

Homeopathy

What is Homeopathy?

Homeopathy involves treating 'like with like'. Homeopathy is a "treatment" based on the use of highly diluted substances to cause the body to heal itself.

What can Homeopathy be used to treat?

Homeopathy is a type of **complementary therapy**, however there is no good-quality evidence to suggest that homeopathy is effective as a treatment for any health condition. Due to this reason, homeopathy is not available on the NHS or on prescription.

Homeopathic remedies are used to try and treat many illnesses and conditions such as:

- Colds and flu
- Depression
- High blood pressure
- Insomnia
- Skin conditions

The principle of homeopathy is to treat the symptoms and the patient rather than the illness, which means that patients with the same illness may be treated with different remedies. It is usual for people to experience some side effects such as flu-like symptoms, a rash, or a temporary increase in symptoms. This is thought to be a sign that the body is trying to re-balance itself.

How can I find a Homeopath?

To find a registered homeopath in your area, visit [The Society of Homeopaths website](#), or [Homeopathy UK website](#). You may want to speak to a number of homeopaths in your area before making an appointment to check out their experience. Where possible seek a recommendation from someone you know well.

Some homeopathic remedies are available in pharmacists and health food shops.

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Useful Organisations

Homeopathy UK

Email: info@britishhomeopathic.org

Website: www.britishhomeopathic.org/

Telephone: 0203 640 5903

Address: CAN MEZZANINE, N1 6AH

Society of Homeopaths

Email: info@homeopathy-soh.org

Website: www.homeopathy-soh.org/

Telephone: 01604 817 890

Address: 11 Brookfield, NN3 6WL

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