

# Health Reflections



## Frequently Asked Questions

Here's a selection of common questions that I've discussed regarding homeopathy over the last fourteen years.

**Do you have anything for illness A, B, C, X, Y and Z?** All types of individuals presenting with all sorts of illnesses are given the help that they need, as the *person* is always more important than any disease label.

**Can I bring my child for homeopathic treatment?** Of course! I often help children, from newborns to teens.

**Are you on facebook?** No I'm not but you can browse my independent website for information about my work.

**Do you grow your own medicines in the garden?** No, I don't make medicines. Every remedy that I send out comes from a professional pharmacy such as Helios. Many homeopathic remedies do derive from plants, but not all.

**Do you treat animals?** This is a branch of homeopathy that I am not qualified to practise, but I can and do recommend several homeopathic vets depending on your locality. Don't be surprised if I recommend suitable courses for you too e.g. Homeopathy at Wellie Level is an excellent short course for farmers and smallholders.

**You've chosen Nat mur 1M for me, so am I eating too much salt?** Not necessarily, although you may have disclosed a craving for salty food as part of your total picture. If you wish to read more about the subject, please see my article on Nat mur in the blog section.



*Digitalis*  
(Foxglove)



*Apis mel*  
(Honey bee)



*Mercurius*  
(Quicksilver)

**Crikey, is it safe?** Yes I know where you're coming from as some of these remedy names are reminiscent of poisons! But because **like can cure like**, symptom-causing substances can be useful in many branches of medicine – homeopathic, mainstream and herbal alike. The homeopathic varieties of Digitalis, Arsenicum, Lachesis etc. are always diluted to remove all traces of physical poison, and succeeded to awaken the energetic potential.

**Should I quit my regular prescription drugs?** I NEVER interfere with an allopathic prescription. If a patient wishes to lessen dependency on mainstream drugs, or is struggling with their side-effects, I encourage him or her to discuss all options with the GP. I may then provide homeopathic support to complement the way forward.

**May I contact you in between appointments?** Yes you may. If you have questions about your remedy or if acute suffering crops up (such as a virus or toothache or broken bone) then do call me between 10-6 Monday-Friday.

**Elin, will you come to our house to play darts?** Okay this isn't a FAQ, just the latest question asked!

After years of supporting young families online, it's heartwarming to see how therapeutic *rapport* can develop, even on screen. But a round of darts? At your own peril!



THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK\*

*The Practical Handbook of Homoeopathy:* Colin Griffith (Watkins Publishing, 2012);

*Oooh, I Love Toxic Substances! (When They're So Diluted They Become Medicines):* Joette Calabrese (www.joettecalabrese.com, 2020);

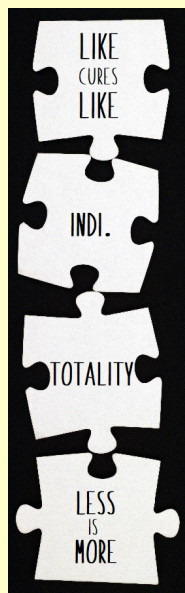
*Rhymes for Remedies:* Jackie Griffin Synnott (Self-published, 2014);

*Get Well Soon:* Misha Norland & School of Health (Yondercott Press, 2011).

\*Fran Lebowitz - Social Studies

## The Backbone of Homeopathic Medicine

For medicine to be homeopathic, the prescriber needs to follow **four basic principles**. Here's a condensed explanation of the four principles used in both acute home prescribing and professional long term care.



**Like Cures Like** – Match the person with a similar remedy picture. If the two descriptions are not similar, the remedy will simply not be homeopathic to the person and reselection will be needed.

**Individualisation** - Treat the person, not the disease label. Look out for what makes the individual's suffering different to anyone else's in a similar scenario.

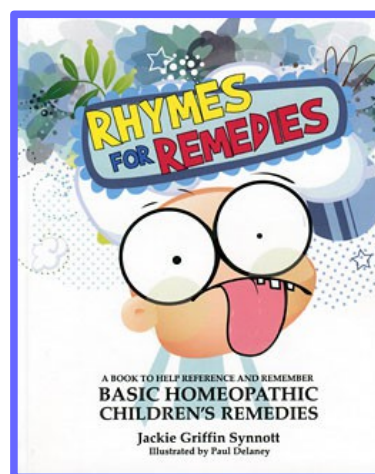
**Totality** – Look out for a wide range of clues, not just the main symptom. These could include temperature, level of thirst, pain tolerance and emotional state.

**Less is More** - The most common potency in a home prescriber's kit is 30c, and how often you administer a remedy in an acute scenario will depend on the intensity of suffering. As symptoms improve, reduce the frequency of the remedy. Once better, stop.

## Resources for Beginners



**Homeopathy Taster Course** – Available with or without tutor feedback from [www.homeopathyschool.com](http://www.homeopathyschool.com).



**Rhymes for Remedies** by Jackie Griffin Synnott (2014). Available as a hard copy or Kindle book.



**Basic 36 Remedy Kit** – Available from Helios Pharmacy: call to order on +44 (0)1892 537254.

*Each Health Reflections article and newsletter has been written for those who wish to learn about the true meaning of health, who desire to think broadly and who are ready to take responsibility for their own personal choices. All information shared is of educational nature. No guarantees are made regarding the accuracy or completeness of content, or its applicability to any condition or personal circumstance. If you choose to implement any of the ideas or principles described, you are taking full responsibility for your actions. In times of illness, seek the advice of a health care practitioner.*

**AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT**

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