Do Your Homework

If you are thinking about using homeopathic remedies, read this first.

December 3, 2014 By Kate Ferguson

According to the National Center for Complementary and Alternative Medicine (NCCAM), those who wish to try a homeopathic approach to therapy should err on the side of caution and common sense. Here are their suggestions for you.

- Do not use homeopathy as a replacement for proven conventional care or to postpone seeing a health care provider about a medical problem.
- If you are considering a homeopathic remedy, show it to your health care provider. He or she can help you determine whether the product might pose a risk of side effects or drug interactions.
- Follow the recommended conventional immunization schedules for children and adults. Do not use homeopathic products to replace conventional immunizations.
- Women who are pregnant or nursing, and anyone thinking of using homeopathy to treat a child, should consult their (or their child's) health care providers.
- Tell all your health care providers about any complementary health practices you use. Giving them a full picture of how you manage your health will ensure coordinated and safe care.

For tips about talking with your health care providers about complementary health approaches, go online to see NCCAM's Time to Talk Campaign.

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http://beta.docker.realhealthmag.com/article/homeopathy-tips-26533-3213