

What is Homoeopathy?

Homeopathy ('homoeos' means 'similar' and 'pathos' means 'suffering') is a form of therapy based on a definite law 'Similia Similibus Curantur' which means 'like cures like'. What this means is that the remedy used to cure the patient is one that is capable of producing similar symptoms.

Homoeopathy is a holistic form of treatment. Therefore it treats you as a whole person, rather than just your illness. The reason we get diseases (dis-ease) is because our body is out of alignment. Once our body is restored (ease), we are well again.

It was founded by a German doctor, Dr Samuel Hahnemann. He believed that the methods used by doctors during his time, to treat patients (mainly by draining blood of out them) was not the way to treat a patient. He believed that “the physician’s high and only mission is to restore the sick to health, to cure. The highest ideal of cure is rapid, gentle and permanent restoration of the health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable and most harmless way, on easily comprehensive principles”.(Organon para 1-2)

Dr Hahnemann was born on the 10th April 1755 and in 1796 introduced Homoeopathy to the world. It came to the UK in 1835. He died on the 2nd of July 1843

Many prominent people use homoeopathy , the most famous being the Royal Family. The Prince of Wales, Prince Charles is a very strong believer of homoeopathy. Homoeopathy has been in used since the Queen Victoria era.

How do we do treat patients?

Well, basically we discuss with you, just like a counsellor would, to find out what is troubling you, understand you as a person, what you like, dislike etc and then find the right remedy to treat you. This process can take up to an hour. You then keep in regular touch with the homoeopath so that he/ she can assess your progress and decide what the next step should be for you.

As you may have gathered from this, there is no one remedy in homoeopathy for say, sleeplessness. It all depends on the individual and his/ her circumstances.

Someone who has difficulty sleeping, would generally be prescribed sleeping tablets by allopathic doctors, to “help” them sleep. In homoeopathy we don’t have sleeping tablets but we can certainly cure you of your sleeplessness by finding the cause of your sleeplessness and treating that.

Homoeopathy is very safe to take. There are no side effects, no overdose issues at all.

How to take the remedy:

- Take it at least 15mins BEFORE or 15mins AFTER meals
- Do NOT swallow or bite it. Keep it preferably under your tongue where it will dissolve in a few minutes, or just suck it like a sweet. For babies (kids under 2 years give 2 globules) or elderly patients who are unable to suck the medication , you can give it crushed and dissolved in a 5ml spoon (teaspoon), preferably a plastic spoon. To crush it, place the medication in one spoon and use the bottom of the other spoon to crush it, then add some warm water to dissolve the power and feed it to them.
- Do NOT pick the medication with your hand. Place the medication into the cap of the bottle it came in and put it straight into your mouth. The oils and dirt from your hand could weaken the medication.
- It is preferably to avoid Coffee when taking homoeopathic medication. Otherwise make sure Coffee is not taken around medication time.
- Do not leave the medication near any strong smelling products like Vicks etc.

For a FREE initial consultation, email: info@ukhomeopathy.co.uk or skype: [ukhomoeopath](#)