

# What is Homoeopathy?

Homoeopathy is a system of holistic medicine that has been successfully used for over 200 years. We base our work on the principles of “ like cures like”, so we treat illness by carefully matching symptoms with the curative properties of medicines.

The remedies are made from a wide range of substances including minerals and plants. They are methodically prepared in micro doses which initiates the dynamic action of the substance to begin the process of cure.

*“The highest potencies, containing the least substance can penetrate the most subtle levels of disease” - Ian Webster*

## The benefits of Homoeopathy

Gentle yet effective, Homoeopathy treats only the symptoms presented and does not cause side effects.

You don't have to be torn between two systems of medicine as we can work alongside medication with no ill effects and treat a wide range of physical illness.

Homoeopathy can also be effective in treating mental and emotional problems such as insomnia, depression, stress, exhaustion, anxiety and grief. The consultation often has a very cathartic effect and is the start of the healing process.

It is also safe and effective during pregnancy and ideal for babies and children.

