

Sperling Opens Homeopathy Practice in Rochester Village

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By Martha Slater

"I'd like people to know that homeopathy is a gentle, holistic and humane way of addressing their symptoms," says Vatsala Sperling, who opened Rochester Homeopathy last year, next door to the post office.

"It's non-invasive and has no side effects," she added. "The entire approach is focused towards addressing the whole person and not a specific body part. Homeopathy is its own system of healing in which the remedies are all made from natural substances and given to people when the symptoms match the remedy picture. Homeopathy is not age-specific, so anyone from infants to senior citizens can benefit from it."

Sperling notes that patients come to a homeopath for any range of chronic or acute health concerns.

"For example, a man had eczema on his hand for 20 years," Sperling says to illustrate her point. "He had tried many different things and health practitioners, but then he tried homeopathy. The last I heard from him was that his hand had not looked that good in 20 years. Another person came to me for help with chronic constipation she had suffered for many years."

When people come to see Sperling, they talk about their physical, mental, and emotional symptoms, as well as their lifestyle, job, and various stress-inducing factors.

"In the end, I get an overall picture of that person's imbalance," she said. "I try to treat the whole person to help them be healthy overall. Following an initial consultation, which usually takes two hours or more, they are given a remedy. Then, they come back for a series of follow-up visits, during which I monitor their progress."

Sperling gets the remedies she dispenses from homeopathic pharmacies here in the U.S., as well as in the U.K., France, Germany, Mexico, and Canada.

Sperling grew up in India, earned her PhD in clinical microbiology, and practiced as Chief of Clinical Microbiology at the CHILDS Trust Hospital in Chennai, India. After coming to the U.S., she studied at and graduated from the School of Homeopathy in Devon, U.K.

"A century ago, 25% of all the doctors in the U.S. were homeopaths and there was one here in Rochester," Sperling noted. "In Europe, health care plans cover homeopathic treatment. I grew up with homeopathy, and in India there are 108 medical schools that train homeopaths. The latest research in that field comes from India."

Sperling said she chose to practice homeopathy because "It's holistic and has a deeply spiritual component. The philosophy of homeopathy is grounded in natural laws. I feel I've been successful here, and clients tell other people when they've had good results."

Sperling and her husband, Ehud, have a 12-year-old son, Mahar, who will be a student at the Sharon Academy in the fall, and she is donating all of the consultation fees from her homeopathy practice to the school's scholarship fund.

"We feel very fortunate to be able to do that," Sperling said.

To make an appointment for a consultation at Rochester Homeopathy, call 802-458-0044. For more information, go to www.Rochesterhomeopathy.com.