

HOMEOPATHY

Homeopathy is a complementary and alternative therapy which involves treating the individual with highly diluted substances, given mainly in tablet form, with the aim of triggering the body's natural system of healing. Based on their individual symptoms, a homeopath will match the most appropriate medicine to each patient.

The principles of homeopathy:

Like cure like:

For example, drinking too much coffee can cause sleeplessness, agitation and even palpitations, but when made into the homeopathic remedy *Coffea* it can be used to treat all these problems

Minimal dose:

Remedies are serially diluted with vigorous shaking at each stage thus becoming more potent therapeutically.

Whole patient:

The holistic approach to treatment in which all aspects of the patient's well-being are considered not just the local symptom in isolation.

Homeopathic medicines are prepared from source substances derived from all three of nature's kingdoms, vegetable, mineral and animal as well as from the realm of energy where medicines have been produced from different forms of radiation for example. The standardized process of 'potentization' involving repeated serial steps of dilution and succession by which all homeopathic medicines are prepared renders all original source materials innocuous to the human system. The potentised medicine maintains the curative properties of the original source substance which are effective when a chosen medicine is applied homeopathically to a particular patient according to the 'law of similars'.

Homeopathy considers disease to be an expression of the vital force of each individual. Because all individuals are different in their expression of the vital force patients are treated according to their idiosyncratic, rather than their common symptoms. The symptoms are important only in that they act as an indicator for the selection of the appropriate remedy.

It is believed that the vital force operates on 3 different levels:

Mental, emotional ex: lack of concentration, fears, anxiety, irritability, sadness....

Physical: where changes to the body organs and functions are recorded.

Local: where changes to the immediate vicinity of the problem are considered ex: fever with sweating, sore throat better by eating....

Under normal conditions the vital force is thought to be responsible for the orderly and harmonious running of the body and coordination the body's defenses.

However if the force is disturbed by factors such as stress, poor diet, environmental conditionsthan illness results.

What can homeopathy help?

Homeopathy treats the person rather than the named "disease" so potentially it can help patients with a wide range of conditions, both acute and chronic. Illnesses commonly seen by homeopaths in the clinic include recurrent infections (such as colds, tonsillitis, cystitis); skin conditions, menstrual and menopausal problems, chronic fatigue, migraine, and stress related symptoms such as anxiety and insomnia.

Scientifically it cannot yet be explained precisely how homeopathy works, but new theories in quantum physics are going some way towards shedding light on the process. What we do know is that a carefully selected homeopathic remedy acts as a trigger to the body's healing processes.

Homeopathy has been widely used throughout the world for more than 200 years.

Homeopathy can be safely used alongside conventional medicines and will not interfere with the action of medicines prescribed by your doctor. Because homeopathic medicines (often referred to as remedies) are non-toxic, there are no side effects(2) and they are safe even for pregnant women and babies.