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## How to improve your immunity with homoeopathic medicine?

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The human body is a marvelous creation and functions in a highly synchronized and balanced way. Disease results when this balance is disturbed either due to infections, inflammations, trauma, autoimmune diseases, and tumors. Whatever the reason, with any of these, the body has a strong immune system, which reacts to these changes and tries to ensure that balance is restored as quickly as possible and with minimal effect on overall bodily function. While most of us have a natural tendency to do so, some have a weak immune system to fight against common health issues. This makes them more prone to infections and they take more time to repair and restore health. However, several homoeopathic medicines can help to strengthen immunity. These can be used with the consultation of a professional, and this can help improve overall health.

Although homeopathic medicines are thought to stimulate the body's defenses, how they do so remains a mystery. Homoeopathic medicine does not simply stimulate the body's immune system to treat ill people, for it can also calm them when this is necessary for the healing of the individual.

People with auto-immune ailments suffer because their body's immune system is over-active and it attacks the person's cells, not just bacteria, viruses, or foreign substances. Homoeopathy believes that "like cures like." So in treating a disease, what it does is use small amounts of the substance that is known to induce the disease. This way, similar symptoms are induced and the disease is treated. Some of the most common homeopathic medicines are used to boost the immunity of the body. While some people refer to most homoeopathic medicines as immune-stimulating, they are immunomodulatory. Whether a person has an autoimmune disease or repeated infections, homeopathy can be used.

### Biography

Professor Muhammad Amin Baig is a distinguished figure in the field of alternative medicine and healthcare, renowned for his extensive knowledge and significant contributions to the world of traditional and alternative therapies. He is the Member of National Council for Tibb (MoNHSR&C) Government of Pakistan. Chairman at International Alternative Medical Council.

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