

# Homeopathy

## Simply Explained

Information herein attributed to The Society of Homeopaths

### How was Homeopathy discovered?

In 1796 a German Doctor, Samuel Hahnemann, discovered a different approach to the cure of the sick which he called homeopathy (from the Greek words meaning “similar suffering”. Like Hippocrates two thousand years earlier, he realized that there were two ways of treating ill health, the way of opposites and the way of similars.

Homeopathy is an effective and scientific system of healing which assists the natural tendency of the body to heal itself. It recognizes that all symptoms of ill health are expressions of disharmony within the whole person and that it is the patient who needs treatment and not the disease.

As a new client, these ideas may be new to you but homeopathy has been established for more than 200 years.

### Treating “like with like”

Take for example, a case of insomnia. The way of opposites (conventional medicine or allopathy) is to treat this by giving a drug to bring on artificial sleep. This frequently involves

the use of a large or regular dose of drugs which can sometimes cause side effects or addiction. The way of similar, the homeopathic way, is to give the client a minute dose of a substance, such as coffee, which in large doses causes sleeplessness in a healthy person. Perhaps surprisingly, this will enable the client to sleep naturally.

Homeopathic remedies, properly suggested, are safe and can also be given to pregnant women, babies and children. This is because only a very minute amount of the active ingredient is used in a specially prepared form.

Your homeopath will give you a homeopathic medicine or remedy which matches your symptoms as you experience them. This also takes account of you as a person – your individual characteristics emotionally as well as physically.

### How does it work?

Homeopathic remedies work by stimulating the body’s own healing power. This stimulus will assist your own system to clear itself of any symptoms of imbalance. The aim is to get you to a level of health so that eventually you will need less frequent treatment.

What will your homeopath need to know?

In order to find the right remedy for you as an individual, your homeopath will need to know all about you. A detailed understanding of who you are, along with any complaints and details of how you experience them, is needed to assess your case correctly. So anything you can tell your homeopath that is typical of who you

are will help this process. Finding about your general energy level, your past medical history and the way you live are also important. Anything you say will be treated in the strictest confidence. The initial consultation may last an hour or more.

### What will treatment be like?

Your homeopath will give you a homeopathic remedy, usually in the form of a tablet or tablets, which should be allowed to dissolve in water, or you may be given a liquid remedy with instructions. Your homeopath may advise you to avoid coffee, peppermint and preparations containing menthol, eucalyptus and camphor, as these may interfere with the action of the homeopathic remedy. Do make sure that you understand the instructions before you leave.

If you are given homeopathic remedies to take at a later date, be sure to store them in a cool dark place, away from anything with a strong smell and try to avoid placing them near your mobile phone. If you travel, try to avoid putting the remedies through the x-ray scanner.

Please tell your homeopath about any medicine or supplement that has been prescribed for you by your doctor or that you take regularly. Also mention any recent or immediate dental treatment. These may affect your homeopathic remedy.

If you are taking a homeopathic remedy and you feel that you need to take additional medication – conventional or homeopathic – consult with your homeopath to discuss how

this might affect your homeopathic treatment. Your homeopath can give you first-aid advice, if necessary. If you develop a cold, headache or any symptoms that concern you, please discuss them with your homeopath.

What will happen once treatment starts?

After taking your remedy, you may notice some changes. Some clients experience a period of exceptional well being and optimism.

Sometimes your symptoms can appear to get worse for a short time. This is a good sign that the remedy is taking effect. Sometimes a cold, rash or some form of discharge may appear as a 'spring cleaning' effect which means your system is going through a clearing out stage. Similarly, old symptoms can reappear, usually for a short period. These symptoms will pass and must not be treated, as they are a very important part of the healing process. If any response to your treatment converse you, do contact your homeopath as soon as you can, as it is important to know what happens as treatment progresses. You might also want to make notes of any changes and take them with you to discuss at your next appointment.

### How long does treatment take?

This depends very much on what sort of illness you have, as well as the other individual characteristics of your case. So, it is difficult for your homeopath to assess this until after your first appointment. A slowly developing complaint or one that has been experience for some years, may take longer to improve, although there may be a response and

improvement quite soon. Acute complaints can get better more quickly sometimes in a matter of hours.

Homomorphy cures from the inside and often outer symptoms such as a skin complaint, are the last to clear. In the long term, it is much better for you to be cured of both the cause of your illness and its symptoms, rather than merely relieving or suppressing the symptoms. Remember that every case is different and no two clients are alike.

If you wish to discontinue your treatment for any reason, your homeopath will talk things over with you.

Will there be advice about diet and lifestyle?

A homeopath will ask you about your usual diet and lifestyle and may suggest changes, especially if it seems that this is contributing to your illness. Of course, a good basic diet is necessary for good health, with less sugars, fats, alcohol and refined foods. There is an increasing awareness of the benefits of foods free from artificial colorings, preservatives and flavorings. Whole foods and organic foods, free from chemical pesticides and fertilizers, are also increasingly available.

### What about seeing your doctor?

It is recommended that you should maintain your relationship with your General Practitioner. Your GP will be able to arrange any tests or x-rays you may need. Homeopathy has a different philosophy but by working in this way with your GP, the two systems of health care can provide a complementary service.

There are no known drug interactions between homeopathic remedies and conventional medicines.

### Can I treat myself with homeopathic remedies?

You can use some remedies at home to treat first aid problems such as cuts, stings, minor burns and bruises. Ask your homeopath for further information or find your nearest class or seminar on this subject.

There are a good number of books available such as:

A Guide to Homeopathic Remedies

By Paul Houghton, Souvenir Press

Practical Homeopathy, A Complete Guide to Home Treatment, by Beth MacEoin, Bloomsbury

The Complete Homeopathy Handbook, by Miranda Castro, Macmillan

The Family Guide to Homeopathy, Dr Andrew Lockie, Fireside

*“homeopathic remedies, properly prescribed are safe and can also be given to pregnant women, babies and children.”*

The Barefoot Homeopath

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