

Practice Newsletter, Spring 2013

It has been a long cold winter yet spring is close by, the sun **will** return to warm our faces. In these times of economic difficulty we can take heart that things **will** turn around. To take heart or to give heart is to en-cour-age and I encourage us all to remember that constriction is always followed by expansion and that tiny signs of growth or healing need to be carefully tended and nourished.

In such times many of us hold back on looking after ourselves properly, we let our gym membership lapse, we forgo that monthly massage that keeps us limber, we might choose not to follow up on our homoeopathic treatment and perhaps return to the doctor instead. In short, we limp instead of doing what we know needs to be done to get us running again. With this in mind I am offering you some ways in which you can benefit from consulting with me more easily.

IMPORTANT: In twenty three years of practice this is my most urgent and important newsletter and I urge you to please read and consider. The critics of homoeopathy have got the media in their pocket. The message everywhere is that 'homoeopathy does not work and that there is no evidence to support it'. **This is not true!** We, the people, continue to be misinformed both about the benefits of homoeopathy and the dangers of an over reliance on prescription drugs (the NHS has reported a 70% rise in prescriptions in the UK over the past ten years). **There is sound evidence to support homoeopathy**, evidence that is acknowledged by hundreds of thousands of doctors all around the world and supported by the work of scientists such as Professor Luc Montagnier (Nobel laureate). There is good evidence too that demonstrates the effectiveness of homoeopathic treatment in animals and which completely invalidates all talk of placebo. There is no informed debate just a well organised campaign (doubtless funded by the pharmaceutical industry) to discredit this useful resource in medicine.

As a scientist and experienced practitioner I wonder how I can respond to this injustice, to this attempt to make homoeopathy unavailable in this country. One of the ways is to talk to people and have a chance to describe my experiences as well as the principles and science of homoeopathy. During their community placements over the past six or seven years, I have had conversations with hundreds of first year medical students and the general conclusion is that there is a simple common sense to homoeopathy and whilst it may seem scientifically *implausible* it is not necessarily scientifically *impossible*. If you know somebody who criticises homoeopathy please give them my card and suggest they look at my (new) website or even better, give me a call to discuss their reservations. If you know of a group where I can come and give a presentation on homoeopathy please let me know (feedback is that these events are entertaining and

informative). With the continued collapse of the NHS and the increasing awareness that we have to take more responsibility for our own health we will need this medicinal resource to be there to help us. Thank you.

NB. I have written a fresh article on the common sense of homoeopathy and have posted it on my website. www.thehomoeopathicpractice.co.uk