

## **Can homoeopathy really help me?**

Before we discuss the benefits of homoeopathy for your well being, let me take a moment to explain what homoeopathy really is.

Homoeopathy is a holistic form of treatment. What does that mean? Well in a nut shell it means that it treats you as a whole person, rather than just your illness.

For example, someone who has difficulty sleeping, they would generally be prescribed sleeping tablets to “help” them sleep. In homoeopathy we don’t have sleeping tablets but we can certainly cure you of your sleeplessness.

### **How do we do that?**

Well, basically we discuss with you, just like a counsellor would, to find out what is troubling you, understand you as a person, and then find the right remedy to treat you. As you may have gathered from this, there is no one remedy in homoeopathy for sleeplessness. It all depends on the individual and his/ her circumstances.

Homoeopathy is very safe to take. There are no side effects, no overdose issues at all.

### **How does it work:**

Well put simply, it re-balances your body. When your body is well balanced, then you are in good health. It is when we go off balance, that we fall ill .Because everyone is different, for example take two brothers, even though they are from the same parents, both males, they still have different likes and dislikes. This is what makes them unique. Homoeopathy understands that and respects you as an individual. Hence the reason why homoeopathic remedies are not necessarily the same for each person exhibiting similar symptoms.

### **How can homoeopathy help me?**

Well depending on your symptoms, homoeopathy can help you better yourself. Homoeopathy is very good for people experiencing anxiety, fear, phobia, loss of confidence, addiction, sleep disorders, irritable bowel syndrome (IBS), eczema, asthma, exam fear etc.

If you want to find out if homoeopathy can help you, why not try our free online consultation.

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[Http://ukhomoeopathy.co.uk](http://ukhomoeopathy.co.uk)