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THE HOMEOPATHIC COACH

THE DIFFERENCE BETWEEN ACUTE AND CONSTITUTIONAL HOMEOPATHY

When you or your children are unwell and you want to use Homeopathy, it can sometimes be confusing to know what type of prescribing you need. If it's acute prescribing then you are likely to be able to use a home homeopathy kit and your homeopathic knowledge to be able to prescribe for many conditions yourself. If it's a more complex acute condition or a chronic condition you will need the professional advice of your Homeopath.

This guide outlines the three main illness states for which homeopathy is prescribed so you can decide if you want to treat yourself or take professional Homeopathic advice.

Remember: If you are in any doubt about the health of your family members your GP or physician is a wonderful experienced resource for diagnosis and treatment if necessary.

BUT LET'S GET BACK TO HOMEOPATHY:

Homeopathy can be used to treat three different scenarios of ill-health:

- Chronic issues when a person has been unwell with a set of symptoms or an illness for more than 6 weeks (and often for years).
- A First Aid Situation
- An acute infection or illness.

There are two general ways of prescribing. The first is Acute and the second is Constitutional and I will go on to explain both.

ACUTE HOMEOPATHY:

Acute health problems are self limiting disease states that will eventually get better on their own such as the common cold. Homeopathy seeks to minimize the impact of the more severe symptoms (such as alleviating a dry, painful cough) and is very safe without any harmful side effects.

First Aid Homeopathy is essentially prescribing for an acute situation.

Homeopathy is highly effective and safe in treatment of common ailments such as bruising, inflammation, minor burns and minor skin reactions (such as nappy rash or insect bites).



CONSTITUTIONAL HOMEOPATHY:

This type of Homoeopathy refers to the treatment of the whole person taking all their symptoms and characteristics on the physical, emotional and mental planes. When well prescribed, homeopathic medicines and remedies can cause a profound healing response in an individual and be very effective in treating long-term and chronic problems.

So if you have an acute condition and sufficient Homeopathic knowledge to prescribe then go ahead. If you have a more chronic condition feel free to book an appointment with me for treatment face to face or via skype.

However, if you would like to learn how to treat your self or your family members for acute illnesses, I will be sharing more information about this in the next video.