

Homeopathy..

“for a drug free approach to a healthier lifestyle”

By Julia Wilson, LCHE, RSHom Practising Homeopath

What is homeopathy?



Homeopathy is a gentle, holistic system of healing, suitable for everyone, young and old. Homeopathy focuses on you as an individual, concentrating on treating your specific physical and emotional symptoms, to give long lasting benefits.

It is a system of medicine which has a different approach to disease than that of conventional or “allopathic” medicine. In the allopathic approach, medicines are used that work against diseases and their symptoms. In homeopathy, the symptoms of an illness are viewed as an indication or sign of the body’s attempt to heal itself.

The therapy is based on the theory of treating “like with like”. Homeopathic remedies are highly diluted natural substances that if given in stronger doses to a healthy person, would produce the symptoms the medicine is prescribed for, therefore a homeopathic medicine(s) is selected that is capable of producing similar symptoms if given to a well person. Homeopathy attempts to stimulate the body’s own natural healing capacity, with remedies acting as a trigger for the body’s own ability to heal.

Homeopathy can seriously improve your health!

Did you know that ...?



- Celebrities such as Paul McCartney, David Beckham, Twiggy, Caprice, Susan Hampshire, Tina Turner, Louise Jameson, Gaby Roslin, Jude Law, Sadie Frost, Nadia Sawalha and Meera Syal, as well as The Queen are all fans of homeopathy?
- Reliable evidence shows that homeopathy is effective in the treatment of common mental health problems, female hormonal disorders (such as PMS), digestive complaints (such as IBS) and a range of allergies including eczema and asthma?
- Homeopathic medicines are not tested on animals, but on healthy human volunteers?

- Homeopathy takes a holistic approach, seeking to treat the whole person and patients receive unique treatment and individualized prescriptions?
- Homeopathic treatment can be effective very quickly. For acute complaints (flu, colds, hay fever) 1 or 2 sessions may be all that is needed.

More interesting facts

- Over thirty million people in Europe use homeopathic medicine.
- Homeopathy is not just for the rich. GPs are able to refer NHS (National Health Service) patients to registered homeopaths and most private health companies consider homeopathic treatment a good investment. Consultation fees range between £30 and £90 in UK; you would need to check prices in other countries to UK.
- Homeopathy is not just a form of herbalism. Medicines from herbs form about a third of the pharmacy of homeopathy. Mineral and animal extracts make up the rest.
- Homeopathy is not a placebo. Homeopathy is proven to be effective in the treatment of babies and animals, who have no preconceptions.
- Modern homeopathy was created 200 years ago by a German chemist, Samuel Hahnemann, but the roots of homeopathy go back to Hippocrates.

Benefits of Homeopathy for an IBS sufferer



Homeopathy is a safe, effective and completely natural form of medicine which can be used alone or alongside conventional medicines to treat all physical or emotional imbalances. When the correct remedy/remedies are taken, results can be rapid, complete and long lasting. It is very effective for reducing pain and spasms so often experienced by IBS sufferers. The key to prescribing the effective remedies and creating long term improvements requires the homeopath to understand what emotional or physical issues lie behind the IBS.

My initial consultation can be very revealing for both the patient and me as we create a time line. This details their health chronologically, including emotional traumas as well as physical conditions, treatments, drugs and identifies re-occurring weaknesses or patterns of illness which provide evidence for the underlying issues associated with their IBS.

The link between the mind and body is becoming far more widely accepted these days in all fields of medicine and healing. As homeopaths, we look at every patient as an individual. Symptoms of IBS are very variable so it is vital to gather detailed information on these symptoms. There is no such thing as a standard IBS remedy. The remedies you take have to be matched to your particular

symptoms - where it occurs, what brings it on, what type of pain it is, what aggravates it, what makes it feel worse, your state of mind and what other symptoms you experience. We don't treat conditions, we treat the individual symptoms.

Patients often remark that having the opportunity to discuss how the IBS affects their life from all angles is a vital step towards understanding where their condition originates from and what continues to fuel it. As a practitioner, having this information allows me to create a strategy of treatment which aims to relieve the current symptoms, whilst also treating the underlying causes, so breaking the patterns which cause the symptoms and establishing a more permanent cure.

A brief history of Homeopathy



Homeopathy has been used in the UK for over two hundred years, but has an honorable 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.

Homeopathy is a system of medicine based on the following principles:

- **'Like cures like'**
Homeopathy is based on the principle that a substance, which in large doses will cause the symptoms of an illness, can in minute doses, be used to relieve the same symptoms – 'like cures like' so coffee, which causes sleeplessness in some people, can be used as a homeopathic treatment to prevent insomnia.
- **Minimal Dose**
The remedy is taken in an extremely dilute form; normally one part of the remedy to around 1,000,000,000,000 parts of water.

Remedy sources and preparation

The homeopathic medicines are prepared from a wide range of natural sources. Over 75% of the medicines originate from the vegetable kingdom, i.e. flowers, roots, leaves and the juice. Certain chemicals and minerals are also used to prepare specific medicine e.g. sulphur, granite, rose quartz.. Many minerals and metals are used as a source of medicine, such as gold, silver, zinc, tin, iron and so on.

There are five regulated homeopathic pharmacies in the UK and many more around the world. The raw extracts (from plants or animals) or triturations (from minerals and salts) are made into a 'tincture' with alcohol which forms the basis

of the dilution procedure. Dilutions are made up to either 1 part tincture to 10 parts water (1x) or 1 part tincture to 100 parts water (1c). Repeated dilution results in the familiar 6x, 6c or 30c potencies that can be bought over the counter: the 30c contains less than 1 part per million of the original substance.

If they are so diluted, how can they work?



After each dilution the mixture is vigorously agitated in a machine that delivers a calibrated amount of shaking. This is called succussion. It is thought that this process imprints the healing energy of the medicinal substance throughout the body of water (the diluent) as if a message is passed on. The message contains the healing energy. Even in ultra-molecular dilutions, information specific to the original dissolved substance remains and can be detected.

What can homeopathy treat?

acute fevers • sore throats • earache and toothache

to chronic illnesses such as:

arthritis • asthma • chronic fatigue syndrome • digestive disorders • eczema • anxiety • depression and behavioural difficulties • headaches • hormonal imbalances • infertility • IBS • skin and sleep problems.

I also prescribe homeopathic medicine to promote rapid recovery from surgery, dentistry, and to provide support through treatments such as chemotherapy and radiotherapy.

Children's ailments e.g.

colds • coughs • fever • vomiting • diarrhoea • dysentery • colic • tonsillitis • bronchitis • asthma • measles • chickenpox • mumps • dentition problems.

... can be very effectively and quickly treated with homeopathy without producing any side effects whatsoever.

Unlike antibiotics and other such medicines, homeopathic pills do not hamper digestion, or lower body's resistance. Neither do they cause any allergies nor cause any damage even if taken over a long period of time.

IBS and my experience of treating it with Homeopathy

New patients and referrals



For many people alternative and complimentary medicine is a last resort. They have been suffering from their IBS for so long and not finding relief from conventional medicine.

They often come to use homeopathy for the first time knowing very little about it - usually in this case they will have been recommended to try it by a friend or family member. The key fact that homeopathy is safe and they can continue using conventional medicine supports their decision to try a different approach. Reducing their reliance on prescribed drugs is a natural progression as they start to feel better and is a process in which I recommend they involve their doctor.

Patients want to feel and see results and are generally looking forward to getting going with treatment. The first consultation, which looks at the present as well as their health history, often provides huge scope for them to make personal connections about what is fuelling their condition. Very often they begin making changes to their lifestyle as a result of the realizations made in this first session.

Patients are mostly referred via word of mouth or from other practitioners in the clinics where I work. A few patients make an inquiry because they have seen our clinic adverts in the local press and my registry body "The Society of Homeopaths" has a very good website which directs inquiries to us.

I regularly treat IBS in it's varying degrees.

In my experience the most pronounced symptoms that I am prescribing remedies for are:

- crampy abdominal pain, often relieved by opening the bowels
- an alteration in bowel habit, diarrhea, constipation or alternating
- bloating and painful swelling of the abdomen
- rumbling noises and excessive passage of wind
- increased gastro-colic reflex, this is an awakening of the childhood reflex where food in the stomach stimulates colonic activity, resulting in the need to open the bowels.
- urgency - a need to rush to the toilet and incontinence (if a toilet isn't nearby)
- right-sided abdominal pain, either low or under the right lower ribs which does not always get better on opening the bowels; or pain under the left ribs and when the pain is bad it may ascend to the left armpit.
- sensation of incomplete bowel movement

- possible associated symptoms are: indigestion, belching, nausea, headaches, dizziness, ringing in the ears, fibromyalgia, backache, passing urine frequently, tiredness or even chronic fatigue, shortness of breath, anxiety and depression

How many sessions to cure?



Depending on the length or chronic nature of the complaint, the medical intervention used and the maintaining causes in a patient's life, by which I mean the fuel for a condition e.g. anxiety with work load, long periods of traveling, inappropriate diet, all influence the rate of healing. A rule of thumb can be a month for every year of the condition. The main thing, is that I expect to see changes from the onset of treatment. The IBS may well clear and reveal a deeper issue which needs treating hence I don't give any time frames.

When someone has a period of feeling well I will often prescribe a constitutional remedy, which is one that takes into account a patients complete physical makeup and mental attitude. This will subsequently boost their foundations and is often the best approach to help their system regain its balance and not relapse in patterns of illness.

I believe IBS can be dramatically improved by Homeopathy, (I tend to avoid using the term "cured") although I have seen at least 3 people in the last two years who are currently symptom free.

Habits/lifestyle issues

Each individual's constitution is affected by habits in varying degrees. For some patients they may realize the benefits from changing some habits and that will be enough to motivate them to make some long term lifestyle changes. If an emotional response is linked to the IBS and this aspect is resolved through treatment and lifestyle changes, then issues such as diet may not be such a huge factor. If eating wheat was formerly an aggravation, providing the core issues have been resolved they may be able to eat wheat once more and not experience the same symptoms. Homeopathic medicine can also encourage the body to break patterns, so I may recommend changes but never insist on them as I have seen how remedies can encourage the body back in to balance and subsequently people give up or reduce damaging habits.

Does age affect the cure?



The body can respond to the remedies at any age, the chronic nature of the complaint is the factor which is more likely to influence the speed of cure and selecting the right remedies which address the fuel for the condition is key to healing at any age.

What people can do for themselves?

- 1 Paying good attention to their diet and maintaining a healthy balance.

- 2 Getting to know what foods aggravate their symptoms and reducing these to see what difference it makes.
- 3 Food testing or kinesiology can give an even more accurate picture of food sensitivities. However I do believe the body can adapt to allow reintegration of certain foods (i.e. wheat) as part of the healing process
- 4 Probiotics. A supplement that provides the gut with a boost of healthy bacteria is an essential supplement in the management of IBS and maintaining a robust immune system.
- 5 Stress. The gut is an important route by which emotion is expressed in the body. I encourage my patients to look at what works well for them in terms of releasing stress and to prioritize this activity. Meditation, Yoga, Pilates have all been cited as being stress relievers. People have to find their individual route.
- 6 Meditation. Learning how to meditate to relax and clear your mind, is an essential tool to help us cope with the demands of everyday life. A study showed that meditation helps to reduce symptoms of pain and bloating caused by irritable bowel syndrome. People in the study had training in meditation at six weekly sessions; after a year of doing meditation, 8 out of 10 people found their symptoms improved. **Sources:** Keefer L, Blanchard EB. A one year follow-up of relaxation response meditation as a treatment for irritable bowel syndrome. Behavior Research & Therapy. 2002;40:p.541-567.

A short case study

2 years ago I treated a woman who presented suffering from IBS for 5 years. Her most debilitating symptoms included erratic bowel habits especially acute bouts of diarrhea and incredible knife-like spasms and pain in the lower abdomen at night. She was becoming very sensitive to dairy and wheat and these food stuffs were causing immediate bloating and discomfort. 6 years previously she had been made redundant after a very stressful 2 years with a company demanding unrealistic sales targets; insomnia began back then and was still very prominent when I met her. Upon taking the case I learnt more about her health history and her under-lying state of anxiety about “achieving” and “not letting people down.” Her adrenal glands were chronically stressed since her working days and she was still using stimulants in the form of food and drink to keep going further, depleting her energy resources.

Using herbs and homeopathy we began a gentle detox process and supported her nervous system. I gave her remedies to help reduce her fear about the future and to encourage positive-decision making for herself rather than making decisions to keep everyone else happy. I also provided nutritional guidance including some supplement options.

For the first 2 months I didn't specifically prescribe on her spasms and pain. I believed that by supporting the key organs that were tired, nourishing her nervous system with appropriate herbs and slightly adapting her nutrition that we would see a significant change in her IBS symptoms.

Within 2 months her bowel movements were much more regular and healthy, her sleep less disrupted and the pain at night was overall reduced, but acute after arguments with her family about her career. In further follow up sessions we identified a lot of unresolved anger and as this was explored and released with the support of remedies and lifestyle changes her abdominal pain reduced dramatically. After 7 months of treatment she scored her original symptoms at 2/10 in terms of the impact they were now having on her life as opposed to the 8/10 she first scored.

Over the last 2 years she has continued to receive constitutional support (see earlier for explanation). Acute illnesses such as coughs, colds and cold-sores have been resolved with homeopathy rather than conventional suppressive medicine and she has reintroduced wheat now and again. When she does experience abdominal pain she now sees it as a message to stop and reflect on what is going on in her life. She believes that the IBS was an expression of her body and mind being so out of balance and, as debilitating as it was, it led her to a place where she now takes far more responsibility and control of her life and has allowed her to resolve far deeper issues about her family and work, which were the underlying causes for her ill health in the first place.

Homeopathy covered by insurance

Many private medical policies cover homeopathy, especially if the practitioner is registered with the "Society of Homeopaths. In terms of NHS there are 7 NHS funded Homeopathy hospitals in the UK to which patients can be referred by their GP in order to receive free treatment. The waiting lists are very long and locations limited but it is possible. Some GP's are also practicing Homeopathy and they can be found through the register held with the "Faculty of Homeopaths."

My fees

Most people can afford my fees. I do have a number of places available as concessions and I offer a family rate. I also refer people to a student clinic which I am involved with if they require a low cost option.

Where I advertise and practice.

In my brochure I identify IBS as a condition that homeopathy is effective for. I advertise in Leicestershire and London publications, on internet listing sites and I can be found through the Society of Homeopaths, with whom I'm insured and registered.

I run clinics in Camden (North London), Market Harborough (Leicestershire), and provide online and telephone consultations.

Where can I find a qualified homeopath in the UK

[The Society of Homeopaths](#)

The Society of Homeopaths produces a frequently updated register of professionally trained homeopaths, who work to the Society's Code of Ethics & Practice

[Alliance of Registered Homeopaths](#)

[The Homeopathic Medical Association](#)

Where can I find a qualified homeopath in Northern America

[North American Society of Homeopaths](#) NASH is the professional association for homeopaths in the US and Canada.

[National Center for Homeopathy](#) National Center for Homeopathy

About me...Julia Wilson

Prior to re-training as a homeopath I was a community mental health worker for ten years. I grew despondent with the limited support and resources available for young people experiencing mental health problems and so began my search for a different approach to healing. I graduated from the Centre for Homeopathic Education in London and went on to complete a post graduate diploma from the Practical College of Homeopathy in North London.



I love being a Homeopath and supporting people on their journey to better health. The holistic approach that Homeopathy offers creates a fantastic opportunity for people to change their lives and get well. I am passionate about my profession and I treat many people with complex emotional needs and in cases of chronic illness where people are relying on prescribed medication.

In 2003 I joined Abha Light and volunteered in Kenya as a Homeopath, teaching and supporting students to establish sustainable clinics in their hometowns.

As well as having two busy practices in London and Market Harborough, including a dedicated Eczema and Asthma clinic, I teach and supervise students at the College of Practical Homeopathy in London, and run regular health and well being workshops in my local community.

I am a registered member of the Society of Homeopaths and work to a Code of Ethics and Standards of Professional Conduct.

The below web sites provide further information about me and my practice.

www.practicalhom.com

www.archwayhouse.co.uk

www.homeopathy-soh.org

I offer a free pre-treatment consultation in person at my clinic sites or on the phone, which is an opportunity for people to come and ask questions and find out about homeopathy and then decide.

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