

Homeopathy

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WHAT IS HOMEOPATHY?

Homeopathy is a complete system of medicine developed over 200 years ago by the German doctor and chemist Samuel Hahnemann, it is based on the natural 'Law of Similars' or 'like cures like'. This law states that a substance that can cause a disease can also relieve it. For example drinking too much coffee can cause sleeplessness and agitation, so according to this principle when coffee is made into a homeopathy remedy – coffea, it can be used to heal those symptoms.

Homeopathy safely treats mental, emotional and physical illness. Homeopathic remedies are chosen to treat the whole person, who is regarded as a unique individual in the expression of their 'dis-ease', homeopaths believe the mind and body operate as one, you cannot treat one part of the body without affecting the whole. Remedies are chosen to fit all the characteristics of the patient, so physical disorders are considered in relation to an individual's mental and emotional state.

HOMEOPATHY FOR ALL

Homeopathy can be used effectively by everyone, from babies and children to adults, including women during pregnancy and the menopause. Homeopathic remedies are gentle, safe, non-addictive and non-toxic and promote the body's natural ability to heal, the aim is to cure. This means that it won't suppress your symptoms but instead will lead you to a stronger state of health, in which you are less susceptible to infection.

WHAT IS THE TREATMENT LIKE?

Your first consultation will take one hour, with follow ups taking up to 45 minutes. During the visit you will be asked detailed questions about yourself. To prescribe the best remedy for your particular problem your homeopath needs to understand your individual needs. A complete picture is taken of your condition, including past and medical history, also your family health trends are discussed. After your case has been carefully considered a remedy will be prescribed for you that most closely match your unique pattern of symptoms, usually in the form of small pleasant tasting pills.

During follow up consultations you will be asked in detail about your health since your last appointment. After a complete understanding of your condition has been gained additional or a different homeopathic remedy may be chosen for you to take.

FOR FURTHER INFORMATION OR TO BOOK A CONSULTATION PLEASE CALL 01283 516444