



The Homoeopathic Practice Newsletter

Autumn 2018

Welcome

The season of 'mists and mellow fruitfulness' is upon us once more and for many of us this seasonal change renders us more susceptible, more open or prone to 'catching' colds, coughs and flu-like illnesses of a bewildering range of type and intensity. It may be a good time to make an appointment to see your homoeopath. A good 'constitutional' prescription at this time will increase all-round health and is the best way to protect against disease. In addition, good homoeopathic treatment can help to recover from such illnesses more fully and help prevent more long term consequences such as Post Viral Fatigue Syndrome. Influenza and Glandular Fever can really knock the body out of balance for a long time unless attention is paid to convalescence.

Listening

Your symptoms are an expression of disturbance within you, your body-mind's way to tell you, "Something is amiss, pay attention". If your symptoms persist you may visit a doctor, if that doesn't help then you may visit the Homoeopathic Practice. My task then is to listen, to really listen to you, to what you are saying and how you are saying it, to what you are not saying. Paying attention to you and listening deeply, questions arise which I put to you and in this way we explore together the underlying state, the disturbance which is giving rise to your symptoms. Treating the cause is, obviously, the only way to remove symptoms permanently. Treating just the symptoms and not the cause can bring relief yet it tends to be temporary; so called "painkillers" is a common example.

Listening demands my fullest attention and allows you to fully explore how you are feeling. Being really listened to can be a deceptively simple yet profound experience through which you can arrive at a deeper understanding of yourself. When I listen deeply to you something changes within me, I become attuned to you, and I enter into a state similar to the one which you are describing. This is called empathy and is the beginning of homoeopathy. It is also the beginning of compassion.

Many, if not most of the discords in the world around us could be significantly improved if we all learned to listen to one another, without judgement, with the sole aim of exploring, of finding out just what the problem is. If you interrupt someone speaking, you are not really listening; if you are just waiting to have your say, you are not really listening; if you are just listening to points to argue against, you are not really listening. Watch any political “debate” for a master class in not listening; look around the world to see the effects.

In order to see, to really see, we must listen; really listen.

Audit

In a different manner, I would like to listen to what you have to say about my work here at the Homoeopathic Practice. A vocal minority of so called “sceptics” continues to pour scorn on homoeopathy, saying that it cannot possibly work, even when there is sound evidence to the contrary. It is my understanding and experience that homoeopathy is both a benign and a rational medical art. Many people get better and some people do not, yet no harm is done. I agree with Hippocrates, the ‘father of medicine’: *‘...as to diseases, make a habit of two things- to help or, at least, do no harm.’*

I acknowledge the benefit that can be gained through the homoeopathic consultation and I acknowledge the placebo effect in all medicine. I also acknowledge the benefits of a well-chosen homoeopathic medicine. More than this I acknowledge that it is you and your body-mind that does the healing.

What do you think? What is your experience? I would like to know. I ask that you spend just a little time thinking about your experience of consulting with me and then telling me what you think, as honestly and clearly as you can. Even if I have not met with you for a while, for whatever reason, I would value hearing from you. I want to be doing everything I can to maintain and improve the service I offer.

I would value your feedback on the following things:

- Your experience of consulting with me; my manner, attitude and clarity of communication.
- My availability.
- The effectiveness of my treatment.
- The quality of advice given.
- Fees, telephone contact, and getting medicines to you.
- My location and environment i.e. City centre, car parking, stairs, reception, waiting area, toilets and amenities, the consulting room.

This is your opportunity to tell me what was good or not so good about your experience here at the Practice. Even if you have been disappointed in some way, I would like to know. I will listen to what you have to say and make any changes necessary to provide you with the best quality homoeopathic treatment.

Please email your response, preferably by the end of October. I would really appreciate your feedback. Thank you.

MOTs

Homoeopathic treatment is a process through which you, the patient, move towards greater health, attended by me as your ally. In our busy lives and in these difficult times, it can be easy to not follow up on treatment and so miss the opportunity to become really well. I can only help in this respect if we meet regularly, even every 6-9 months, to ensure that you are still moving in the healthy direction or to catch potential problems before they develop; old habits can creep back in and they do, it seems, die hard! With this in mind, if we have not met yet in 2018 I would be happy to offer you an "MOT" style appointment for just £30. One hour of my complete attention!

Medical students

Over the last ten years first year medical students have enjoyed a community placement here at the Exeter Natural Health Centre, as part of our continuing good relationship with the University Of Exeter School Of Medicine and Dentistry, and their learning about holistic medicine. We consider all health care practitioners to be on the same side i.e. that of the patient, and seek to build bridges not put up walls. The University has recently asked that we offer twice as many such placements, including for second years students as well. In consequence, we may ask you if you would mind one or two medical students sitting in on your consultation, simply to observe and with all the usual rules of confidentiality. These consultations will generally be on a Tuesday or Thursday morning and you have every right to refuse, with no questions asked or pressure implied.

In addition, each year 4-8 medical students choose to engage with me in a brief study course on homoeopathy; this introduces them to the basic principles and exposes them to a range of patient interactions. Generally, the students enjoy the course and have their minds opened to other ways of healing. I enjoy working with them and delight in the fact that their training here in Exeter places great emphasis on listening; that word again!

Please feel free to call me, or e-mail me, or listen to me on the website

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