

specialist homeopathic physician or your nearest homeopathic hospital if he or she agrees with your request.

Some areas restrict access to homeopathy for a range of conditions. If you face difficulties the British Homeopathic Association (BHA) can provide advice.

#### **What about private treatment?**

A private consultation may last up to an hour and cost between £50 and £120 although follow-up appointments are shorter and cost less. Many private insurance companies will cover such fees but there are some exceptions, so do check with your insurance provider first.

#### **How do I find a homeopathic doctor?**

The BHA distributes a directory of members of the Faculty of Homeopathy practising in the UK and Republic of Ireland.

Please telephone the BHA on 0870 444 3950 for a copy or visit [www.britishhomeopathic.org](http://www.britishhomeopathic.org) where you can search for practitioners in other parts of the world too.

#### **What qualifications should I look for?**

The most qualified homeopathic practitioners have passed the Faculty of Homeopathy's Membership exam and can be identified by the letters MFHom, FFHom, VetMFHom or VetFFHom after their names.

Homeopathic pharmacists and podiatrists who have passed the Diploma of the Faculty of Homeopathy have DFHom after their names.

Statutorily registered healthcare professionals can become Licensed Associates of the Faculty of Homeopathy (LFHom). They have passed the Primary Health Care Examination and achieved a basic level of training in homeopathy relevant to their own professional area of expertise.

#### **Patient choice, patient voice – join the BHA**

Join the growing number of people who are determined to keep homeopathy in the NHS by becoming a Friend of the British Homeopathic Association. To find out more visit our website at [www.britishhomeopathic.org](http://www.britishhomeopathic.org)

The BHA works closely with doctors and other healthcare professionals who incorporate homeopathy into their everyday practice. We fund education and research and we lobby for patient access to NHS homeopathy.

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

For a free information pack, including a register of members of the Faculty of Homeopathy, contact the British Homeopathic Association on 0870 444 3950.



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# What is homeopathy?

## your questions answered



## What is homeopathy? your questions answered

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. Not only is homeopathy good for humans, but it can be used for animals too – your pets can also benefit from this gentle therapy.

**“Our in-house audits consistently show that across the board, after receiving homeopathic treatment, around two-thirds of patients claim a benefit which makes a difference to their daily lives. That’s hugely satisfying if your goal in life as a doctor is to try and relieve suffering.”**

Dr Bob Leckridge, Specialist, Glasgow Homeopathic Hospital

### **What is homeopathy used for?**

Patients with a wide range of illnesses have reported an improvement after taking homeopathic medicines. A medical doctor trained in homeopathy will know when it is most effective to use homeopathic medicine, conventional medicine or a combination of both. Homeopathic doctors often see patients with eczema, chronic fatigue syndrome, osteoarthritis, anxiety attacks, asthma, irritable bowel syndrome, and menopausal disorders. Homeopathy can be safely used in recurring childhood illnesses such as glue ear. It is also popular with patients who want to limit the side-effects from standard cancer treatments.

### **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.

### **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 doctor 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 was incorporated by Act of Parliament in 1950 and 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 Medical Council (GMC) regulates doctors.

### **Can I get homeopathy on the NHS?**

Homeopathic treatment has always been part of the NHS. In most cases, you can be referred by your GP to a homeopathic clinic or to one of the five NHS homeopathic hospitals in the UK: Bristol, Glasgow, London, Liverpool and Tunbridge Wells. Your GP should be willing to discuss homeopathy with you (some GPs have completed training accredited by the Faculty of Homeopathy) and may refer you to a