

Homeopathy and dental care

your guide
to treatment

How do I find a homeopathic dentist?

The **British Homeopathic Association** publishes a list of homeopathic dentists at www.britishhomeopathic.org – click on Getting Treatment. All of the dentists on this list are members of the Faculty of Homeopathy and the General Dental Council.

Alternatively, call the British Homeopathic Association on 01582 408675 or email us at info@britishhomeopathic.org to find a homeopathic dentist near you.

The **British Homeopathic Dental Association** can also provide details of dentists interested, but not necessarily qualified, in homeopathy. The BHDA aims to promote the use of homeopathy within the dental profession and to advance professional understanding of the subject. Visit www.bhda.co.uk or contact the Secretary, Brian Teall on 01675 481535 or at brianteall@talktalk.net

What qualifications should I look for?

The most qualified homeopathic dentists have passed the Faculty of Homeopathy's Membership exam and can be identified by the letters MFHom(Dent) after their names. These dentists are competent in both acute and chronic cases and many use homeopathy as the main therapeutic approach in their practices. The letters FFHom indicate Fellowship of the Faculty of Homeopathy – these members have attained the MFHom(Dent) and in addition have made a substantial contribution to homeopathy through practice, research or teaching.

Other dentists are Licensed Associates of the Faculty of Homeopathy and have the letters LFHom(Dent) after their names. This means they have passed the Primary Health Care Examination and have achieved a basic level of training in homeopathy.

Find out more... and join the BHA

Join the growing number of people who support homeopathy by becoming a friend of the British Homeopathic Association. To find out more go to www.britishhomeopathic.org

The BHA works closely with statutorily registered healthcare professionals who incorporate homeopathy into their everyday practice, as members of the Faculty of Homeopathy. We fund education and research and lobby for patient access to homeopathy.

As a friend you will receive our popular magazine *Health and Homeopathy*, as well as invitations to Friends' events and information about campaigns.

For a free information pack call 01582 408675 or email info@britishhomeopathic.org



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Registered Charity No. 235900
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Leaflet kindly sponsored by the
British Homeopathic Dental Association

Leaflet designed by Wildcat Design (wildcat1@ntlworld.com)



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Homeopathy is a system of medicine that is based on the principle of using 'like to cure like'. In other words, a substance taken in small amounts will cure the same symptoms it causes if it was taken in large amounts. Each treatment, like each person, is unique because homeopathic medicines are selected on the basis of all aspects of the patient as well as his or her symptoms. The medicines are non-addictive and side-effects are rare.

“Homeopathy is not a replacement for the skills of the dentist but is a vital adjunct in many cases, particularly to help patients who are apprehensive or suffer from problems that are not responding to conventional treatment. Homeopathic medicines enable patients to handle the dental experience with confidence.”

Dr Philip Wander BDS MGDS RCS FFHom, homeopathic dentist, Manchester

What is homeopathy used for?

Patients find that a number of dental conditions respond well to homeopathic treatment, including pain, swelling, bruising, dental anxiety, nausea, tooth sensitivity, jaw cramping, teething in babies, neuralgia, toothache, bleeding, infection, ulcers and cold sores.

A dentist trained in homeopathy will know when it is most effective to use homeopathic medicine, conventional medicine or a combination of both.

Homeopathy can be used equally well for both minor conditions and for more chronic problems when prolonged treatment may be required.

What is a homeopathic medicine?

Homeopathic medicines are derived from natural substances, including plants and minerals. They are prepared in licensed laboratories under strict control and can be given in tablet, granule or liquid form. A useful range of homeopathic medicines is available over the counter at most pharmacies and health shops, for minor illness (for example, teething in babies). A homeopathic dentist will be able to advise on the correct treatment for more complicated conditions.

Is homeopathy safe?

Yes. Homeopathic medicines are made from a very small amount of the active ingredient using a process of dilution and succussion (vigorous shaking). Two hundred years of practice, research

and patient experience have proved the safety of this gentle system of medicine for both people and animals. Homeopathy is safe to use for babies, children and pregnant and breastfeeding women under the supervision of an appropriately qualified practitioner.

What does treatment involve?

A homeopathic practitioner seeks to treat the whole person. As well as asking about your symptoms, a homeopathic dentist will be interested in how you feel emotionally and the unique way in which your symptoms affect you. Questions about your lifestyle, eating habits and preferences, sleep patterns, medical history and state of mind all help the practitioner to form a complete picture of you in order to prescribe the correct homeopathic medicine.

Is it officially recognised and regulated?

The Faculty of Homeopathy ensures the highest standards in the teaching and practice of homeopathy by statutorily registered healthcare professionals. Members of the Faculty are doctors, dentists, nurses, midwives, pharmacists, podiatrists, osteopaths and vets who are all regulated by their professional body – for example, the General Dental Council (GDC) for dentists.

Dental members of the Faculty of Homeopathy are therefore subject to the regulations of both the Faculty and the GDC.