



Your Homoeopathy Treatment

Please follow the directions on the envelope. If you require further guidance or clarification, please phone me 01277 626246.

Homoeopathy aims to arouse the body's own vitality and effectively give it a kick-start in the right direction. To achieve this, the medicine must be "charged" so that it will react with the body on a molecular level. This charging is accomplished by dissolving the sachet in a bottle containing half a litre of water and shaking the bottle each time before you take a sip. The most effective way to do this is to bang the bottom of the bottle against the palm of your other hand approximately 10 times. So, when the reactivated medicine is drunk it essentially re-stimulates your body.

Ordinarily, the medicine will be taken over more than one day. To ensure the maximum benefit from the medicine, you should aim to drink nearly all of the bottle each day, leaving approximately 10-20% (about 2cm of a half litre of bottled water) in the bottle before refilling it ready for the next day's dose. You may drink more than this in a day by refilling the bottle, if desired, provided on each occasion you leave a similar quantity in the bottle prior to refilling it.

While it appears that you are diluting the medicine still further each time you refill your bottle, this greater dilution actually enhances the medicine's power and makes it very slightly stronger with each refill hence why it is usually given over a period of time.

In the majority of cases, after beginning the treatment you may notice some symptoms getting slightly worse before you feel an improvement. Please do not be concerned, this indicates that the medicine has addressed those symptoms and is a good sign. Alternatively, you may experience a period of exceptional well being, which also indicates the medicine is working.

Additionally, you may find that an "old" or long forgotten symptom re-appears or you develop a cold or rash or some discharge. Again this is an encouraging sign and can be thought of as a "spring cleaning" by the body. Usually such symptoms will only remain for a short period and do not require any treatment, homoeopathic or otherwise.

Please keep a note of any changes and how you feel in yourself during the treatment and bring these along with you to the next appointment. However, if any changes in your symptoms concern you at all do please contact me straight away.

You may be wondering how long your treatment will take. This will depend upon your particular symptoms, how long you have had them and their severity. Not surprisingly a complaint, such as arthritis, that has developed slowly over many years will take longer to respond than say a case of gallstones, which has developed in a shorter timescale. We are all individuals and react differently in our illnesses, the way we respond to treatment and the rate in which we heal. Realistically, however, be prepared for your body to take up to 25-30% of the duration of time of suffering to heal itself through homoeopathy. Please remember the aim of homoeopathy is to address the root cause of your complaint, enhance your immune system and improve your overall level of health, all of which is more of a long term view than one which aims for the "quick fix" or short term relief. I hope you will give homoeopathy time to work to its fullest extent.