Homœopathy is a holistic system of medicine. It aims to promote healing responses to diseases by administering specially prepared substances that mimic the symptoms of those diseases in healthy people. Modern homœopathy was founded in the 18th century by a German physician, Dr Samuel Hahnemann, and is now used worldwide, with a 200-year history of clinical experience.

In Britain, for example, there are four homœopathic hospitals available under the National Health Service (NHS), including the Royal London Hospital for Integrated Medicine, previously the London Homœopathic Hospital. The Royal Family has used it since Queen Victoria’s time in 1830, and it has a wide acceptance throughout Europe. In France, the most popular cold and flu medicine is a homoeopathic medicine, and in India there are more than 246,000 registered homoeopathic practitioners and approximately 7000 homoeopathic hospitals/ dispensaries.

How does it work?
The word “homœopathy” (also known as homeopathy) is derived from the Greek words homoios, meaning “similar”, and pathos, meaning “suffering”. The cornerstone of homoeopathic philosophy is the Law of Similars. This law or principle is based on a long-held belief as far back as Hippocrates, the Father of Medicine.

A professional homœopathic consultation involves the practitioner working with the client to understand their specific symptoms as a part of the whole person, rather than in isolation. The beauty of homœopathy in situations as described above is the way each case is individualised so that every client is prescribed a medicine which addresses their own symptoms and situation. The medicines are given as small doses of naturally occurring substances aimed at assisting the body to trigger its own natural healing mechanisms.

Homœopathy is used by approximately 550 million people worldwide. It can be used at any stage of life, from childhood through to old age, and is a uniquely sustainable form of healthcare. This lift-out contains examples of Australians who have found improved health with the assistance of homœopathic treatment, whether they’ve experienced a major life event or something much more minor. We invite you to read these stories and consider what stresses in your life may be making you less well than you could be. Perhaps a homœopath is someone who could assist you to find increased health and vitality.

If seeking homœopathic assistance, choose a practitioner registered with the Australian Register of Homœopaths (AROH). All professional members of the Australian Homœopathic Association (AHA) are AROH registered practitioners and meet high levels of education and professional practice standards.

LEAH ZINN, National President, AHA
Medicine, and other ancient healers such as Paracelsus, that substances which produce symptoms in a healthy individual can be used to treat similar symptoms in a sick person. Homeopathic treatment is believed to stimulate the body’s ability to fight infection and susceptibility to disease.

**Homeopathic medicines**

Homeopathic medicines are made from a variety of sources, such as plants, animals and minerals. They are prepared according to strict guidelines set out in international pharmacopoeias and under the control of the Therapeutic Goods Administration (TGA). Homeopathic medicines are highly diluted and act gently. They can be given in the form of liquid, capsules, powder or tablets.

**Conditions commonly treated**

Homeopathy aims to treat the whole person, taking into account personality, lifestyle and hereditary factors as well as the history of the disease. Since all patients are unique, homeopathic medicines are prescribed to treat patients as individuals. For example, headaches in different patients would each be treated with different medicines, according to the patient’s individual characteristics. Homeopathy may be of benefit for all ages, at any stage, including pregnant women, mothers, fathers, babies, young children, teenagers and the elderly.

**What to expect during treatment**

The first homeopathic consultation can take an hour or more. Treatment then involves the prescription of the most suitable medicine, matching all the symptoms and individual characteristics of the patient to the medicine. Your practitioner will be guided by your own story, and take into account your own history and the current situation. You may need to continue conventional drugs without the knowledge and approval of your doctor. You must also tell your homeopath what conventional drugs you are taking.

**Choosing a practitioner**

If you want to use homeopathic treatment, you should consult a registered practitioner. All Professional Members of the Australian Homeopathic Association (AHA) are registered with AROH and are recognised by all the major health insurance funds for rebates on ancillary benefit tables.

**Naturopathy**

Naturopathy is not homœopathy. Naturopathic training does not meet the global standards for homœopathy, although some naturopaths may have undertaken additional studies to meet these requirements. If a person is dissatisfied with the improvements to his health and well-being, he may wish to seek the advice of his homœopathic practitioner.

**PRACTITIONER LISTINGS**

| ACT | Adynamic 65-year-old property developer named John came to my clinic for chronic fatigue syndrome which started in his 40s and worsened when the temperature changed to high pressure systems. He had a history of bankruptcies and homelessness, and had been married several times. When he saw me, he was financially doing very well in his current employment and liked the idea of using natural therapies. John was taking medication for raised cholesterol, high blood pressure and sleep, along with many supplements supplied over the counter by pharmacies, health shops and practitioners. We investigated the Recommended Daily Intake (RDI) of all the supplements and discovered he was taking above and beyond the RDI in some nutrients, which may have been contributing to his bouts of nausia, one of his complaints. After the first homœopathic medicine was given, he had improvements but complained of indigestion caused by stress. He also mentioned a chest pain he had always had, for which his GP could find no cause. He described it as tightness on the left side. He also often felt his face reddening, had difficulty sleeping and suffered from headaches.

During a follow-up appointment, John’s pain had disappeared and he was greatly pleased with this. His headaches had also disappeared and his energy had improved somewhat. He described his lightheadedness and lethargy and decided he couldn’t be absorbing all the nutrients in his food and supplement regime. Another homœopathic medicine was prescribed for malalaemia. John was very focused on a nutrition ‘cleanse’ diet: he believed he needed a diet high in protein and with plenty of fruit and vegetables for peak performance in his demanding work in addition to a daily visit to the gym. A year later, John’s sleep had improved substantially, however still wonders about finances and his business. On the other hand, if he made a conscious effort, he was now able to refocus his thoughts into a positive and optimistic outlook. Having lost the only remaining symptom after 18 months was bloating abdominal and discomfort for which another homœopathic medicine was given. John was grateful for the improvements to his health and well-being.

**Catherine Angel, AHA Professional Member, Mt Nasura/Cockburn Central, WA**

**Serious young boy after a divorce**

A concerned father brought his 10-year-old son for homeopathic treatment. The dad had observed that since his divorce a few years earlier his son had become extremely serious and was often tense, nervous or worried. He felt the boy had been affected by witnessing all the emotional upset his parents had experienced during the initial separation phase.

The dad had also observed that, with new circumstances, his son would become very nervous, was always thinking about how things might turn out and constantly talked through the ‘what ifs’ of situations. He worried and fretted whenever his parents had to talk with each other. His school report cards spoke of his intelligence, conscientiousness and good behaviour.

As we discussed these things, this lovely young boy bravely shared how he felt. He revealed how easily he felt embarrassed and angered by others’ behaviour, especially if unconventional or unkind, even someone telling a bad joke could trigger deep embarrassment. He was very worried about what people might think of him or his family because of the divorce, that he wouldn’t have any friends and would be lonely. Disappointing his dad was a worry too, although his dad constantly reassured him of his love.

When embarrassed, he would become hot and sweaty and experience a sensation ‘like a punch in the chest’. He would walk away and hide from people, breathing deeply to avoid crying. After a few minutes it would pass. Teasing made him feel really sad in that situation, and angered by others’ behaviour, especially if unconventional or unkind. As he spoke, little tears squeezed from the corners of his eyes despite his best efforts to hold them in, often gulping water to help choke his emotions down. He scored his sadness at 8/10. As we discussed these things, this lovely young boy bravely shared how he felt. He revealed how easily he felt embarrassed and angered by others’ behaviour, especially if unconventional or unkind, even someone telling a bad joke could trigger deep embarrassment. He was very worried about what people might think of him or his family because of the divorce, that he wouldn’t have any friends and would be lonely. Disappointing his dad was a worry too, although his dad constantly reassured him of his love.

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A 36-year-old man was referred for homoeopathic treatment because of night sweats, difficulty sleeping and a blocked sensation in his nose, throat and all mucous membranes. He also had low self-confidence, depression and anxiety and a lack of "power" in his body. He is a perfectionist at work and sets very high standards for himself. His family history includes cardiac disease and sudden death.

The first symptom he mentioned was that he often woke two or three times during the night.

KERRY SCHWEIGERT, AHA Professional Member and psychologist, assessed him and created a full and rich life with his close family.

MARTIN COSTIGAN, AHA Professional Member, Deception Bay, QLD

Mark presented in my clinic with chronic anxiety, acid reflux and skin rashes. This trio of symptoms began to occur after Mark was retrenched from his long-term workplace. Anxiety was the first change Mark noticed.

In the following consultation two weeks later, Mark was able to address many of the unresolved emotional issues from his past as well as present relationship issues.

The acid reflux was the first physical symptom to arise. The inflammation of the mucous membranes suggested the homœopathic medicine he was using to address many of the unresolved emotional issues from his past as well as present relationship issues. Mark is very sensitive and sympathetic by nature and likes to communicate more confidently, his skin was no longer dry and flaky, his eye was better, the tremors only just noticeable. By the second follow-up he was much happier. He revealed how much better he felt and how much his sex life had improved, saying it is now only on rare occasions he has any trouble performing. Mark’s wife is very happy too.

ANNA FALLS, AHA Professional Member, St Ives/Castle Hill, NSW

MATT, a tall, slim man in his mid 30s presented with anxiety, restlessness and tremors. Matt’s skin was dry, particularly on his face, and his eye was often red and sore especially in the evening. Matt’s sleep was restless and he often woke two or three times during the night.

Matt exhibited a lack of confidence and his mien was guarded concerning his health and a fear of failure. Matt’s fear had arisen after being unduly criticised by a family member. He was cautious and chose his words carefully so as not to offend.

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After the homoeopathic medicine was given, I followed up with Matt every six weeks, increasing the potency of his medicines at each visit. After five months, his health began to improve and he was finding it difficult to maintain an erection and/or experience premature ejaculation.

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A motorbike exhaust burn

Seth is a 19-year-old who presented to clinic with an extensive burn to his inner right thigh. He had been riding his motorbike in the bush, wore shorts, and had crashed his bike into a tree, ending up with an exhaust pipe. Unfortunately it was party season, and Seth landed with his right leg across his motorbike in the bush, wearing shorts, when the accident occurred. He had extensive burn to his inner right thigh. He had been riding his motorbike in the bush, wearing shorts, and had crashed his bike into a tree. Seth was also told that if the inflammation did not rapidly improve, it could lead to the surrounding tissue with pitting oedema and signs of cellulitis. A line was drawn with marker pen around the entire length of the inflammation to assess for worsening.

Topical wound care was performed daily, using a herbal medicine and it has kept getting better since. It's no longer red and hot, and he has less pain. Treatment included a single homeopathic medicine three times a day to ease the pain, swelling, bruising and stiffness, and to support his immune system to fight the infection. Seth was also told that if the inflammation did not rapidly improve, it would be back referred to GP.

Within 24 hours, the redness around the burn was much less, by 48 hours it was completely gone and the pain and stiffness was much better. By day five, Seth was able to shower as normal and no longer needed additional dressings.

What was Seth's lesson? “Next time I’m going to wear protective clothing.”

MICHELLE HOOKHAM, AHA Professional Member, Bella Vista, NSW

What is prostatitis?

Prostatitis is an inflammation of the prostate. Given that the majority of acute cases are caused by bacteria, infections, or urinary tract infections (UTI), it is frequently treated in the conventional medical health system with antibiotics. Patients with a UTI will experience increased frequency, urgency and pain in the pelvis and genital area. They often have fever, chills, nausea and persistent pain. This is bacterial prostatitis.

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Persistent experience of symptoms — can follow frequent burning when urinating. Chronic prostatitis — a long-term persistent experience of symptoms — can follow frequent burning when urinating. Chronic prostatitis — a long-term persistent experience of symptoms — can follow frequent burning when urinating. Chronic prostatitis — a long-term persistent experience of symptoms — can follow frequent burning when urinating.

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The most common symptom men experience when burning. Chronic prostatitis — a long-term persistent experience of symptoms — can follow frequent infections. Patients have no bacteria in their urinary tract and may be infected with a large number of different bacteria.

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Turning life around

Harold, aged 47, came to see me in 2006 with the following complaints: chronic insomnia (waking after 2am or 3am and unable to sleep), recurrent indigestion aggravated by salty and spicy foods (although he enjoyed them) and a recurrent upper respiratory infection characterised by an irritating dry cough. He also suffered from an abhorrence of making decisions, regarding both major (career) and minor (grocery shopping) things. He worked in real estate but was immensely dissatisfied and didn’t know what he most wanted to do. Being single (never married and having no children), he lived alone. He had a craving for coffee (consuming 15-20 cups per day).

The first prescription was to be taken morning and evening. I didn’t venture to offer any other advice at this stage, having found that most men only make lifestyle changes very slowly.

He returned to see me three weeks later. He had developed an aversion to coffee (‘I can only drink two or three cups per day now’); his sleep had improved (he had woken after 2am only twice) and he no longer experienced cough or cold symptoms. Most importantly, for him, he had made a significant decision regarding a career change.

Having begun to develop a confidence in our therapeutic relationship, Harold is still a regular patient and pleased with the improvements in his health with the aid of homœopathy.

DAVID LEVY, AHA Professional Member, Five Dock, NSW

Individualised treatment is our specialty

With homœopathy, you are an individual, not a number or a disease. This is not just a platitude or a feel-good statement. It is the way homœopathy works. Homœopathy views many symptoms in order to treat the underlying causes of ill-health, taking into account not only the condition itself but the whole person. This includes your lifestyle, medical history, likes and dislikes and mental and emotional aspects as well. It is often the small idiosyncrasies that are “the real you” that help the homœopath to select the medicine that best fits your needs.

You may have noticed that no specific medicines have been mentioned in this lift-out. This omission has been deliberate, because we do not wish to give the impression that there is a “one medicine fits all” approach with homœopathy. If you have a skin condition or a stomach complaint, the homœopathic medicine that has been given to someone else who seems to have the same complaint will not necessarily work for you, too. This is because their condition, although it sounds the same, have the same complaint will not necessarily work for you, too. This is because their condition, although it sounds the same, have the same complaint will not necessarily work for you, too.

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