THE 5 BIG MISTAKES PEOPLE MAKE WHEN FIRST USING HOMEOPATHY

As you will already know from my videos, Homeopathy is not like conventional medicine as it views disease in the body in a completely different way. Disease to a conventional doctor is a collection of symptoms that when present in a certain pattern, add up to a diagnosis such as influenza, eczema, or asthma. Although a diagnosis can be comforting and helpful in some ways, in other ways it means that the patient is then boxed in to a treatment protocol which may or may not be suitable for that individual.

As I mentioned on my previous video, conventional medicine treats diseases not the individual and has general disease treatment plans. Homeopathy by contrast, has treatment plans for the individual and treats the person not the disease.

So, as you know from my first video, Homeopathy looks at all the symptoms a patient has, not just those that enable the conventional doctor to diagnose; and puts those together with the personality traits of a person and any mental or emotional issues they are having (that may seem unrelated to them). ONLY then, does the homeopath prescribe.

Homeopathy you see is a truly HOLISTIC medicine and it treats YOU and not your disease. In homeopathic speak, you have an imbalance that is giving rise to your symptoms, and the homeopathic medicine seeks to treat that imbalance so the body no longer needs to express itself through those symptoms.

HOMEOPATHS SEE ALL ILLNESS AS AN EXPRESSION OF INNER IMBALANCE RATHER THAN SIMPLY A NAMED DISEASE!

Because homeopathy treats YOU and not your disease, there is a completely different way of prescribing.
THE ROLE OF THE HOMEOPATHIC MEDICINE IS THAT IT STIMULATES YOUR BODY TO HEAL ITSELF!

So using Homeopathy requires a whole new way of thinking about disease and our bodies. This means that at first it is easy to get confused!

Below you will find the top 5 mistakes people make when they start using Homeopathy at home and more importantly, HOW TO AVOID THEM!

MISTAKE 1
CONFUSING CONVENTIONAL MEDICINE DIAGNOSIS WITH HOMEOPATHIC DIAGNOSIS
Influenza to a conventional doctor is influenza but to a homeopath no two influenzas are alike. In a nutshell, your symptoms are the KEY to your prescription, NOT the diagnosis of your illness. Two different individuals might have been exposed to the same influenza virus, but their symptoms are different because they are different people! We don’t consider ourselves to be the same as anyone else do we? But in disease we tend to accept that we have the same illness as someone else. Why? Because that is the way we have learnt to think!

Our illness or disease might have had the same influenza virus trigger, but our bodies react to that trigger in ways that are individual. Patient A might have extreme fatigue and a high fever and have to take to their bed feeling shivery. Patient B might have very strong head cold symptoms, a slight fever and a pounding headache. These patients effectively are experiencing different illnesses although they both were exposed to the same influenza virus. SO THEY NEED TO TAKE DIFFERENT HOMEOPATHIC MEDICINES. ALWAYS SEPARATE THE PERSON FROM THE DIAGNOSIS.

MISTAKE 2
CONFUSING CONVENTIONAL PRESCRIBING TECHNIQUES WITH HOMEOPATHIC PRESCRIBING TECHNIQUES
Conventional drugs on the whole have standard dosage regimes written out on the packet or label from the pharmacist. When a homeopathic remedy is prescribed, in most cases it is given ONLY when the symptoms that it was prescribed for are present. Unlike conventional medicine you do not keep giving the medicine because it says so on the packet. Whereas a conventional drug such as an antibiotic is given for a certain number of days, a homeopathic medicine will be given for a certain symptom picture and when that picture changes, the medicine is stopped and another one may be required. The idea with Homeopathy is that it stimulates your body to heal itself! YOU CAN DO THE PRESCRIBING, THE HOMEOPATHIC MEDICINE PROVIDES THE STIMULUS, BUT YOUR BODY HEALS ITSELF! Clever huh?
**MISTAKE 3:**
**OVER DOSING ON THE REMEDY IN THE HOPE THAT MORE WILL WORK BETTER**
Homeopathy works by providing a minute dose.... just sufficient stimulus for the body to heal itself. Homeopathic medicines are made by diluting a substance and shaking it very fast (called succussing). The more this medicine is diluted and succussed, the stronger its effect. Some medicines are so diluted that the original substance is no longer apparent in the dilution but science has discovered that the water molecules hold an energetic imprint of the original active substance. Remember that a little goes a long way! Too many doses and the healing within the system that the medicine stimulates can be stopped or reversed. **SO... ONLY GIVE THE HOMEOPATHIC MEDICINE WHEN THE SYMPTOMS FOR WHICH IT WAS PRESCRIBED ARE APPARENT.**

**MISTAKE 4**
**TRYING TO PRESCRIBE ON NORMAL OR ‘GENERIC’ SYMPTOMS**
Generic symptoms are those that are always present with an illness. For example, if a patient is vomiting, taking vomiting on its own as a symptom is not going to help you select an appropriate remedy. However, finding what makes that vomiting individualistic for the patient will. So, patient A may feel nauseous when lying down but when they actually vomit they feel immediately better until the nausea returns. Patient B may have constant nausea not relieved by vomiting and they may feel worse with the smell of food. Both these patients would have different prescriptions. **SO, WHenever you prescribe, think to yourself... ‘WHAT IS IT ABOUT THIS ILLNESS THAT IS PARTICULAR TO THIS PERSON THAT MAKES IT DIFFERENT FROM ANYONE ELSE’S ILLNESS?’**

**MISTAKE 5**
**FOCUSSING ONLY ON THE PHYSICAL SYMPTOMS OF THE CASE**
In homeopathy you are considered a whole person and therefore ALL symptoms are important. This means that emotional and mental symptoms are just as important as physical ones (sometimes more!) When you are prescribing at home it is important to note if there are any strong emotional or mind symptoms present in the case and combine these with the physical symptoms when you are selecting a remedy. Sometimes, the emotional symptoms are the ONLY things differentiating the case. For example, a teething baby cannot describe his/her symptoms to you but baby A might be better as long as he/she is carried upright in mum’s arms and scream with fear or anger, as soon as Mum puts him/her down; and baby B might quieten and sleep when propelled at a vigorous speed in the pram!
**SO WHEN SELECTING YOUR REMEDY, DON’T FORGET TO OBSERVE THE EMOTIONAL AND MENTAL SYMPTOMS OF THE CASE AS WELL AS THE PHYSICAL ONES. IT WILL MAKE YOUR PRESCRIBING EASIER!**

When you are new to Homeopathy it’s sometimes good to see how it works first before you use it yourself. If you want to see a professional Homeopath feel free to contact me via my website and book an appointment.

**HAPPY HOMEOPATHIC PRESCRIBING!**

www.thehomeopathiccoach.com