

Homeopathic medicine was first described by  
Dr Samuel Hahnemann (1755 - 1843).

Hahnemann was a German physician who was dissatisfied with  
the medical therapies and theories of his day.

As he was translating a book by the Scot, Cullen, on medicines and their  
uses, Hahnemann challenged the ideas about how such medicines  
might work. This led him to take the substance himself so he could  
experience and describe its effects on a healthy human being. Repeating  
this type of experiment with other healthy volunteers (these experiments  
were called "provings") led him to observe and describe the basic  
principles of homeopathic medicine.

"Like cures like"

The first observation was that the symptoms of an illness were identical  
to the symptoms experienced by a healthy individual who  
had been given a drug which could treat that illness.

Although this is quite the opposite of the way  
conventional doctors use drugs, there are some modern drugs which  
work on exactly this principle.

Dioxins, for example, can both cause and cure heart irregularities.



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**Registered in England**  
**No. 5323245**  
email: [info@itstherapy.co.uk](mailto:info@itstherapy.co.uk)  
**9 Manor Street, Braintree Essex CM7 3HW**  
**Tel 01376 342446/332065**  
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## **What is Homeopathy**

Homeopathic remedies (also called homeopathics) are a system of medicine based on three principles:

### **Like cures like**

For example, if the symptoms of your cold are similar to poisoning by mercury, then mercury would be your homeopathic remedy.

### **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.

### **The Single Remedy**

No matter how many symptoms are experienced, only one remedy is taken, and that remedy will be aimed at all those symptoms.

Similar principals forms the basis of conventional allergy treatment, where the allergic substance is given in a small dose, and in vaccines where an impotent form of the virus is given to bolster the immune system against that particular virus.

Homeopathy can be used to treat a wide range of conditions. It can help to repair any damage which the body has the potential to repair, and help restore the balances and mechanisms involved in recovery and health. It is widely used, for example, in conditions such as asthma, eczema and premenstrual syndrome. Despite the differences in approach, homeopathic and conventional treatments can work very well alongside each other.

The body has many complex health-maintaining defensive mechanisms. The immune system is an essential part of this, but other factors also have a role to play. If these mechanisms fail, then we sustain damage or wounds which then have to be repaired. Homeopathy works by stimulating both the health maintaining and the repair mechanisms.

History taking, examination and investigation are all important in establishing the diagnosis - in understanding just what is wrong. However, homeopathic doctors consider a wider range of aspects of the patient's condition - personality traits, physical features, the effects of a variety of environmental influences, patterns of disease within families, and family and social relationships.

## **Homeopathy is a therapeutic system.**

Its principles differ from those of conventional medicine, as does its approach to the patient and to the concept of ill health. However, it cannot replace all other forms of health care. It can be used as the treatment of first choice in a wide range of conditions and can be a useful addition, or "complement" in other situations, for example, to support good recovery after operations.

## **Why use Homeopathics?**

This success is fuelled by several factors: Homeopathy is extremely effective. When the correct remedy is taken, results can be rapid, complete and permanent. Homeopathy is completely safe. Even babies and pregnant women can use Homeopathy without the danger of side effects. Homeopathic remedies can also be taken alongside other medication without producing unwanted side effects. Homeopathy is natural. Homeopathic remedies are normally based on natural ingredients. Homeopathy works in harmony with your immune system, unlike some conventional medicines which suppress the immune system. (For example, cough medicines suppress the cough reflex, which is your body's attempt to clear the lungs) Homeopathic remedies are not addictive - once relief is felt, you should stop taking them. If no relief is felt, you are probably taking the wrong homeopathic remedy. Homeopathy is holistic. It treats all the symptoms as one, which in practical terms means that it addresses the cause, not the symptoms. This often means that symptoms tackled with Homeopathy do not recur.