



30th Anniversary Celebration Newsletter April 2021

Every year at this time we celebrate Spring, that “force which through the green fuse drives the flower”. Whilst we humans have been pre-occupied with Covid-19, life has continued and indeed the Earth has had a moment to breathe. Wherever we are locked down:

“Sitting quietly, doing nothing, Spring comes and the grass grows by itself.” Basho

This Spring, we also celebrate, cautiously, the easing of a third national lockdown as restrictions begin to be lifted and we start stitching our familial and social lives back together (as well as getting to our hairdresser or pub garden).

For us in particular, we celebrate thirty years of busy homoeopathic practice and the recent publication of Mo’s latest book: Homeopathy – Hippocratic Medicine.

The Homoeopathic Practice was established in 1990 as Mo completed his supervised clinical training. He gained his license to practice in 1991 and Ali gained hers in 1995. For over twenty years they were core teachers at the British School of Homoeopathy (Bath and Birmingham) and the Irish College of Homoeopathic Medicine as well as guest lecturers in other schools and conferences. In addition, Ali worked for six years as homoeopath at St Luke’s Hospice in Plymouth, a valued member of the palliative care team.

Between us we have helped several thousand people restore themselves to health, or significantly improve their health. We have listened deeply to what happens inside human beings and have learned and appreciated so much. We continue to feel inspired and humbled by the trust people place in us and have absolutely no intention to ever retire! In fact, we hope to continually improve our provision of quality homoeopathic care.

Homeopathy – Hippocratic Medicine is a slim, pocket-size volume with a hard cover. It describes and explains homeopathy clearly and succinctly so that people can make informed choices regarding their healthcare and can also engage in conversation with other healthcare workers about the undoubted benefits of homoeopathic treatment. The evidence base for homoeopathy is presented and also compared with that of mainstream medicine. A key suggestion is that in a post-pandemic world, health and care is in urgent need of review. Especially as so many NHS workers are burnt out after their heroics of the past year, it seems timely to realise all our resources and work together.

The Foreword, written by Dr Michael Dixon, echoes our position:

“This book is an excellent description and defence of homeopathy. It is pithy, elegantly written and argued with integrity. It is also a great read with wonderful quotes.

I see it as a plea for personalised medicine rather than simply the application of population-based evidence. Good medicine needs to include both. As the author says, we must not polarise between Western medicine and complementary medicine as both have their place or, in his words “both approaches are helpful”. I also see this book as a plea for a form of medicine that goes with the grain of nature and nudges our own natural processes of healing and health. Conventional medicine, which has been so effective in so many ways with diseases such as cancer and heart attacks often works by challenging and reversing nature’s processes. Again, there is room for both perspectives but wherever possible there is a strong case - in term of safety and sustained effectiveness as well as a human and economic case – for supporting rather than confronting the forces of nature.

I am not a homeopath but simply an observer. What I do observe is that many of my patients are being helped by homeopaths. I observe consultations that are often more personal and have more depth than I am able to offer in the standard ten-minute NHS consultation. I also observe my own profession feeling threatened and defensive in the face of a model of healing that they cannot understand or explain. I also observe that when it comes to research, we are too often asking the wrong questions and getting the wrong answers. As a pragmatic GP, I am not too concerned as to whether a patient’s recovery is due to the medication, his own characteristics, those of the therapist or, indeed, the interaction between them. What I really want to know is something along the lines of “if a patient has headaches, irritable bowel or a sense of hopelessness, for instance, which treatment is more effective – conventional treatment or seeing a homeopath?” In too many areas, we don’t have the answers and the much-needed research has not been funded by an NHS that unfairly spends 0% of its research budget on complementary medicine.

Covid has changed everything. We are now living in a time of uncertainty when we need to view the world with new eyes. In this new world I think we will regard it as strange that an NHS that spent £127 billion in 2016 felt it appropriate to cut its relatively tiny budget of £92,000 on homeopathy. It was an act of meanness supported by some over vociferous clinicians, scientists and senior managers. But in the end, it doesn’t matter what any of them think - it is the patients that matter. They are quite rightly the focus of this book, which I see as a healing of the divide between the conventional and the complementary. In a pluralist society, we must keep our minds and hearts open and I believe that this book will be helpful to patients, therapists and clinicians of every kind.”

Dr Michael Dixon LVO, OBE, MA, FRCGP, FRCC

For those of you familiar with Helios Pharmacy, its founding director, John Morgan, has written encouraging words on the back cover. To read more or buy the book, click here: <https://www.schoolofhealth.com/books/homeopathy-hippocratic-medicine/>



At £5.99 a copy this is not about making money. Homoeopathy has not had a fair hearing; this has been written to try and put that right. We hope that you will buy it, read it and pass it on especially to those who are sceptical of homoeopathy. Sickness on this planet has not decreased by half of one percent, despite all the billions of pounds and man/woman hours committed to easing the burden of disease. More than ever before, we suggest, all healthcare workers need to come together in mutual respect and service to the people who really matter: patients.

Fees

Many of you will recall that last year, within days of the first national lockdown being announced, we reduced our consultation fees in a gesture of solidarity, of all being in this together. A year on and we have had to re-instate our pre-pandemic fee of £80 for initial and £60 for follow-up consultations. However, we repeat our intention to try to help all those who continue to struggle financially due to the lockdown measures. If you need our help but finance is an issue, please, get in touch and we will work with you to find a way forward.

Covid Vaccinations

Many of you have felt anxious, confused and uncertain about whether or not to receive the vaccination when offered. As there has never been an informed and intelligent public conversation around the issue, uncertainty is an entirely reasonable and understandable position. We each have to make our own decision based upon our past experiences, our values, fears and family/work/travel considerations. As difficult as it can be for some of us to decide, fear and indecision can also undermine our immune system. We are committed to supporting each of you in arriving at your own individual decision; the one which, on balance, feels the most right in your circumstances.

Re-opening

In accordance with current Government guidelines, we aim to re-open our clinics from Monday June 21st. Mo will work solely from Ilington whereas Ali will also work from Exeter Natural Health Centre.

Meanwhile, we have been surprised and delighted with how well our telephone and virtual clinics have been received and by how successful they have been. Whilst we miss handshakes and being in the same room with you, we are now treating people from other countries via Zoom and getting good results.

WE ARE HERE TO HELP

with medicines or simple listening.

Please call us on: **01364 661397**, or message us at:

enquiries@thehomoeopathicpractice.co.uk

