

# What is Homeopathy?

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## “The Law of Similars Has Been Known By Hippocrates”

Homeopathy, which has existed for over 200 years, is an alternative form of medicine, founded by Samuel Hahnemann. It is thought to work by stimulating the healing response and strengthen the body’s ability to heal itself.

A homeopathic preparation is chosen by the Homeopath who views the individual as a ‘whole’. No prescription or plan is the same for everyone. A homeopathic consultation will take into account all health, lifestyle and hereditary factors, the individual’s personality, history of the disorder as well as in-depth investigation into what makes their health concern worse, better, whether it may be seasonal, or come on due to a change in weather.



An example is that while two individuals may be suffering from the same stomach virus, one person may prefer to be left alone and feel better in open, fresh air. The other person may seek consolation or close company and feel better wrapped up in blankets – how we react or behave is different, although the virus is the same. It is these unique symptoms in which the Homeopath views as an ‘individual response’ and therefore, seeks to find the best homeopathic support for them based on this (as well as other factors).

Or, it may be that two women, of the same age, same height, same body weight, same occupation and similar lifestyles both suffer from period cramps. One may feel better with hot drinks, hot water bottles and complete rest due to tiredness. The other woman with period cramps feels better going for a run, drinking cold water and keeping active as her form of relief – same issue, but different ways of coping and finding relief. Again, the Homeopath seeks to find the best homeopathic treatment by taking into account how they react or cope with the symptoms in which they have sought support for – looking beyond just the ‘presenting issue’.

By ‘symptom’ the homeopath means specific changes that are either felt by the person (subjective) or are observed by someone else (objective). It is the whole person which is taken into consideration, which means not only the physical body, but includes the mental/emotional state of the individual.

### **Why Homeopathy?**

Homeopaths have a strong belief that it is a balancing mechanism which keeps us in good health, provided that life’s stresses are neither prolonged or too great.

Hahnemann referred to this as the ‘vital force’. Symptoms are the body’s way of telling us how it is coping when ‘out of balance’ or under stress. We all vary in our ability to adapt and cope with stress - *BUT* we all respond uniquely to different stresses in different ways according to our resources, environment and age. We become ill physically and/or mentally when this vital force is weakened.

My belief and fundamental part of my approach and practice is that the body operates as one unit – the physical, emotional, mental and spiritual operating together to maintain balance - each aspect needs equal nourishment.

Homeopathy can be integrated into your health regime and taken alongside medications prescribed by your medical practitioner.