

When should you consult a homeopath?

By Rebecca Thompson RSHom

Homeopathy is a form of healing which is *complementary* to conventional medicine.

This raises the question of when you should consult a homeopath and when you should consult your GP.

At Drakefield Homeopathy we believe that you can have the best of both worlds. If you come to us with a problem that your GP and the NHS is best placed to help you with, then we will advise you to consult your GP.

Conventional medicine has made major advances over the last fifty years. These include hip replacements, knee replacements and heart by-pass surgery which have extended the life span of many patients and greatly increased the quality of life and independence enjoyed by them. Many thousands of operations like this are carried out each year with a very high success rate.

There are, unfortunately, other conditions where conventional medicine does not meet with the same success.

If you, or your children, suffer from chronic conditions such as asthma, eczema, psoriasis or hay fever then your GP may want to prescribe steroid creams or inhalers. Although there are occasions when their use is valuable, this may not be a route you are happy to choose long term. The GP may not be able to offer you anything more than a medicine to suppress some of the symptoms of the condition. Homeopaths believe it can be dangerous to suppress symptoms which may find other outlets for the underlying problem and that can exacerbate the situation and make it more complex to solve. Homeopaths, some of whom are also qualified in conventional medicine, will be pleased to provide you with a consultation to understand you and your situation. This may well take over an hour because the homeopath is looking to find the underlying cause of your symptoms and to find a remedy that suits you and gets to the heart of the problem. The objective is to find and unblock the underlying cause and to allow the body to rebalance itself.

There are other difficult conditions, like M.E., general fatigue, grief and emotional trauma where a GP may not be in a good position to help.

So, should you consult your homeopath or your GP? This is up to you, but many people would consult their GP first: it is free. However, if you consult a GP and the advice and medicine received does not lead to a satisfactory recovery of health then there is a very strong case for you to consult a homeopath. The homeopathic consultation may uncover a problem that your GP has overlooked: he may even refer you back to your GP with an indication of another line of enquiry to be tested.

Conventional medicine has some powerful tools at its disposal, including surgery and powerful drugs and chemotherapy. There is a case for using these powerful tools in the face of serious diseases like cancer. The intention of using these tools is to destroy cancer cells – but there is a risk that these tools may also damage you. If you need to undergo such powerful treatments there is a strong case for you to consult your homeopath as well. The homeopath, while recognising the need for strong conventional drugs, may be able to help you recover from the side effects of using them.

It is, in any event, a good idea to consult your homeopath for constitutional treatment in order to build a strong immune system which will help to prevent illnesses generally.

Homeopathy is a genuinely *complementary* medicine. You do not have to choose between conventional medicine and homeopathy. Take advantage of both forms of medicine to help restore yourself, and your family, to a full, vigorous, and happy life.

For further information contact Drakefield Homeopathy in Putney on 020 8785 6261 or email us: mail@drakefieldhomeopathy.co.uk

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