

## Homeopathy.....for a gentle approach to health

As a practicing homeopath of the past 10 years I enjoy every opportunity when people ask me “what is Homeopathy? What can it treat?” So now I have an opportunity, over time, to explain, inform and most importantly create an interest and awareness in this amazing, holistic medicine called Homeopathy.

### WHAT IS HOMEOPATHY?

Homeopathy is a gentle, highly effective system of healing that uses naturally occurring substances in remedy format to stimulate the body’s ability to overcome illness. Remedies come in pill form (dissolved in the mouth) or in liquid drops.

### HOW DOES IT WORK

Homeopathy recognizes that each person’s body has an inbuilt ability to heal itself. We can become sluggish or impaired at different times for a variety of reasons, such as ongoing stress, allergies, poor diet, and hereditary influences. Homeopathic remedies work by strengthening the person’s immune system. When a remedy is prescribed for you it will be an individualized prescription as we are all unique and can react in different ways to illness and stress. Also the prescription will be based on all your symptoms, which include your physical, mental and emotional state.

### WHAT CAN IT TREAT?

Homeopathy treats a wide range of conditions-from „acute“ short-term ailments e.g. coughs, colds, sore throats, fevers etc. to more chronic ongoing problems like recurrent respiratory conditions, migraines, irritable bowel disorder(IBS), hormonal imbalances, depression, anxiety, insomnia, etc.

Homeopathy is a safe, gentle way of

- 1) Strengthening your immune system
- 2) Improving resistant to infection-thereby avoiding relying on repeated antibiotics
- 3) Promoting faster healing and recovery.
- 4) Enhancing your emotional and mental wellbeing.

Homeopathy offers all the family both an alternative and a complement to our conventional form of healthcare. It is advocated by the World Health Organisation and is officially recognised and included in the National healthcare system both within and outside Europe.

To find out more contact: 01 2761745. e:[info@thenovaracentre.ie](mailto:info@thenovaracentre.ie)  
w: [www.thenovaracentre.ie](http://www.thenovaracentre.ie)