

Practice Newsletter, Autumn 2015

Celebrating twenty five years in practice!

In September 1990, whilst I was a final year student working under supervision, I began my practice of homoeopathic medicine. Since that time I have sat in consultation with thousands of people, listening to what happens inside human beings (“where God learns”, Rilke) and learning so much about people, and how to help them restore themselves to health. Consistent feedback from you all down the years has been positive and completely congruent with the Hippocratic dictum: “In every case of disease make a habit of two things; either help, or at least do no harm”.

A particular pleasure has been treating whole families, seeing children grow up to be strong and healthy adults, and then helping their children to do the same. Such a continuity of care is no longer available on the NHS and many of you have expressed how valuable you find it. “It’s like having an old fashioned family doctor” wrote one grandmother, “you know us all so well”. A proud father once brought his new teenage step-daughter to me and introduced her in this manner: “I have told Maria that you have helped my family get through births, deaths and marriages and I’m damn sure that you can get her through her painful menstruation!”

Privilege is an overused word yet is the most appropriate word for my experiences in practice: a heartfelt “THANK YOU” to you all.

This is my life’s work; it is my art and practice.

MOT

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!

With this in mind, if we have not met yet in 2015 I would be happy to offer you an “MOT” style appointment for just £30.

Depression is a disabling condition which affects more and more of us; indeed the World Health Organisation predicts that by 2020 depression will be the second leading cause of disability throughout the world (trailing ischaemic heart disease). As things stand there are two main approaches to treatment; chemical drugs and “the talking therapies”. In 2012 doctors in England wrote out over 50 million prescriptions for anti-depressant, an increase of 500% over the past 20 years. The current population of England stands at 53.01 million people which

suggests that a truly alarming number of people are taking these drugs; drugs which are sometimes helpful and sometimes not. While there is sound evidence to support the usefulness of “talking therapies”, preferably before the administration of drugs, and while the Government has invested in improving access to these psychological therapies, many people still wait months for treatments such as counselling.

It is my increasing experience that homoeopathy is often helpful in this situation. Over time more and more of you have commented that our homoeopathic consultations seem to be like counselling or psychotherapy sessions, and I have to agree. Being listened to deeply in an un-prejudiced manner enables people to really explore the inner terrain of their depression and begin to move towards solutions that are authentic to them as individuals. Whilst this listening experience is hugely valuable in itself, the subsequent prescription of a medicine which works **with** the person rather than **against** (i.e. anti) can hugely amplify the benefits of the consultation, with **no side effects**.

Make your own experience

What happens when homoeopathic treatment is suggested in the world at large? The arch critics proclaim loudly that “homoeopathy can’t work because there are no molecules in the medicines!” From a materialistic point of view this is a reasonable assertion yet it remains an absolute statement of prejudice which no true scientist would make. Prejudice means to “pre-judge”, to form an opinion on something without investigating it with an open mind. Most homoeopaths started out with a similar degree of scepticism yet have trained because they had an experience which transcended that. Most of the people who trust and use homoeopathy were sceptical once too but made the decision to suspend their disbelief and then experienced the undoubted benefits. If we do not make our own experience, then we are in thrall to the so called “experts”, to narrow minded-ness; so, with a passion for freedom of choice, I encourage each of us to make our own experience and discover authentic solutions to our individual health problems. **Experience is the only way to find out what works best for you.**

Celebrant

I have now taken over seventy funeral services in the past two years and, again, the feedback I have received from families has been most encouraging. It requires a different kind of listening to that of the homoeopath to get a sense of the deceased and what the family wants and needs; yet it requires a similar degree of care and attention to guide a family through a funeral when their hearts may be quaking. I have to say that I love this work as much as my practice

and I do everything I can to ensure that a difficult day goes as well as it can and that the ceremony is both beautiful and authentic for the family.

Please note that I am now available to take weddings and naming ceremonies.

www.authenticceremonies.co.uk

Working together

I have been invited to be part of a select group made up of doctors, complementary practitioners and research scientists who together are disillusioned with the current medical culture of prescribing an over abundance of pharmaceutical drugs (over a recent ten year period the number of prescriptions in England rose by 70%). We are all particularly interested in the empowering effects of a well formed therapeutic relationship and how to co-create and then sustain such relationships. Just to blow a certain trumpet, a professor from the University Medical School sat in on a homoeopathic consultation here recently and was “highly impressed” with the depth of exploration and “completely blown away” by the depth and detail of homoeopathic knowledge.

Given that sickness on this planet has not decreased by half of one percent, despite billions of pounds and man/woman hours of investment, the only approach which makes any sense is for us all to work together.

Ali

It has been lovely to welcome Ali back into practice albeit with a new slant, approaching her work from a Jungian perspective; this involves a lot of dream work and deep, soulful exploration. Many years of Jungian analysis have fuelled her passion for this work, which is similar in many ways to homoeopathy and certainly complementary to it. Given that this is such a specialised area, Ali offers a free 30 minute consultation to explain the nature of the work and to see if it is suitable for the individual. Feel free to talk to me if you are interested in working with Ali or call her direct on 01392 422555.

Winter

Like it or not, winter is approaching and the nights are drawing in. If you or someone you know has a tendency to “catch” any cold or fluey bug that’s going around then you might wish to call and arrange an appointment so that I can prescribe a medicine for you to take regularly and keep you well through the days of cold and wet. For other useful advice on this matter you can download “Beating the Winter Blues” from my website.

If you would be happy to receive the Practice Newsletter electronically in future then please send me an e-mail so that I can save your address.

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

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