

# homeopathy

## AND HOW IT COULD BENEFIT YOU...

### what is homeopathy?

Homeopathy is a holistic system of medicine suitable for everyone, young and old.

Homeopaths understand that mind and body function together as one interconnected whole, for example, when one part of your body is out of balance it has an effect on the whole of you.

Health is more than an absence of symptoms. It is about well-being in the widest sense: about living full of vitality and creativity, about being whole.

During a homeopathic consultation, full details of your medical history will be discussed along with details of



any current complaints and how it is for you to experience them in your day-to-day life.

After carefully analysing your case, your homeopath will then give you a homeopathic remedy to take, this may either be a tablet or liquid drops.

### Are homeopathic remedies safe?

Homeopathic remedies are a unique, potentiated energy medicine, drawn from the

plant, mineral and animal worlds. They work by gently boosting the natural energy of the body, and are very safe, even for pregnant and sensitive patients. There is no danger of addiction or toxicity.

### What about the placebo effect?

Homeopathy is often accused of being merely a placebo because its effects can't be explained by a materialist world view.

Homeopaths know from 2 centuries of clinical observation and experience that potentiated remedies do help their patients.

Hello,  
My name is Nicola Holdcroft, I work as a Homeopath in Hanley and every month I will be here to answer your health-related questions.



You can e-mail me on [nicola\\_holdcroft@homeopathy-soh.org](mailto:nicola_holdcroft@homeopathy-soh.org) if you would like more information on Homeopathy.

Although all correspondence will be treated with the upmost confidentiality, each month I will answer a cross-section of common themes.

*Nicola*

### Next month : Homeopathy and Hayfever

Nothing contained in this information should be taken as individual medical advice or as a substitute for consulting your homeopath or healthcare practitioner.



### How long has Homeopathy been used?

Homeopathy has been used in the UK for over two hundred years, but has an honourable tradition dating back to ancient Greece. It was Samuel Hahnemann, a brilliant doctor working in 1796 who developed the scientific and philosophical foundations of this gentler way of healing. These scientific principles form the basis of successful homeopathic practice today.

## HAYFEVER?

Hayfever is an allergic response to pollen which can make the summer months a misery for many people in the UK

## STRESS, ANXIETY & DEPRESSION?

Emotional stress caused by grief, shock, abandonment, disappointment or major life changes can leave us drained and prone to illness.

Fully insured member of the Society of Homeopaths and bound by their code of ethics & practice  
Registered member of the Society of Homeopaths

# What's The Alternative



the homeopathic  
PRACTICE

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