

Homeopathy within Primary Care

Homeopathy is a complementary therapy that can provide low-cost, effective treatments for a range of disorders that are often a continuous drain on NHS resources. Post-viral syndrome, allergies, glue-ear, irritable bowel, migraine, mental and emotional problems and many other disorders, can be safely, cheaply and effectively treated by a professional Homeopath.

The new Primary Care Trusts (PCTs) have led to new demands on NHS budgets. The good news is that while PCTs are expected to ensure equitable provision amongst a larger, more diverse community, they now have greater freedom to refer patients to complementary medicine and they have a duty to put their patients at the centre of their care-plans.

The Society of Homeopaths has been working to ensure that patient's access to complementary medicine is enhanced in the new primary care arrangements.

This reflects the growing number of NHS patients who would like greater access to homeopathy:

- 25% of the population would like to choose complementary medicine (CAM) on the NHS
- NHS referrals to homeopaths increased by 21% between 1986 and 1998

Homeopathy is a complementary 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. This holistic method has special value in the treatment of certain types of patients, eg. those who are very sensitive to conventional drugs; those who are suffering but have no diagnosis; or those who are pregnant.

NHS providers must be convinced that the therapy a patient hopes to access, is both cost-effective, and has a decent evidence-base to demonstrate its efficacy. There is strong evidence that Homeopathy is effective for the referral conditions listed below:

Mental /Emotional problems

Anxiety states; Attention Deficit Disorder; After-effects of Stress, Grief, Bereavement; Depression; Panic attacks; Fears; Nightmares; Poor concentration and Memory loss. Neuroses; Obsessional disorders; Anorexia and Bulimia nervosa. Psychosomatic problems; Post Traumatic stress.

Womens' Health

Hormonal related disorders: PMT, Menopause, Painful periods, Excessive period bleeding; Candidiasis. Pregnancy: mastitis, labour injuries and wounds, morning sickness, lack of breast-milk, post-natal depression.

Joint / Musculo-skeletal

Rheumatism; Polyarthritis; Osteo-and Rheumatoid arthritis; gout; Repetitive Strain Injury; Sports trauma.

Dermatology

Most skin problems respond well to homeopathic treatment - eczema, psoriasis, urticaria, infections - bacterial and fungal - herpes simplex and zoster, nappy rash, impetigo, pruritis.

Children's health

Both mental and physical well being problems are treated including; Behavioural disorders, social dysfunctional problems, recurrent acute illnesses; recurrent Otitis media; recurrent sore throats and tonsillitis; atopic eczema and other skin problems; asthma; bedwetting.

General

Chronic and recurrent illness. Recurrent Tonsillitis, Hay Fever. IBS. Migraines, Allergic syndromes. ME - Post Viral Syndrome, MS. Addiction - alcohol, drugs, withdrawal. Travel sickness.

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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