

# Chester Wellness Centre

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## Homeopathy

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Registered Homeopath with The Society of Homeopaths

### **CONSIDERING HOMEOPATHIC TREATMENT?**

#### **WHAT IS HOMEOPATHY?**

Homeopathy is a safe, gentle and effective system of healing that promotes the natural power of the body to heal itself.

Homeopathy can be used effectively alongside conventional medicine or in some cases as an alternative. It aims to improve the general level of health of the whole person, physically, mentally and emotionally.

#### **WHAT CAN HOMEOPATHY DO FOR YOU?**

Homeopathy can help treat illnesses that may have appeared recently or that you have had for a long time. It has been used effectively to treat a wide range of complaints from allergies, insomnia, stress, depression and menopausal symptoms to being a supportive medicine in palliative care. It is a safe and effective treatment for people of all ages, including children.

#### **HOW DOES IT WORK?**

Homeopathy works on the principle of treating like with like by the prescription of a remedy that matches your symptoms. The remedy aims to stimulate the body's own vital energy and defence mechanisms to correct imbalance and to heal itself.

### **THE TREATMENT**

By taking a full case history homeopaths aim to treat the whole person and not just the disease. The remedies contain a diluted amount of active ingredient made from natural substances from the plant, mineral, or animal/human kingdom. The remedies are taken in tablet or liquid form and can be safely used alongside other forms of medical treatment.

Scientists cannot yet explain the precise mechanism of action for homeopathy but there is published evidence of its efficacy (for more information and research please see The Society of Homeopaths' website [www.homeopathy-soh.org](http://www.homeopathy-soh.org)).

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