

# How can a Heilkunst Physician help you?

by **Tammie Quick**  
DMH, DHHP

It's always fun when I tell people that I am a 'Doctor of Medical Heilkunst' because they invariably respond with a knowing nod of their head before doing a double take and saying: "Heil – what?"

Many of us have heard of homeopathy, but have never heard of Heilkunst. *Heilkunst* is the system of medicine of which *homeopathy* is a component. It is a true system of medicine that enjoys a success rate of 97%.

In fact, Heilkunst is the original system of medicine that Samuel Hahnemann outlined in his *Organon of the Medical Art* (originally titled *Organon der Heilkunst*) which was a call for medical reform back in the 1700's! Samuel Hahnemann (1755-1843) is the 'father of homeopathy' and the man whose genius brought us a system of medicine that actually cures disease, yet does no harm to the physical body.

Your Heilkunst physician will spend a great deal of time with you, during the initial consult, in order to get a true picture of what is going on for you in terms of homeopathic disease states. But she must also discern the difference between a true disease state, and what simply looks like a disease, but is in fact a product of poor diet, or side effects of a prescription drug, or even of an herbal or vitamin supplement.

Additionally, your Heilkunst physician will take a thorough family history in order to determine what miasms (or genetic baggage) may be influencing your case.

BUT the cornerstone of the Heilkunst treatment is the time machine! Now I've got your attention, right?

While I am being a little 'tongue and cheek' here, I am completely serious when I say that Heilkunst will take you on a journey back through time, in order to reclaim your health. Here's how it works...

Every shock or trauma that you've experienced throughout your life, has left what heilkunstlers call a 'negative impression' behind. I like to think of these as old logs. When you're young, healthy and full of life, it's not such a big deal to carry around a few old logs (energetically). But as the years go by and the traumas continue, you have to carry around more and more logs -

that's not so easy. And eventually, carrying around all those old logs, leads to chronic disease.

For our purposes shocks and traumas can include (but are not limited to): medications, car accidents, sudden death of a loved one, a move, divorce, surgeries, x-rays, broken bones, birth of a child, vaccinations, recreational drug use, etc.

Your Heilkunst practitioner will assist you in creating your own, unique sequential timeline of shocks and traumas, and then every four to six weeks you will take the correctly chosen homeopathic remedies, which will remove the negative impression that was left behind by each event. Keep in mind that your timeline will start now (in the present) and work backwards towards your birth. However if you have an event in your past that you know has kept you from being well since, your heilkunstler may decide to start with that event, and then come back to the present, before proceeding in the usual sequence.

To be sure, if you have some uncomfortable or annoying symptoms when you begin your Heilkunst journey, your practitioner will give you homeopathic medicines to treat those symptoms (so don't be afraid to call her with a cold or flu!), but by working through the sequential timeline of shocks and traumas, she will also cure the underlying disease(s) that caused them in the first place.