

# Homeopathy

The holistic alternative

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[www.holos-homeopathy.com](http://www.holos-homeopathy.com)

## What is homeopathy?

Homeopathy is a system of using medicines, known as remedies, to assist the natural healing ability of the body. The remedies are prescribed on the principle of like cures like, known as the Principle of Similars.

## How does homeopathy work?

Homeopathic remedies aid the body's natural ability to self-heal. Everyone has self-healing ability, regardless of the illness they suffer, and this can be stimulated by the most similar homeopathic remedy. To work well, a homeopathic remedy must match your personality as well as the symptoms of the disease.

## What are homeopathic remedies?

Homeopathic remedies are highly diluted and dynamically potentised forms of medicine. They are made from substances that could, in large quantities, cause similar symptoms to the illness you suffer. In homeopathic form they stimulate a healing response to the symptoms.

For more information:

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### Why use homeopathy?

The symptoms are not the disease, they are the result of the disease. When the body is sick it tries to throw out the disease. The symptoms are the warning sign that you are sick. Homeopathy treats the cause of disease, not the symptoms.

When your car's brakes are failing, a warning light appears on the dashboard. This is like the symptom. It's a good idea to fix the brakes rather than suppress the symptom by removing the bulb.

### How can homeopathy help me?

Individualised treatment. A Homeopathic medicine is selected for each person, according to their personality and the nature of the symptoms.



Holistic approach. Homeopathic remedies treat the mind and the body at the same time to address the whole of the suffering with one single medicine.

Mind-body link. The mind and the body often suffer together. Stress is short for distress; it upsets our feelings and our bodies too. Homeopathy treats all the suffering and brings a sense of relative wellbeing.

Self-healing. Remedies stimulate self-healing rather than relying on a strong drug effect. Self-healing is usually more permanent than the benefits produced by conventional drugs.

Safe and non-toxic. Homeopathic remedies are so diluted they do not have toxic effects. There are rarely any side-effects with homeopathy.

A homeopath listens to what a patient says and does not make assumptions about what they need. Each person receives a medicine suited to their unique symptoms and suffering. The holistic approach can allow a greater understanding of the condition. This is a powerful stimulus for healing.

### About Neil Spence RSHom

Neil Spence began his career in health care as a nurse. He graduated from Ninewells Hospital, Dundee in 1979 and worked as a charge-nurse, in a surgical intensive care unit in Glasgow.

In 1989 he began his training as a classical homeopath with the Scottish College of Homeopathy. After studying for four years he passed the examinations for licensed membership of The Society of Homeopaths and started practice as a classical homeopath. In 1993, Neil began two years of post-graduate studies with Jeremy Sherr, graduating in July 1995, when he also became a full Registered Member of The Society of Homeopaths. All registered members keep up to date with a regular programme of continuing study, and work to a comprehensive code of ethics and professional conduct.

Neil offers clinics at The Rosemount Centre in Aberdeen  
and also in Forfar.

For an appointment in Aberdeen : 01224 636378

For an appointment in Forfar: 01307 830307

Appointments are arranged according to the nature of your problems. Simple illness can often be dealt with quickly but repetitive or chronic disease will need more time. Please contact me for advice.

To contact me phone: 01307 830307

Please leave your details and I will return the call

you can also contact me by email at [neil@holos-homeopathy.com](mailto:neil@holos-homeopathy.com)