

Homeopathy for People taking Long-Term Medication

Homeopathy is an effective and scientific system of medicine, which assists the natural capacity of the body to heal itself. It recognises that all symptoms of ill health are expressions of disharmony within the whole person, therefore Homeopathy treats the patient not the disease.

Many people are taking prescribed medicines to help manage long term health problems. This does not mean that they cannot benefit from homeopathic treatment, which can be a helpful addition in a number of ways:

- Because homeopathic remedies are prescribed for the individual, they can improve the overall level of health, both emotionally and physically
- Homeopathy can lessen or remove symptoms which have not been addressed by your existing medication
- Homeopathy can help with unwanted side effects of medication
- Homeopathy may, over time, lessen or even remove the need for some or all of your existing medication.

All changes or reductions in medication should, of course, only be made following discussion with your doctor. It may be safe to reduce the dose of some drugs, such as pain killers, but other drugs such as Warfarin, taken to prevent blood clots, are only effective at their correct dosage. Certain medicines such as steroids or beta-blockers can cause dangerous or uncomfortable reactions if they are stopped too suddenly. Homeopaths are happy to work in collaboration with general practitioners (GPs) and hospital consultants if both you and the doctor concerned are in agreement.

Because homeopathic remedies are prepared from natural materials by a special method which involves considerable dilution, they cannot cause side effects themselves and do not interact with other medicines.

Homeopathy and long term illness

Conventional medicine usually treats specific diseases or symptoms with specific drugs. A patient who has been ill for a long time may therefore be taking a number of drugs for different aspects of their ill health. A homeopath treats the whole person and looks at the complete picture of their health problems. During homeopathic treatment, some symptoms, usually the ones that have started most recently, may get better more quickly than others and adjustments to your drug regime may need to be made by your doctor. Below are examples of the progress that can be made in particular instances.

· High Blood Pressure

During homeopathic treatment, your general health may improve, including aspects which may have been contributing to the rise in blood pressure, such as your response to stress. If, as a result of homeopathic treatment the pressure begins to fall, then a reduced dose of your conventional medicine may be indicated at your next check up at the GP's surgery.

· Asthma

Children and adults with chronic asthma often have one inhaler to use regularly to reduce inflammation of the airway and another to use as needed if they feel their chest tightening. As your asthma improves under homeopathic treatment, you may find the need for the second inhaler starts to decline. You may find that a homeopathic remedy indicated for your acute attacks works as well or better, and gradually that inhaler is needed less and less often. When this has been the case for a while, in consultation with the GP, it may be possible to reduce the use of the first inhaler as well.

· Diabetes

A diabetic patient would be advised to monitor their blood sugar more often when they start homeopathic treatment as their requirement for insulin may lessen as their general health improves.

The longer you have been ill, the gentler the process of healing needs to be, and the longer it will be before you reach your optimum state of health. Homeopathic remedies work in a way that is completely different from conventional drugs. Although they are so dilute they can be very deep acting over a long period of time, even with existing drug

therapy.

To Summarise

Homeopathic remedies prescribed by a homeopath can work very well even if you are taking drugs prescribed by your GP. As your health begins to improve, your drug regime may need to be adjusted. It is important to maintain regular contact with your GP so do tell your doctor about your homeopathic treatment.

Do remember that with some drugs there can be unpleasant and dangerous side effects if they are stopped suddenly. It is very important to check with your doctor before making any changes.

Although homeopathic remedies do not themselves interact with drugs, people on medication should not try to treat themselves with homeopathic remedies. If you would like to discuss your individual circumstances in more detail, contact a homeopath in your area.

ALWAYS CHECK WITH YOUR DOCTOR BEFORE REDUCING PRESCRIBED DRUGS

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

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