

## *Why seek homoeopathic treatment?*

Homoeopathy is a gentle medical therapy which is suitable for all the family and which relies mainly on the practitioner's ability to really hear and understand what the patient is saying to them.

Amongst other things, homoeopathy can help with:

pregnancy, labour and baby blues

babies' and childrens' illnesses and developmental difficulties

menstrual and menopausal problems

other "gender specific" problems

skin conditions such as itching, eczema and psoriasis

infections, allergies, hay fever and asthma

sleep problems, anxieties, fears and difficult emotions such as grief, anger and jealousy

pre and postoperative help, sports injuries and first aid

the tedious named and nameless symptoms and syndromes that can make life so miserable

side-effects of prescribed drugs and vaccinations

## *What can't it do?*

Various complex diseases can only be treated after a medical diagnosis has been made and then only with the full co-

operation of the patient's physician. The basic techniques of homoeopathy can be adapted to suit those who are taking conventional medications to offer, for instance, gentle physical and emotional support. It is, however, illegal for homoeopaths to treat certain illnesses.

## *What is homoeopathy, then?*

Homoeopathy is a medicines based, hands-off therapy which was developed over the latter half of the 18th century by the German physician and scholar Samuel Hahnemann. The medicine he had studied to become a doctor largely consisted of huge doses of poisons such as mercury, arsenic and aconite; and brutal practices such as bleeding. Many people died at the hands of the doctors

who carried out these treatments in perfectly good faith.

Hahnemann himself failed to save the life of one of his own children with conventional treatments and, distraught, left medicine to support his family by translating foreign medical books.

A hint in one of these led him to the series of discoveries that led him to formulate the basic principles of his medical art, which he called *homoeopathy*, meaning *similar suffering*.

This is because remedies are prescribed according to their similarity to the entire state of the patient at the time of their appointment, an idea that is actually as old as Hippocrates.

Another important concept is that of *the minimum dose*. The medicinal substances are diluted and agitated many times and are

believed to act on the life force or *vital force* of the patient. Thus, homoeopathy is an energy medicine, even though it relies mainly on known plant, mineral and even some animal substances to create remedies which are neither toxic nor addictive.

### *What do I need to do?*

Our first meeting needs to be for about 90 minutes; follow ups are usually about 45 minutes. My fee covers the appointment and the prescription.

My current fee structure is:

*Adult: first appointment, £60.00  
follow ups, £40.00*

*Child: first appointment, £45.00  
follow ups, £30.00*

Call me on 01442 866889 for more information about my work or myself, or 01442 800400 to make a clinic appointment.

## Homoeopathy at the *Naturality* Wellness Centre

with

*Anna Baker BA LCH RSHom  
Registered Homeopath*

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