



**Homeopathy is a holistic medicine which uses specially prepared, highly diluted substances (given mainly in tablet form) with the aim of triggering the body's own healing mechanisms.**

**It is based upon the principle of treating 'like with like'. That is to say, a substance which can cause symptoms when taken in large doses, can be used in small amounts to treat similar symptoms. For example, excess coffee can cause sleeplessness and agitation, so according to this principle, when made into a homeopathic medicine, it could be used to treat people suffering from sleeplessness and agitation.**

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***Don't be a caterpillar; be a butterfly!***



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***Registered Member  
Society of Homeopaths  
in association with Simply Health***



**'I qualified as a Homeopath in 2004. I initially became interested in Homeopathy as a therapy following the successful treatment of one of my children.'**



### **Homeopathy**

**Classical homeopathy involves the practitioner giving one remedy at a time. The remedy is chosen to closely match the individual. Further support can be offered with therapeutic remedies and flower essences. The consultation can take one hour and involves a question answer format. Follow up in one month.**



**Children, babies and pregnant women respond very well to homeopathic remedies. Parents can be educated to help their own family using Helios remedy kits.**



### **Allergy Therapy**

**Uses applied kinesiology to determine a person's sensitivity to a substance. This can help to plan a treatment regime.**

### **Reiki**

**Japanese for 'universal life energy'. A system of natural healing, founded by Mikao Usui in the early 20th century.**

**We live in a world of energy that nourishes and maintains all living things. When this energy flows uninterrupted there is balance and harmony within and around us, and we experience a sense of well being. Reiki can help the body emotionally or spiritually. Each session lasts one hour. Crystals and tuning forks may be used to increase the relaxing effect.**