

## What can I expect to happen?

After taking your remedy you should notice some changes. For instance it occasionally happens that your symptoms appear worse for a short time. This is the remedy taking effect and you should feel the beginnings of recovery when this period has passed. Alternatively patients often experience a period of exceptional well-being and optimism.

If you develop a runny cold, a rash, or some form of discharge this will probably be the remedy having a "spring cleaning" effect, cleansing the body. These new symptoms will pass away, they must not be treated as they are a very important part of the healing process.

If you have any questions about your treatment do not hesitate to contact me. There are times when I am unable to answer the telephone but please leave your name, phone number and a short message on the answer phone. If your call is urgent please state this in your message. Messages received evenings or weekends will be answered during office hours unless it is urgent.

I also practice in Sheffield and Rotherham. For appointments there please contact the respective clinic:

### Wainwright Therapy Centre

2 Kenwood Road  
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Sheffield  
☎ 0114 2552048

### The Apothecary

Morthen Road  
Wickersley  
Rotherham  
☎ 01709 531177



*Foxglove*

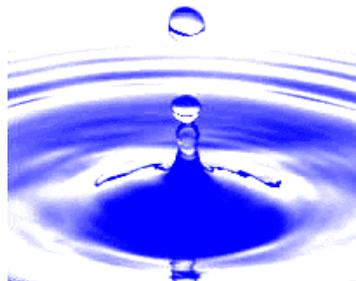
## About the Practitioner

**Elke Rohn** was born in Germany in 1957 and came to live in England in 1975. She discovered Homeopathy after the birth of her third son in 1984 and has used it extensively to support her family's health (human and animal!).



In 1989 she started the Professional four-year course of Homeopathy at the Yorkshire School of Homeopathy in Leeds and received the Diploma in Homeopathic Medicine in 1993 affording her the title Dip Hom. Registration with the Society of Homeopaths, the largest body registering professional Homeopaths in the UK, happened in 1994 affording her the title RSHom.

Elke is available for Consultations in Blyth, Sheffield and Rotherham.



Recommended reading:

**Homeopathy for Common Ailments** by Robin Hayfield, ISBN 1-85675-021-3

**Practical Homeopathy** by Sylvia Treacher, ISBN0-7525-2149-7

**The Complete Family Guide to Homeopathy** by Dr Christopher Hammond,

# Your Homeopathic Treatment



## Oakleigh Homeopathy

*Complementary Health Care since 1993*

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## What is Homeopathy?

Homeopathy is a complete system of medicine developed by the German doctor Samuel Hahnemann in the late 18th century.

Hahnemann observed that a medicine which produced a certain set of disease symptoms in a healthy person could be used to cure a sick person suffering from an illness with similar symptoms—LIKE CURES LIKE. Symptoms in this context include not only the symptoms of the illness, their beginning and development, but also how the person is experiencing them and how they make him or her feel.

The symptoms (rather than the name of a disease) are very important to a Homeopath as the Totality of symptoms is to be analysed and matched to the Homeopathic Remedy with the most similar symptom picture. So it can happen that two people with an illness given the same medical diagnosis may need different homeopathic remedies. Homeopathy treats the Individual.

The remedy must fit the whole person, and in order to find the remedy that most closely matches the patient, the Homeopath will ask about such things as sleep, eating habits, reaction to weather and temperature, as well as personal medical history including childhood diseases. The patients state of mind and emotional state can also be very important to find the correct remedy.

The Patient and Homeopath work closely together to improve the patient's health, but the Homeopath depends to a great extent on what the patient tells her, so it is important that Patients observe and note changes that occur between consultations.



*Quartz*

## What is a Remedy?

Homeopathic Remedies are prepared from many different substances including herbs, minerals and animal sources. In the process the original substance undergoes a series of dilutions and shakings which make it more potent but also safer—THE MINIMUM DOSE. Remedies do not cause side effects, are not habit forming and are safe for anyone to take including the very young, the very old and pregnant women.

## How does it work?

The fundamental cause of illness lies in the energy field of the body, Hahnemann called it VITAL FORCE. It has been known for centuries in different cultures. The Chinese call it CHI, and to the Yogi it is PRANA.

Disease is the physical expression of imbalance and disturbance of this energy (“disease”). The symptoms of disease are the body's attempt of trying to maintain the healthiest possible balance in the face of too much stress of whatever kind. This is why symptoms are so valuable in Homeopathy and why it is important that they are not suppressed.

Complicated cases are cured from the inside, working outwards. This means that superficial outer symptoms, such as skin disorders are often the last symptoms to go.

Homeopathic Remedies act on the level of the energy field or Vital Force and help the body to regain and maintain natural balance by stimulating its own healing energies, strengthening the immune system and promoting good health.



*Bracken*

## What can Homeopathy treat?

Homeopathy can be effective for a very wide range of illnesses, mental, emotional and physical. It can successfully treat chronic and acute illnesses in people of any age. Its effectiveness can be influenced by the level of drugging the patient is exposed to or by the degree of physical degeneration which has taken place.

Some people turn to Homeopathy as a last resort or because they have been told there is nothing wrong with them, but an increasing number of people are using it for First Aid situations and acute conditions as well as more serious health problems. Many people continue regular visits to their Homeopath in order to maintain and promote their health.

## Taking the Remedy

You will usually be given little white tablets to take by your Homeopath. These have been prepared by a licensed Homeopathic Pharmacy and are a milk sugar base medicated with a Homeopathic Remedy. You should let them dissolve in your mouth. Sometimes you may be given the remedy in liquid form.

**DO NOT HANDLE THE REMEDIES.**

**DO NOT EAT OR DRINK FOR AT LEAST 10 MINUTES BEFORE AND AFTER TAKING THE REMEDY.**

Remedies should be stored away from strong smells, bright light and extremes of temperature. If you are taking remedies abroad try not to have them x-rayed.

