

# Another side of Health

by Richard Quinn, M.L.T., D.H.M.S., Classical Homeopath



An appointment with a homeopathic practitioner is a very different experience than what is expected from a conventional medical doctor.

The length of time and amount of detail required from the consultation will vary depending on the presenting complaint (i.e. a long term or sudden acute illness or injury). In this article I will attempt to clarify what can be expected for a typical visit for a long-standing chronic complaint.

The initial homeopathic consultation generally takes about one and a half to two hours. Such a thorough interview is necessary as the homeopath must understand the "person with the illness" not just the physical expressions or diagnostic label given to their condition. It's what is called the holistic approach.

This means perceiving the physical, mental and emotional

alterations from a healthy state. It must be recognized that we are not just a machine with many individual parts working separately, but are many different systems interacting together creating a unique whole.

Many forms of healing claim to treat the whole person yet still focus on prescribing pills or therapies for each part of the body or for each symptom. It becomes difficult to perceive the true essence of one's illness by only investigating a part of a person without its relationship to all the other aspects.

Our physical expressions, our mental clarity, and our emotional composure are all expressions of the same person in a "state of health" or a "state of disease."

So, how the person feels, thinks and perceives is as important as the physical signs of the disease. Who or what they are sensitive too; when the symptoms are better or worse; what was going on in their

life when the problem began; are there other conditions that co-exist or alternate with the main complaint; is their personal and family history of illness; what aggravates and relieves the condition; what cravings and aversions does the person have; do they feel any strange or unexplained sensations; how is their sleep; how is their energy; does weather affect the person or illness, etc. Listening to the tone of the patient's voice, observing their mannerisms, their physical appearance - all these unique expressions can play a role in forming a recognizable pattern of symptoms to base a prescription on.

Each person is an individual and reacts to the events and challenges of life in a unique way. For this reason, even those who experience similar life circumstances, are likely to need different homeopathic medicines. Even a strange or persistent dream can supply subtle but important clues to find the correct medicine.

It takes the correct prescription to stimulate healing. The reaction to an accurate prescription can seem almost magical. In acute conditions like sore throats or flu, the response of the correct remedy can be within minutes or hours, but with long standing illnesses, the response with homeopathy is slower. It should be remembered that when an illness has persisted for years and has become deeply ingrained, it will take time to reverse the process and achieve true healing. A good rule of thumb for chronic conditions estimates one to

two months for each year you have suffered.

Over two hundred years of clinical experience has proven without a doubt that homeopathy can stimulate the healing mechanisms of the body. To treat a part or block a few annoying symptoms without considering the whole, can often lead to a further disruption in health.

Illness is not a local problem but a systemic disturbance. One just needs to look at the growing epidemic of chronic illness in our society to see the limitations of the current biomedical model. Don't get me wrong, when you are seriously ill or been in an accident, the emergency department or doctor's office is the first place to go. But,

homeopathy is a great option for many that seek a gentler natural approach. Homeopathy can be very effective all on its own or in combination with conventional treatments or with other healing modalities. It is very important to educate yourself as to your choices, their effectiveness, and their side effects.

Restrictions in one's freedoms, whether in movement, thought or feeling detract from our enjoyment of life by limiting our expressions of creativity and individuality.

We are all here on this earth for a higher purpose. When we experience restrictions in our health, we cannot perceive or pursue this purpose. Homeopathy can assist in your quest for health, freedom and its ultimate expressions.

## Winter Wonderland Walks

by Deborah Quaille

Looking for a pleasant way to spend your wintry Sunday afternoons? Enjoy a walk in the crisp outdoors and pick up some interesting nature lore at the same time.

The University of Guelph Arboretum Auxiliary Docents and Arboretum staff are offering a series of seasonal walks from 2 to 3 p.m., beginning at the J. C. Taylor Nature Centre. Bring binoculars if you have them - they're not just for birdwatching!

### Sunday, February 3: Wilderness Detectives

Learn how to identify Arboretum inhabitants without actually hearing or seeing them.

### Sunday, February 10: Snow in Season

How is snow made? When are we most likely to get it? Learn about the wonders of the fluffy stuff on a wonderland hike.

### Sunday, February 17: Quest for Nests

Learn about how bird nests are made, what they're made of, and the species that make them.

Sunday walks are free with a suggested donation of \$3 per person. For more information, please call The Arboretum at 519-824-4120, ext. 2113.



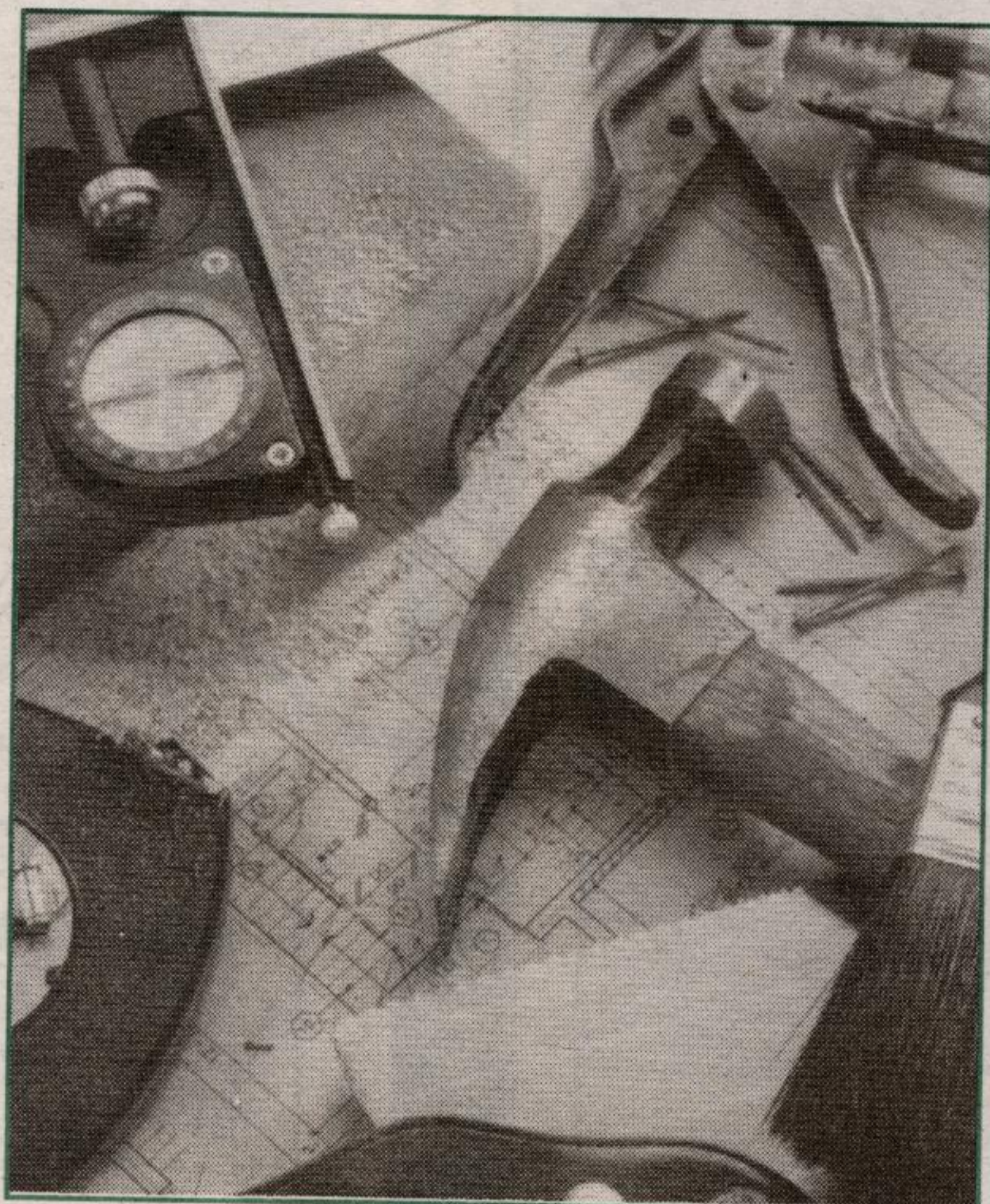
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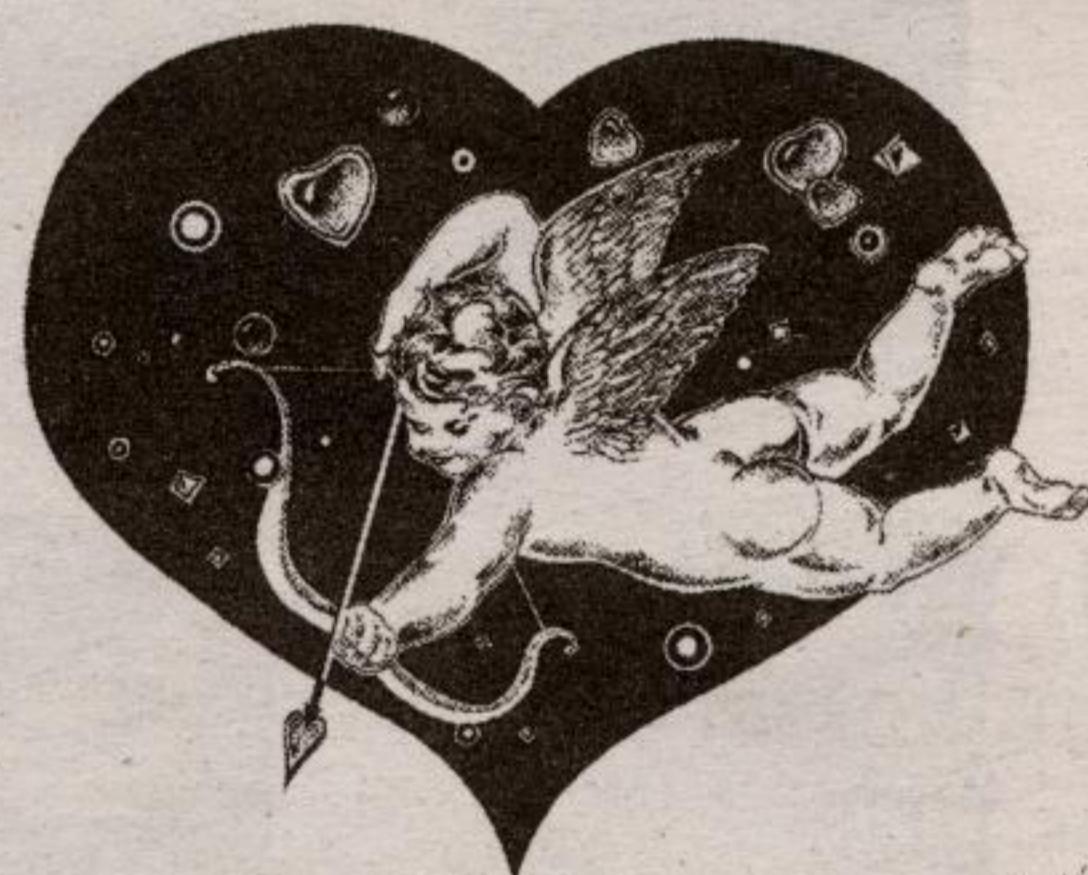
118 Thatcher Crs. Rockwood (519) 856-0917

## There's so much to see and do at Milton Mall throughout the month of February!



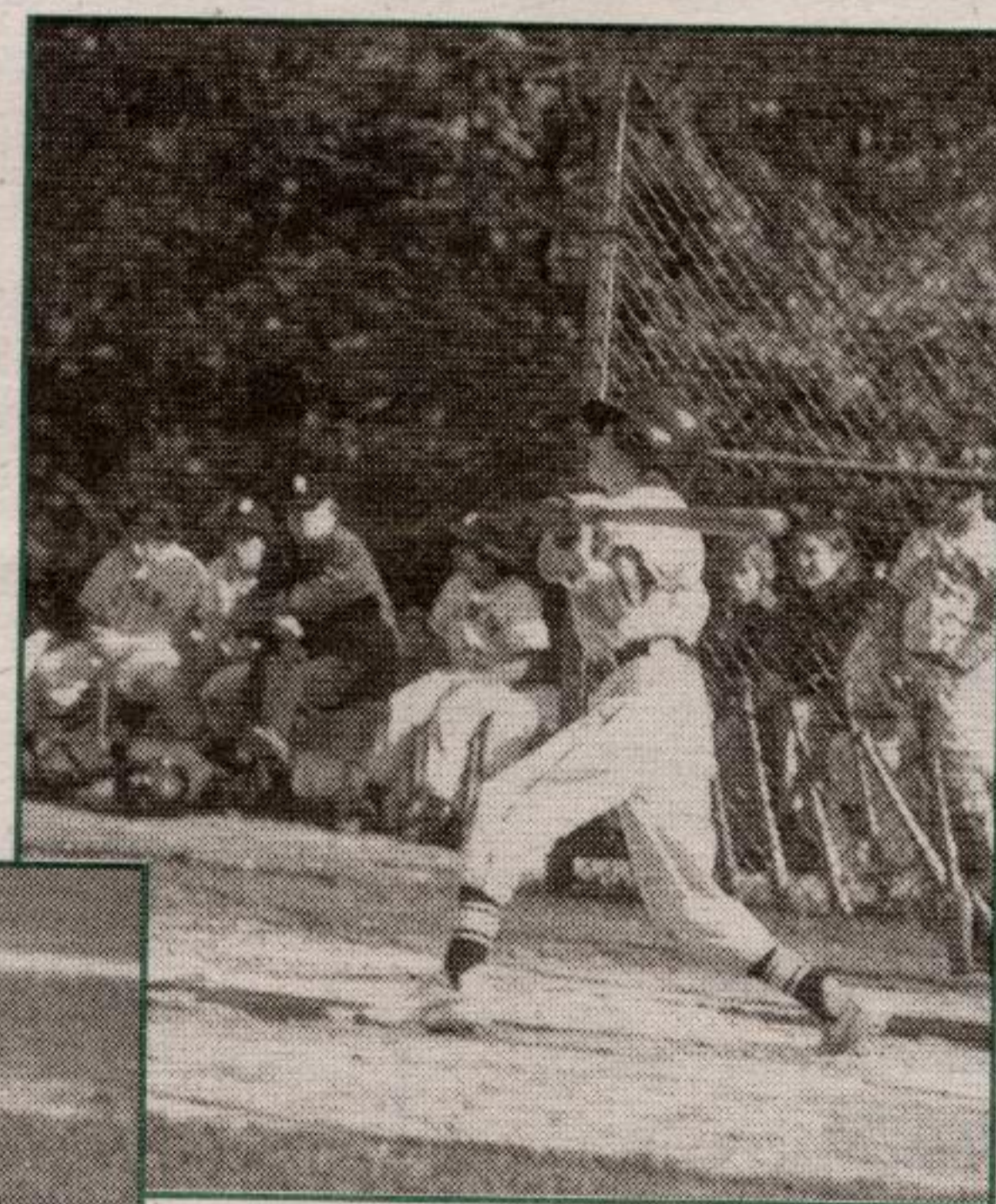
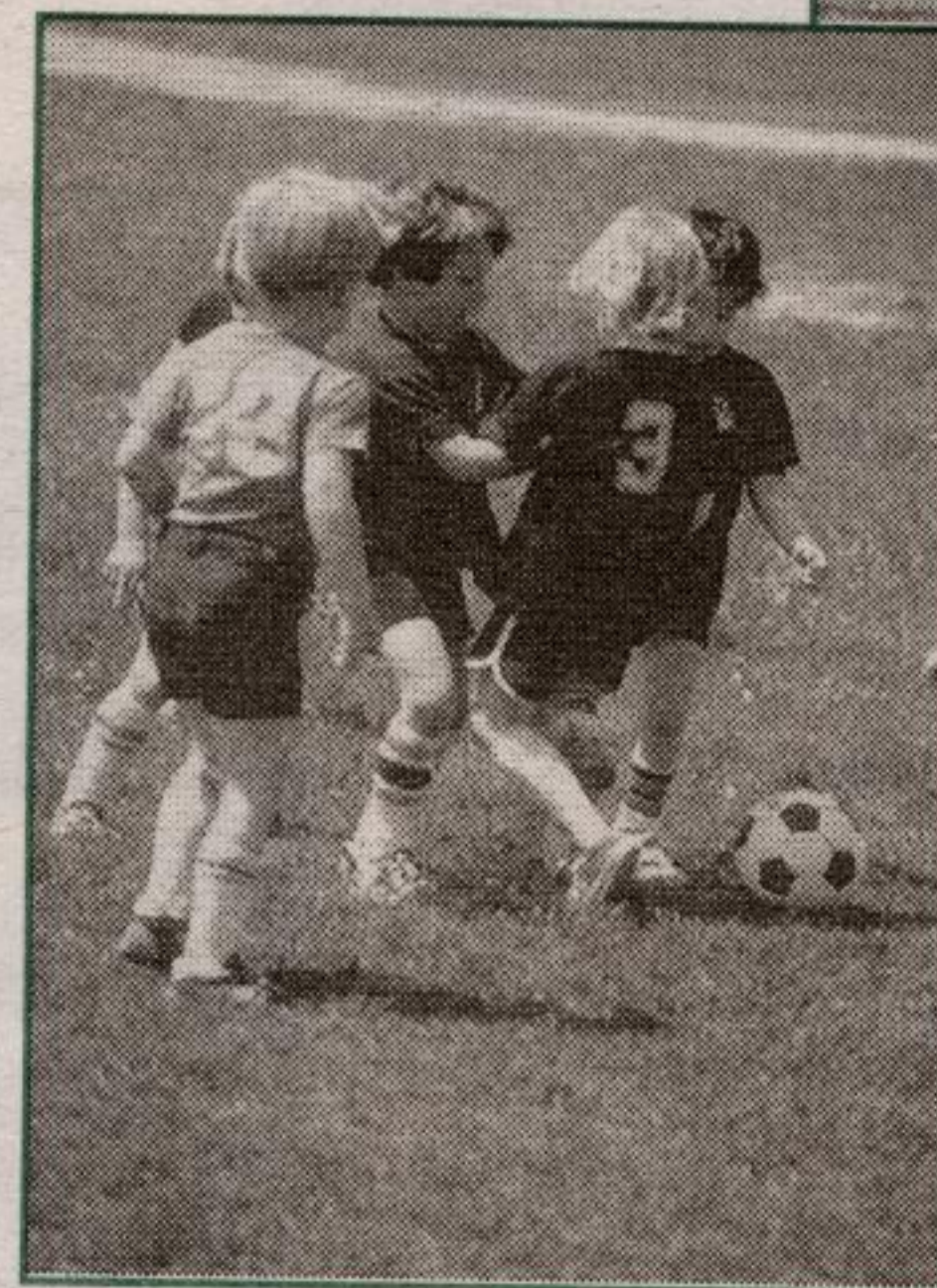
### Home Show February 6 - 10

Get your homework started by seeing the latest and greatest home improvement products and services.



### February 5 - 14

Featuring Valentine's Gift Baskets. On February 14, 5 lucky winners will walk away with a valentine basket valued at \$150 each. (see stores for details)



### February 15 & 16 Sports Registration

Registration commences Friday evening and continues all day Saturday.

### January 30 - February 3 2002 New Car Show

Nothing compares to the smell and look of a brand new vehicle. Whether you're looking to buy or just looking for fun, there's sure to be a vehicle that will get your motor running.

Corner of Main & Ontario 905-878-3900

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### Shopping Hours:

Mon. to Fri. 9:30 a.m. - 9:00 p.m. Saturday 9:30 a.m. - 6:00 p.m. Sunday Noon to 5:00 p.m.