

## What is Homeopathy

Homeopathy is the opposite to conventional medicine, treating with infinitesimal amounts of substance diluted many times. It is prescribed for the whole person, considering the illnesses suffered, personal life, habits, emotions, diet, exercise, sleeping patterns, complexion, appetite, moods, libido, posture, environment, even response to the weather.

The first time I saw the power of homeopathy was through a particular debilitating emotional problem a patient was experiencing. When you get to the centre of a person with the remedy, it can be like magic before your eyes. Other times in a more layered case it can take longer. Homeopathy always seeks to get to the heart of the matter.

When working together with other health disciplines, homeopathy can be amazing, or on its own as long as a person keeps to a healthy eating pattern. It always tries to attain healthy harmony of the mind and body.

*Homeopathy to alleviate pain and disarray  
Healing of hope and ill-health rebound  
With vigour and well-being anew  
Heresy to the toxic chemical subdue  
Minute dose to weave in tune body and mind  
To a natural therapy true and kind  
Cheryl McCullough*

It is one of the two most **widely used forms of medicine in the world today**. It is a **gentle, effective and safe way** of treating ill-health which has been in use for over 200 years. Homeopathic treatment does not mask or cover up symptoms but instead tries to find out why the illness, mental state or imbalance first came about. The homeopathic remedies then stimulate the body's own inner healing system to work efficiently, promoting the body's natural ability to heal.



<http://www.eastburyhomeopathyenfield.co.uk/homeopathy-definition.html>

*An allopath comes and treats cholera patients and gives them his medicines. The Homeopath comes and gives his medicines and cures perhaps more than the allopath does because the Homoeopath does not disturb the patients but allows the nature to deal with them.*

*Rajendra Prasad - Hon'ble Former President, Govt. of India*

Homeopathy works on the principle of 'like cures like'. For example, coffee is a stimulant that can cause temporary insomnia but the homeopathic remedy 'coffea', made in minute, potentised (ie homeopathic) doses is used to relieve insomnia. Homeopathy is a gentle healing method that uses medicines made from many sources, mainly plants and minerals. The decision for the strength or potency of the remedy is matched with the patients own energy levels.

Homeopathic medicines actually stimulate the natural healing mechanisms of the body (and the mind) to remain healthy, overcome infections, heal chronic illness and release negative symptoms. Worldwide, millions of people use this therapy as their primary healthcare option and the results are spectacular when this discipline is correctly applied to treating the individual.



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Homeopathy is, like curing like,  
As the saliva of the dog that did bite;  
The harm a large dose can instill  
Helps a person with similar ill.  
The dose is minute; it can strike  
At ill health till a cure is in sight,  
And life again filled with delight.

(K Samuel)