

Health Reflections



Further Homeopathy FAQs



And yes, there's more! Yet another selection of common questions that I often discuss regarding homeopathy...

Do you have a remedy for this or a pill for that or a cure for this long Latin word? I help all types of individuals presenting with all sorts of illnesses. Supporting the *person* is paramount, rather than fighting disease labels.

Can I take homeopathic medicines when pregnant? You definitely can. Homeopathy offers a non-toxic approach to each individual experience of pregnancy-related nausea, headaches, panic, fibroids, backache, grief etc.

So can I take homeopathic medicines when breastfeeding? Absolutely. I often support mothers and newborns as they establish their own exclusive feeding pattern, especially if they need help in overcoming pain, infection, exhaustion, cracked nipples, bonding difficulties, colic etc. Do get in touch for personalised advice.

Should I avoid using minty toothpastes? Practitioners' views do differ on this subject, but in my experience, exposure to mild mint doesn't seem to interfere with the action of remedies. However, I *do* believe it's super important that you *read the ingredients list of all personal care products*, and make your own educated choice about whether you want each individual ingredient – be it mint or fluoride or SLS - in or on your body.

Is homeopathy for rich people only? In short, no. The remedies themselves are relatively cheap, but need to be selected with skill to match the individual – otherwise the two won't resonate together. In my self-employed practice I offer reduced fees to anyone genuinely unable to afford the full cost of a consultation, and am equally open to receiving overpayment from those wishing to support fellow patients who are financially stretched.

Can I set up a repeat prescription service with you? This is not an option. Homeopathy is a medicine of the here and now. How are you *today*? In the dynamic world of energy medicine, staying in touch e.g. with a follow-up appointment is the best way of keeping things current.

Will homeopathic remedies interfere with mainstream drugs? Homeopathic remedies don't follow the biochemical action of allopathic drugs and don't interact as such. In some instances both can be taken together, such as when a patient chooses to use homeopathy to alleviate side-effects from chemotherapy.

I'm feeling so much better and I have one pillule left. Can I give it to my sister / son / next door neighbour? I'm always glad to hear about all improvements experienced in response to in-depth, individualised treatment. But giving someone *else* the remedy that resonated so well with *you* is likely to disappoint! Please encourage them to make an appointment for themselves, and explain that homeopathy is personalised medicine.

May I contact you in between appointments? Yes – if you have any questions about your remedy or if an acute illness crops up (such as cystitis or food poisoning) you may call between 10-6 Mon-Fri.



THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK*

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

Homeopathy for Pregnancy, Birth and Your Baby's First Year:
Miranda Castro (Homeopathic Supply Company, 2005);

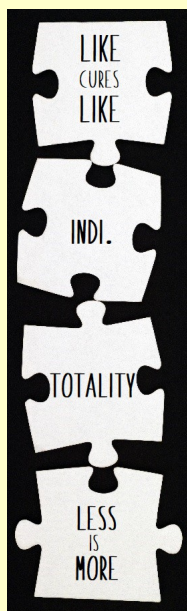
Rhymes for Remedies: Jackie Griffin Synnott (Self-published, 2014);

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.

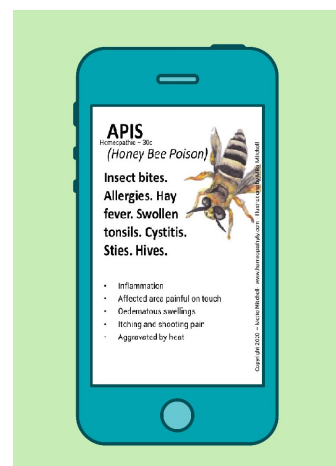
Totality – Look out for a wide range of clues, not just the main symptom. These could include temperature, level of thirst, pain tolerance and emotional state.

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.



36 Phone-friendly JPEG Remedy Pictures by Mette Mitchell at www.homeopathyly.com.



Kit of 36 Specific Remedies for Travellers – Call Helios Pharmacy 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.

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