

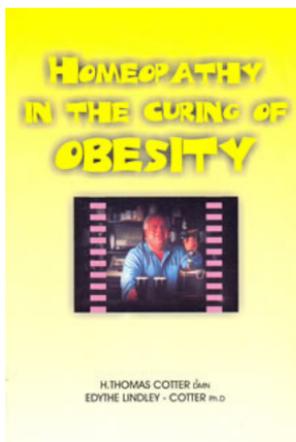
# Cotter T. / Cotter E. L. Homeopathy in the Curing of Obesity

Extrait du livre

[Homeopathy in the Curing of Obesity](#)

de [Cotter T. / Cotter E. L.](#)

Éditeur : IBPP



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# Homeopathy in the Curing of Obesity

From the forthcoming book —

*The Curings from Colds to Cancer* —

A lay home reference on homeopathy

by H. Thomas Cotter and Edythe Lindley-Cotter, Ph.D.

## OBESITY

*...to put my arms around him,*

*I had to hug him twice ...*

Roily Polly

Obesity is the excessive accumulation of body fat. It is among the most common metabolic problems. Public health officials estimate that about half of the population of the United States is overweight to the point of obesity. The allopaths (traditional physicians) believe that the principal cause of obesity is over-eating, the intake of food in excess of the body's requirements. While we believed this for a long time, we no longer regard this as true or even likely.

This is not to deny that over-eating may be a common symptom shared by many obese people, or even that it might well be a secondary or tertiary condition brought on by a similar underlying problem. However, if over-eating were the only cause of obesity, then the only effective treatment would be behavior modification. Medicines, of any kind, would be of little, if any, positive effect in curing the illness.

However, since we have found that certain homeopathic remedies can substantially aid in weight loss, particularly -when coupled with other alternative treatments, and certain traditional meth-

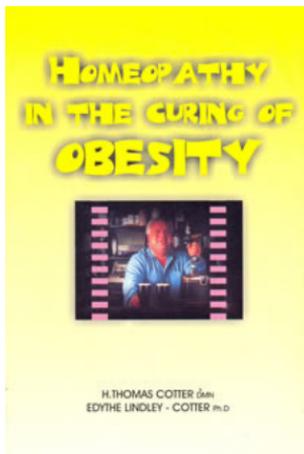
ods, we must conclude that there are underlying causes, of which over-eating and obesity are two of their effects.

One recent and popular rationale that seeks to find a common thread for obese people is the theory of the desirable "fat gene" that arose during the ice ages (which define most of the history of man). Supposedly, during those hundreds of thousands of years during which Homo Sapiens was becoming the dominant human life, there were genetic mutations (which are believed to occur randomly) of which one was a propensity for the body to more effectively marshal its energy and maintains large fat stores. Since food was widely scarce, this led to successful breeding and survival of those who inherited this gene. This can be borne out, to some extent, since in India, China, and Japan bulk is highly regarded and even considered an element of attractiveness.

Most doctors have long felt that among their toughest patients to treat were their weight-loss patients. Few conditions have resisted therapeutic intervention as has obesity. According to some accounts between 90% and 99.5% of patients who attempt permanent weight loss fail. For a time the allopaths routinely used amphetamines and other "diet pills" for weight loss, and lately "appetite suppressants" are sold over the counter. Despite the enormous damage done by these legal "speed" prescriptions, it's back in-vogue again.

The former has injured the emotional and mental health of many people and has made the job of getting to the desired, healthy weight harder than ever.<sup>2</sup> Because of the similarity in the molecules of the drugs now Over The Counter (OTC) for "dietary weight control" we suspect that these will also write a chapter in medical history of this subject perhaps as foul as the one that was written by the legally prescribed "speed."

2 Remember the sixties' slogan "Speed Kills?" It was during that time that taking speed in the form of diet pills became somewhat fashionable and widespread.



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44 pages, broché  
publication 2005



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