

A Himalayan adventure in homeopathy

by **Jim Hall**

As Canadians face an increasingly over-burdened health care system, alternative health care is becoming steadily more popular. I recently visited the Integral Health Clinic on Cumberland Ave. and spoke with Dr. Sanford Lapedis about homeopathy—one of the fastest growing of these alternative health care systems.

Homeopathy is a therapeutic system of medicine developed by Samuel Hahnemann nearly 200 years ago in Germany. Since that time it has spread to every country in the world. Homeopathy is based upon the "law of similars"—let likes be cured by likes.

An example is Ipecacuanha: If taken in large quantities it produces vomiting, but taken in minute doses, it cures vomiting. Ipecac, when taken in minute homeopathic amounts, will even stop the gagging which frequently follows a coughing spell.

There are over 2,000 homeopathic remedies. New substances are being added world-wide daily with the new health problems arising in modern civilisation. An enormous amount of knowledge and professional training is required to carry out a sophisticated practice.

Dr. Lapedis ventured to India in the early 1970s and then ended up staying nearly 30 years. Although the practice or study of homeopathy was not his original purpose in going to India, a debilitating illness he developed early during his stay led him to experience first-hand the effectiveness of homeopathy.

One day, while in the city of Chandigarh, he happened to be walking down the street when he saw a sign that said, "Homeopathy will cure anything". Since his state of health had not improved with the antibiotics and other strong conventional medicines prescribed he thought, "Why not?"

The "nice gentleman" he consulted was able to completely cure him within three days. The experience



photo Joelle Meijer

Dr. Sanford Lapedis practices at the Integral Health Clinic on Cumberland Ave.

so intrigued him that his subsequent interest in homeopathy almost became an obsession. He devoted his entire time and attention to it.

This keen interest eventually led to a 10-year apprenticeship with a local doctor in Chandigarh. Further training came from very well-known homeopathic therapists from Europe, such as Dr. Richard Benz and Dr. Lief Ims. Dr. Lapedis, the director of the department of homeopathy at an international hospital in northern India, spent thirteen years practising homeopathy where he treated a variety of serious diseases, such as typhoid, malaria, and a host of other bacterial and parasitic illnesses. During this time he also maintained a private practice, where he treated patients holistically while furthering his continuing interests in Indian philosophy and spirituality.

Dr. Lapedis returned to Canada in July 2002 and has set up his practice at the Integral Health Clinic at 445 Cumberland Avenue (suite 200 - phone 241-0005).

Dr. Lapedis brings to our community his wealth of knowledge and many years of extensive professional training in homeopathy. He believes homeopathy's holistic approach can offer better health and the ability to realise one's goals in life. His own unique experience bears testimony.

Sandy Hill Image - April/May 2003