

PROFESSIONAL BACKGROUND

Dr. Martens has a family practice open to patients of all ages. She specializes in Classical Homeopathy, which improves the body's natural ability to regain its balance. Conventional medicines are used when necessary, but in many cases, allopathic drugs can be reduced or eliminated as homeopathic treatment progresses. The goal of treatment is not simply the elimination of the original complaint but to bring the entire person into balance. Nutrition and lifestyle issues are assessed and changes are recommended as appropriate to optimize the healing process.

Dr. Martens received a Bachelor of Arts from Northwestern University and continued on to the Rosalind Franklin University of Medicine and Sciences/The Chicago Medical School where she earned her M.D. After internship and residency at St. Frances Hospital in Evanston, Illinois, she opened her practice in homeopathy in 1983. Dr. Martens has studied homeopathy internationally with homeopathic masters George Vithoulkas, MIH and Alfons Geukens, M.D. since 1981. She obtained the Diplome in Homeotherapeutics in 1988 and is past President of the American Board of Homeotherapeutics. She has taught homeopathy to professionals across the country and has lectured on homeopathy to both professional audiences and to the general public. Currently, she practices family medicine specializing in Classical Homeopathy and Nutrition in Wheaton, Illinois.

HOMEOPATHY GENERAL INFORMATION

What is Homeopathy? Homeopathy is a system of medicine that uses minute doses of natural substances to assist the body in healing itself. Each medicine has unique characteristics that are matched to an individual to stimulate the immune system to throw off disease. Homeopathic remedies do not cause side effects or have long-term consequences, although there may be a temporary aggravation of symptoms or a temporary return of symptoms of an old illness. Another advantage of homeopathic treatment is that illnesses occur less often and there is an overall improvement in the immune system. Remedies are made according to strict guidelines by homeopathic pharmacies and are regulated by the FDA. They are primarily made from plants that are then diluted and shaken many times which releases the curative properties inherent in the substances.

Reference

Books are available at several health food stores, homeopathic pharmacies, bookstores, some libraries or Minimum Price Books, www.minimum.com or (800) 663-8272.

Homeopathy: Medicine of The New Millennium - by George Vithoulkas, MIH

Homeopathy: Medicine for The New Man - by George Vithoulkas, MIH [*This book is currently out of print and is available only through the library system*]

Everyday Miracles - by Linda Johnston, M.D.

Discovering Homeopathy—Medicine for the 21st Century - by Dana Ullman, MPH