Homoeopathy is an age old system of medicine - having its roots as far back as Egyptian times, and was re-instated again a couple of hundred years ago by Samuel Hahneman – to become once again recognised as a very superior system of medicine.

Acceptance of its laws, requires that we understand the principles of cause and effects and the holistic approach to medicine.

The general materially orientated mind of the present age, which understands and accepts only effects and reflections, cannot come to terms with an approach to medicine based on such a philosophically (though quite simple) sound system.

And because of the lack of wisdom, the 20th century man accepts whole-heartedly a system of medicine based on a totally unphilosophical view point.

Homoeopathy is based on the principle that like cures like, i.e., a substance causing disease in a healthy person, can also be used to cure those very same symptoms in a sick person, if diluted or potentised to a very fine degree.

Unlike allopathy, which deals with the laws of opposites, homoeopathy deals with the law of similars.

In order to reach areas within any individual other than the physical body, and to discover and destroy the cause and root of the disharmony within we must find a medicine dynamic enough in its nature to meet that disharmony wheresoever it might exist, and which ever level it exists at.

Disease or disharmony is often if not always, far more deep-seated than just the part of it we see manifested as physical symptoms i.e., the symptoms we are able to perceive physically are merely the tip of the iceberg, the rest lies hidden.

We cannot cure illnesses by removing surface layers, whilst allowing the very substance and roots of it to remain firmly seated.

By superficial diagnosis, based solely on the considerance of effects, we must only expect to remove the tip of the iceberg. Whereas by a total-holistic diagnosis based on the totality of symptoms of the patient, in great depth, to incorporate mental and emotional factors, hopes, fears, desires, likes, dislikes etc., we are able to remove the whole iceberg. Homoeopathic medicines are free of side effects, as they are taken from natural, not chemical sources (although not always un-toxic in their gross state), i.e., substances such as snake venom, spider venom, arsenic, deadly nightshade, are amongst the sources used but even these become totally harmless when potentised to become a homoeopathic remedy.
We shall be writing an article on homoeopathy each month, and will include an explanation of the method of potentisation and other areas of homoeopathy. Anyone interested in looking more closely into homoeopathy should telephone the homoeopaths and we will advise books for you to read.

With love,
Adara Vach