Angeles and New York City.

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Organized alphabetically by disorder, this convenient reference clearly describes all you need to know about homeopathy and the treatment of numerous disorders. For each condition, many possible remedies are suggested so you can find the one that most accurately fits your symptoms. From food poisoning to varicose veins, this book provides detailed homeopathic solutions for a wide range of ailments.

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## About the Author

Asa Hershoff, N.D., D.C., is a chiropractor, naturopathic physician, and homeopath with practices in Los Angeles and New York City.

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56 of 58 people found the following review helpful.

The most "user friendly" homeopathic guide available!

By Rebecca

Dr. Hershoff writes a homeopathic reference masterpiece in his latest homeopathic guidebook. Homeopathic Remedies is easy to use and covers a huge spectrum of ailments. Even a novice will be able to prescribe homeopathy after reading it! Along with information on how to prescribe homeopathic remedies and dosages, Dr. Hershoff gives a brief but yet very thorough history of homeopathy. This book is so complete, that it is the only guide you need to begin your own gentle art of healing using homeopathy.

44 of 46 people found the following review helpful.

Excellent Reference

By Zhandra

This book is an exceptional introduction to the world of homeopathy.

It begins with a detailed explanation of the concepts behind this form of medicine, including the systems of the body, definitions of disease and injury, types of pain and much more. It also includes basic information that correlates to all homeopathic remedies, including dosing information and contraindications. The system of dosing homeopathics can be a little confusing at first, as it comes across as a bit "backwards" (a lower

number being a more concentrated tincture), and this book does an excellent job of explaining this system in a reader-friendly way.

After the numerous introductory articles, this book contains an "A-Z Prescriber" that is indispensable as a household reference. It covers mental, emotional and physical diseases, from stress to bleeding to infections and SO much more. Under each disease section, it covers a list of all the different potential remedies, with detailed explanations of the variations in symptoms that indicate one may work better than another- there are no "one size fits all" diagnoses or remedies in homeopathy.

As a parent, I can sleep better knowing I have this book on hand. I'm fortunate enough to live in an area where these substances are relatively easy to come by, so I have the peace of mind knowing that if my daughter has a problem, I can quickly identify the best way to help her. There is a whole section on children's diseases, from colic to chickenpox, ear infections and more.

My experiences thusfar with homeopathy have been incredible. In one instance, I slammed my finger in a sliding door so hard that it started bleeding underneath my nail, and there was a clear dark line across the entire nail. I was almost certain I was going to lose the nail, and my finger swelled up a good 5x its normal size. Enter Arnica... I applied Arnica gel to my entire finger twice that day. The swelling was completely eliminated in less than an hour, and the trapped blood began to shift and partially clear within a day. Within 2 days, the dark line has disappeared and there was just one small pocket of blood, which grew out with my nail and left no trace of the injury. I was quite impressed.

My second confirmation of homeopathy's authenticity came in the form of teething medicine. My daughter was cutting 5 teeth at the same time, and, understandably, quite miserable. I purchased a homeopathic teething gel from my local Whole Foods, which contained a combination of pain relieving and calming plant extracts. I happened to be cutting a wisdom tooth myself, so I tried it out on my tooth to see if it was any good. I was amazed that it offered faster and better relief than Orajel or similar allopathic products. It didn't completely numb my gums, just took the pain away, completely! So of course I offered it to the baby, who was instantly soothed and slept, well, like a baby :)

And my third testament to homeopathy is my experience with baby's first ear infection. I'm rather wary of antibiotics, as I have done a vast amount of research on antibiotic resistance and childhood ear infections, and recognize that 1. antibiotics increase the recurrence of ear infections because they suppress the immune system; 2. According to the American Academy of Pediatrics, 80% of ear infections will clear up with no treatment; and 3. in studies, antibiotics only shortened the length of the infection by one day.

So I purchased a bottle of Dr. Sears recommended homeopathic ear drops, and I was blown away by the results. She had been completely inconsolable, screaming, kicking, running away and pulling on her ears. Within a minute of putting the drops in her ears, she stopped crying, smiled and gave me a big hug! We used the drops every 8 hours for 2 days- and that quick, the infection was gone. I remember taking a 2 week course of amoxicillin for an ear infection at the age of 11, and that didn't even work. 2 days instead of 2 weeks? No side effects? Yes please.

All of the above remedies are congruent with the prescriber in this book.

I will also add that this book covers some topics you might not expect- vaccine detoxification (helping eliminate the mercury and formaldehyde used as preservatives in vaccines from your body), reproductive issues like ovarian cysts, uterine hemorrhage... a lot of things you wouldn't expect.

This book is excellent, the only thing it lacks is detailed explanations of what each remedy is, where it comes from and how it works. I understand this book is about the ailment of your body, not the herbs itself, and

would be 3x the size and 3x the price if it also included detailed information on the substances themselves. I'm currently looking for the perfect "counterpart" to this book, a book about the tinctures themselves. In the meantime, the internet does suffice :) I will update my review with a product link when I find the right one.

So in a nutshell, I absolutely recommend this book and it should be on every family's bookshelf- or medicine cabinet!

1 of 1 people found the following review helpful.

Best homeopathic books for the beginner

By Sanremo

I've been studying and using homeopathy for me and my family for about ten years now and I've tried lots of books, but this book is by far my favorite. The prescribing guidelines are some of the most accurate and precise as compared to other self-help homeopathy book. He also lists a wider range of treatable conditions with homeopathy than other homeopathy books. If you only buy one book on homeopathy self-care, this is the book. Homeopathic Remedies: A Quick and Easy Guide to Common Disorders and Their Homeopathic Treatments

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