



DAVID SOLLARS
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HERBAL AND HOMEOPATHIC CONSULTANT

Education:

- North American Homeopathic Master's Clinician Course
- International Federation of Homeopathy
- Graduate of The New England School of Acupuncture

Training and Certification:

- Homeopathy
- Electro-Auricular Therapy
- Chinese Herbal Medicine
- Dit-Da (Chinese Sports Injury)
- Shiatsu (Japanese Acupressure)
- Tui-Na (Chinese Therapeutic Massage)
- Sotai (Japanese Muscular Re-education)
- Qi Gong (Chinese Therapeutic Exercises)

Publications:

- *The Complete Idiot's Guide to Acupuncture and Acupressure*
- *The Complete Idiot's Guide to Homeopathy*
- Senior editor of complementary medicine with Natural Standard

LECTURES AND DEMONSTRATIONS

Homeopaths at *FirstHealth of Andover* have an active schedule of presentations with both national and local organizations.

Patients at *FirstHealth of Andover* use homeopathic medicine to treat a vast range of complaints including:

- ADD and ADD with Hyperactivity
- Allergies
- Anxiety
- Arthritis and Joint Pain
- Asthma
- Back Pain
- Bladder Infections (chronic)
- Colic
- Constipation
- Coughs
- Dental Pain (chronic)
- Depression
- Ear Infections (chronic)
- Eczema
- Fatigue Immune Deficiency Syndrome (CFIDS) (chronic)
- Fibromyalgia
- Headaches
- Indigestion
- Infertility
- Irritable Bowel Syndrome (IBS)
- Menopausal Symptoms
- Mononucleosis (chronic)
- Morning Sickness
- Nerve Pain
- Obsessive-Compulsive Disorder (OCD)
- Painful Menses
- Panic Attacks
- Pediatric Asthma
- Poison Ivy (chronic)
- PMS
- Post-Partum Depression
- Sinusitis (chronic)
- Sports Injuries
- Stress
- Traumatic Brain Injuries (TBI)

They welcome the opportunity to interact with your group, enhancing your knowledge, and identifying the benefits in the emerging field of complementary medicine.

H o m e o p a t h y

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LESS IS
MORE...
HEALING
METHODS
FOR THE
WHOLE
FAMILY**



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**Celebrating Hope, Health,
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HOMEOPATHY

The word homeopathy comes from the Greek words *homos* (similar) and *pathos* (suffering). These medicines or remedies, as they are often referred to, belong to a pharmaceutical system that gives extremely small doses of substances mainly from the plant, mineral, and animal kingdoms. Homeopathic medicines are prescribed based on the discovery that whatever symptoms a substance causes in large doses (toxic effect), it will help to rally the body's natural healing response for those who have similar symptoms when given in very minute doses (non toxic). Homeopathic medicines help to boost your body's ability to heal itself.

A HISTORY OF HELPING

Homeopathics are specially prepared with minute amounts of an active ingredient that do not cause side effects or become chemically addictive. Homeopathy gained its initial popularity in Europe and the United States during the 1800s because of its successful non-toxic treatment of infectious epidemics that savaged both continents. At that time, the cure was often as dangerous as the disease. People who kept getting sick despite their own best efforts were looking for other options to healthcare.

THE PROOF IS IN THE PEOPLE

Homeopathy has the distinction that remedies are first tested on humans during a rigorous analysis called proving. The last two decades has shown an increased interest in homeopathic research due to its non-toxic, cost-effective potential. In the *British Medical Journal* 302 dated February 9, 1991, there was a review of 25 years of clinical research on homeopathy. As Dana Ullman points out in her book, *Homeopathic Medicine for Children and Infants*, of the 107 controlled clinical trials, 81 showed successful results from homeopathic medicines. Some of the studies reviewed include 13 of the 19 trials showed successful treatment of

respiratory infections, 5 of 7 showed improvement in diseases of the digestive system, 5 of 5 showed successful treatment of hay fever, 18 or 20 showed benefit in addressing pain or trauma, and 8 of 10 showed positive results in relieving mental or psychological problems.

THE HOMEOPATHIC OPTION ... THE PURPOSE OF THE PELLETS

The 16th century philosopher and physician, Paracélsus, is quote as saying, "Those who merely study and treat the effects of disease are like those who imagine that they can drive away the winter by brushing the snow from the door. It is not the snow that causes winter, but the winter that causes the snow." This illustrates one of the basic therapeutic principles in homeopathy that recognizes all symptoms of illness are merely expressions of imbalance and disharmony within the whole person, and that it is the patient who needs treatment not the disease. Homeopaths have observed for the past two centuries that unless the entire person is healed, the symptoms that are driven away by medications will reoccur as the same or similar condition. We will work with your other health professionals to conscientiously team-treat your condition with the best combination of homeopathic and conventional medicine.



THE PROCESS OF MAKING A HOMEOPATHIC MEDICINE

- Select pure raw material
- Grind (triturate) raw materials, if insoluble in water or alcohol, into a fine powder
- Preparation of liquid potencies by dilution and succussion (Shacking)

- Medicate blank pellets with liquid potencies
- Drying of medicated pellets

PURITY IN PRODUCTS

The first step in making a remedy is to select the purest raw materials, preferably the same substance from the same area the medicine was originally proved from. Homeopathic manufacturers must be careful to choose only the best chemical and pollution-free source of materials. The materials are shipped to the manufacturing facility, which in most cases is a state-of-the-art lab, where cleanliness is king. At *FirstHealth*, we receive our homeopathic preparations from several sources including Hahnemann Labs in San Rafael, California. The staff looks prepped for surgery, complete



with lab coats, hairnets, and shoe coverings. They are kept quite busy meeting and exceeding the strict manufacturing guidelines outlined by the FDA. All homeopathic processes are witnessed and recorded by at least two individuals, and meticulous records are kept of every substance from the time it enters their doors, through the homeopathic process, to the exacting labeling, packaging, and delivery of the homeopathic medicine.

SURVEYING THE SYMPTOMS

Symptoms are your body's best attempt at doing its own self-healing. These are the visible occurrences that we can see or experience. As the visit progresses, I will begin to interpret what you have said in order to begin the process of choosing the most appropriate remedy.