



The Barefoot Homeopath

Amy Page

Detoxification

The body is truly designed to regulate toxins and parasites. However, when the body is continuously bombarded with substances like chemicals and less than optimal working organs, it needs help to cleanse. Various toxins, medications, and parasites can be resolved with a unique system of individualized homeopathic detox.

I am not a big proponent of continuously detoxifying. Instead, it is best to work on creating balance within the body (especially the gut), and my highest recommendation is a constitutional remedy with Homeopathy.

Homeopathy uses infinitesimal amounts of natural substances to stimulate a response to resolve symptoms, detox toxins, and reverse side effects from various exposures. This method is very thorough.

As for Homeopathic Detox, I feel it is the safest option for children and adults. I would even use this on animals too. It is preferred to detox animals when you do humans for parasites, so they're not passed back around from the animals.

Primarily a simple strategy but also individualized. That's how I plan to do this. I plan to discuss what you need help with and provide you with a plan and where to get the remedies. I do not begin with parasite cleansing because I feel it is important to remove toxins that are aiding and abetting the parasite accumulation. This method stimulates the body's natural ability to release and rebalance gently. This creates less burden for organs, which are supported, than other methods.

By carefully listening to the body's response, the doses will spread out to facilitate natural momentum of the body's elimination process.

Before beginning, considerations, and additional costs:

- Have you taken suppressive medications such as steroids? If the answer is yes, send me an email amy@thebarefoothomeopath.com before scheduling. Tell me if you have had or have acute inflammatory processes such as asthma, adrenal collapse, Rheumatoid Arthritis, eczema, etc.
- This is a lengthy process to limit potential aggravations.
- Remedies will be purchased directly from a Homeopathic Pharmacy. In the US, I will refer you.
- It is optional to obtain a hair analysis and other things.



- Purchase other support such as supplements.

Appointment

Prior to the appointment, I will send a consultation agreement form and a questionnaire. During the appointment, I will ask what concerns you have, discuss how to proceed, and give advice. After the appointment I will provide a detailed 'plan', and my *Flower Essence formula*, **Cleanse**. As always, it is best to Journal Your Journey.

Please note I highly recommend an Initial consultation first.

Options

For steroid and complicated cases, I do recommend a homeopath that specializes in immune suppressants.

I highly recommend consultations with homeopaths for any of the following conditions prior to starting a homeopathic detox:

- eczema
- asthma
- croup
- before premature births (the mother may be injected with steroids to speed the maturation of the baby's lungs).
- herniated discs
- significant allergic reactions
- mysterious inflammatory conditions
- autoimmune conditions
- adrenal crisis/collapse

Seasoned Homeopaths are available at International Homeopaths for Autism, who specialize in working with children & adults with chronic health issues.
<https://internationalhomeopaths4autism.com/>

You can take a course offered by the International Homeopath. This is a great option if you have multiple person household and feel confident in yourself (you do have reach back through the course to ask questions).

<https://homeopathywithwren.podia.com/courses>

More information: <https://homeopathywithwren.podia.com/>

Not intended to replace medical care. Amy Page, The Barefoot Homeopath (TBH), is not a physician and the relationship between TBH and clients is not of prescriber and patient, but as educator and client. It is fully the client's choice to determine how to interpret the information TBH presents. TBH does not claim that Homeopathy will "treat" an illness. Homeopathy addresses the entire person as a matter of wholeness and as an educational process, not a medical one. TBH believes that the advice and diagnosis of a physician is often in order.