

If this is the first time that you have experienced homœopathic treatment, then I hope that you will find these notes useful.

Homœopathy is the art and science of healing by safe, gentle, natural methods. It helps to stimulate the body's own healing power. The concept has been known since Hippocrates in 450 BC, and has been further developed down the ages until full scientific examination by Dr. Samuel Hahnemann in the 18th century.

Homœopathy is holistic, that is it treats the whole person not just the symptoms.

Homœopathic medicines have proved safe and effective for over two hundred years in treating ailments serious and minor, acute and chronic, physical and emotional. Homœopathy can play an important part in preventing disease. Homœopathic remedies work by stimulating the body's own healing power, encouraging the body to behave in a more healthy way. They are prepared to modern, high standards of safety and are complementary to orthodox medicines. Homœopathic medicines, when correctly prescribed, are even safe for babies, children and pregnant women.

During the initial consultation which is quite lengthy, thorough and totally confidential, I need to carefully question you to build up a multidimensional picture that matches one of the medicine pictures and find the correct

remedy for you. Several people all suffering with the same named disease may require completely different homœopathic medicines. Your progress will be reviewed on subsequent visits and further prescriptions may be necessary. Although rapid results can be achieved, a more gradual improvement can be expected if you have a chronic illness or low vitality (possibly as a result of previous illness, vaccination or orthodox drugs).

It is not advisable to stop or reduce the dosage of orthodox medication already being taken without consulting your general practitioner.

TAKING THE REMEDIES

Homœopathic tablets should be allowed to dissolve under the tongue. Do not wash them down. They work better if you do not eat, drink, smoke or clean your teeth for fifteen minutes either side of taking them. If possible do not handle the tablets but use the cap of the tablet bottle or a clean spoon.

The tablets also work more effectively if you do not take any caffeine (contained in coffee, Coca Cola, Lucozade, Lemsip, Anadin etc.). Peppermints and strong minty toothpaste also may have a detrimental antidotal effect on your treatment so it is best to avoid these too.

It is all right to drink tea or decaffeinated coffee.

Store tablets in the dark away from strong smelling perfumes, foods, detergents etc. Especially do not carry them in a handbag with perfume or cosmetics.

Homœopathic medicines are known as *remedies*. Some are quick acting and last a short time whilst some other remedies for chronic conditions are deep acting and long lasting.

HOW QUICKLY WILL YOU GET BETTER ?

This depends on how long it has taken you to get ill, what other medications you are taking, how fit you are and how old you are. In chronic cases, instant results occasionally occur, but this would be a pleasant surprise for all involved.

Following your first consultation, you will receive either 1,2,3 or sometimes many more pills, depending on what is needed ... but do not be surprised if you receive only 1 or 2. These tasteless pills are a stimulus to the body, which sometimes only needs a few such 'messages' to understand what it needs to be doing.

WHAT HAPPENS AFTER I TAKE THE REMEDIES ?

Depending on the condition, sometimes sooner, sometimes a bit later, you will probably notice some changes beginning to take place in your

condition. Often you will begin to feel much better mentally, even before the physical symptoms clear up. Occasionally the symptoms may become slightly worse for a short time. This is known as an *aggravation* and means that the remedy is beginning to do its work. Having said that I tend to choose the potency, or strength, of the remedy to avoid unnecessary aggravation. It is more common for patients to simply begin to get better without one.

Sometimes, you may also relive some old symptoms from the past which is all part of the healing process.

IF YOU ARE IN ANY DOUBT ... CALL ME!

My contact telephone number is on the front of this leaflet; please leave a message on my answerphone, together with your telephone number .

Finally, until you develop a perfect memory, jot down anything that happens between visits to remind yourself to mention it to me.

TREATMENT COSTS

I do my best to keep treatment charges as reasonable as possible whilst ensuring funds for the Sozein Trust. Current fees are as follows :

First visit £60.00 Follow-ups £45.00

The fee includes the cost of your remedies.

MISSED APPOINTMENTS

Please give me AT LEAST 24 HOURS' NOTICE IF YOU ARE UNABLE TO KEEP AN APPOINTMENT unless, of course, there is some extreme emergency preventing attendance . This allows me time to rebook someone else who may need the appointment. I reserve the right to charge for repeatedly missed appointments.



Your Homœopathic Treatment



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Homœopathic Consultations by appointment

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"The physician's highest and only calling is to make the sick healthy, to cure, as it is called"

Dr Samuel Hahnemann