

What is HOMEOPATHY?

Natural

Gentle

Holistic

Medicine



Homeopathy is a system of medicine based on natural laws. It is the second most widely used medicine in the world and is recognized by the World Health Organisation.

Homeopathy was founded by a German physician, Dr Samuel Hahnemann and is now used world-wide, with a 200 year history of clinical experience. In Britain, there are five homeopathic hospitals available under the National Health Service (NHS) and the Royal Family has used it since Queen Victoria's time in 1830. Homeopathy has a wide acceptance throughout Europe and in France, the most popular cold and flu medicine is homeopathic. In India, more than 10 000 doctors use homeopathic medicines to treat their patients.

The word 'homeopathy' is derived from the Greek words homoios, meaning 'similar' and pathos, meaning 'suffering'. The cornerstone of homeopathic philosophy is the Law of Similars: substances that produce symptoms in a healthy individual can be used to treat similar symptoms in a sick person.



HOMEOPATHIC MEDICINES

Homeopathic medicines are made from a variety of sources, predominantly plants, animals and minerals. They are prepared according to strict international guidelines and in Australia, are regulated by the Therapeutic Goods Administration (TGA). Homeopathic medicines are considered to be free from serious adverse reactions since they are highly diluted.



Homeopathy aims to treat the whole person, taking into account mental, physical and emotional aspects. Lifestyle, hereditary factors and health history are also explored. Treatment is tailored to the individual. Ten people with eczema for example, might all receive a different medicine according to their unique expression of symptoms and individual characteristics. Homeopathic treatment is believed to stimulate the body's energy to generate a healing reaction.

WHAT CAN HOMEOPATHY TREAT?

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Homeopathy can be of benefit for men, women and children of all ages, at any stage, including during pregnancy and breastfeeding. The list of conditions is endless, but can be generally classified into the following categories:

- Acute ailments – coughs, colds, stomach upsets etc.
- Chronic conditions such as skin, digestive complaints, headaches, hormonal conditions, stress, fatigue, emotional/behaviour imbalances etc.
- Basic first aid such as bites and stings, bruising, sprains/strains etc.
- General dis-ease in the body, when there is no diagnosable condition, yet the person feels far from well.

Homeopathy can be used in conjunction with other medicines and therapies. There is a substantial body of research to validate the efficacy of homeopathy. For further information, please go to: <https://www.homeopathyoz.org> or <https://www.hri-research.org>

