

Homeopathy can seriously improve your health

Did you know that ...?

- Celebrities such as Paul McCartney, David Beckham, Twiggy, Caprice, Susan Hampshire, Tina Turner, Louise Jameson, Gaby Roslin, Jude Law, Sadie Frost, Nadia Sawalha and Meera Syal, as well as The Queen are all fans of homeopathy?
- Reliable evidence shows that homeopathy is effective in the treatment of common mental health problems, female hormonal disorders (such as PMS) and a range of allergies including eczema?
- Homeopathic medicines are not tested on animals, but on healthy human volunteers?
- Homeopathy treats "like with like"? So coffee, which causes sleeplessness in some people, can be used as a homeopathic treatment to prevent insomnia?
- Homeopathy takes a holistic approach, seeking to treat the whole person and patients receive unique treatment and individualised prescriptions?
- Homeopathic remedies have been found to be effective for asthma, hay fever and rhinitis by Dr David Reilly at Glasgow University?
- Homeopathic treatment can be effective very quickly. For acute complaints (flu, colds, hay fever) 1 or 2 sessions may be all that is needed. For chronic illness, treatment typically lasts between 4 and 8 months with monthly visits to a professional homeopath.

More interesting facts

- Over thirty million people in Europe use homeopathic medicine.
- Homeopathy is not just for the rich. GPs are able to refer NHS patients to registered homeopaths and most private health companies consider homeopathic treatment a good investment. Consultation fees range between 30 and 90.
- Homeopathy is not just a form of herbalism. Medicines from herbs form about a third of the pharmacy of homeopathy, mineral and animal extracts make up the rest.
- Homeopathy is not a placebo. Homeopathy is proven to be effective in the treatment of babies and animals, who have no preconceptions.

- Modern homeopathy was created 200 years ago by a German chemist, Samuel Hahnemann, but the roots of homeopathy go back to Hippocrates.

Homeopathy - seriously improving your health

- Homeopathy has been available on the NHS since 1948.
- There are 5 NHS funded homeopathic hospitals in the UK. The largest, the Royal London Homeopathic Hospital treats around 2,000 patients per week.
- 45% of GPs consider homeopathy useful. Sixty percent of the doctors who use homeopathy do so because of good experience of homeopathy as effective treatment and anxiety about hazards of conventional treatment (Dr Magazine)
- Registered members of the Society of Homeopaths are integrating homeopathy with conventional healthcare in Wiltshire, London and Newcastle taking GP referrals. Elsewhere our members work in Surestart clinics and in specialised services in the NHS.
- An estimated 3,900 professionals practise homeopathy in the UK
- Around 22.1% of adults purchased homeopathic or herbal remedies over the counter in the past 12 months.
- In Britain the market for homeopathy is growing at around 20% per year.
- The latest pan-European research on homeopathic dilutions has shown that they do affect living human cells (April 2004)
- 2004 research at Sheffield University on chronic fatigue syndrome has shown that homeopathic treatment can improve energy levels

It is important that you feel happy with the manner and approach of your homeopath. In that way you will be more able to give your homeopath the information needed to prescribe well for you.

How do I find qualified homeopath?

To find a homeopath consult the Register of the Society of Homeopaths. All homeopaths registered with the Society practise in accordance with a Code of Ethics and Practice, hold professional insurance and have passed stringent academic and clinical assessments before being admitted to the Register.

This leaflet is by The Society of Homeopaths

The Homeopathy Action Trust is a separate charity which welcomes donations and bequests to promote homeopathy, through low-cost clinics, education and research. If you would like to become a Friend, make a donation, or if you want more information, please contact the trust

Tel: 08702 407 014

email: www.homeopathyactiontrust.org

For more information contact The Society of Homeopaths -

www.homeopathy-soh.org

email: info@homeopathy-soh.org

Tel: 0845 450 6611

Denise Clark Dip Hom PSH RSHom

www.homeopathy-info.co.uk

email: deniseclarkbeeb@aol.com

Tel: 07980 541 552