

Homeopathy

Several years ago Steve's episodes of irritability were increasing in frequency and intensity. I have been taking homeopathic remedies for years with good effect on my arthritis, among other things. He agreed to see my homeopath and the remedies she gave him worked wonders, although not immediately as they can take time to work. Steve needed to take the remedies each day for a long time, but now uses them on a 'first aid' basis when he gets overly irritable.

Homeopathy works by stimulating the body's own healing processes using natural substances. The remedy chosen is not based just on the symptoms or disease, but is customised to the individual person, their personality and lifestyle. Homeopathy is based on the principle that 'like treats like', and an illness is treated with a medicine which could produce similar symptoms in a healthy person. The active ingredients are given in a highly diluted form to avoid toxicity. It is necessary to avoid coffee, smoking and cleaning teeth for 15-30 minutes before and after taking the remedy as these may interfere with their action.

The remedy Steve takes comes as little tablets which have been coated with the active ingredient, and he puts one tablet under his tongue twice a day for a few minutes, and then can either spit out the tablet or swallow it as the remedy has by then been absorbed.