

Homeopathic prescription method

Helen Campbell

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The homeopathic method requires specific individualisation for each client by recording mental, emotional and physical symptoms forming their timeline of symptoms. Similia similibus curentur - what a substance can cause can also cure.

Nettles are an example of this. A skin problem which feels like nettle stings could probably be helped by the remedy made from nettles. After giving the chosen remedy careful thought needs to be given to the change of symptoms. The objective is to observe what changes in the case. We can use up to 3,500 remedies in the 21st century. Research is taking place all the time - some double-blind trial (DBT and some qualitative research). Deep observation is necessary to observe the vital force or life force of the client. Given the opportunity every client will express what their feelings are - not just surface feelings but those deep within them affecting their wellbeing and attitudes to life which guard their most central feelings. The homeopath observes these feelings and must not create their own interpretation of them. I will expand on individual cases - 1) Russian + dreadful arthritis: 2) re Leningrad case+ stopped speaking for 10 years and used dance to express herself: 3) Wartime memories and fire.

To observe relevant information about client needs we need to listen to all mental, emotional and physical symptoms without altering their ideas to what we think we observe. The observer (the prescriber) needs to be meticulous about recording the observation as the client expresses it without

amending the direction or description of those symptoms. Individualisation is very specific and accurate recording of these is essential to tracking movement of symptoms for the client. Is the client sleeping better? Had bowel and urinary function altered in any way? Is client looking better - feeling better in themselves? The most useful symptom to be told you may well be "I feel more like my old self even though the complaints remain the same as before. I feel lighter etc. You have started some positive change.

All of this may well reveal where the stuckness is in the client's life. Is the 75-year-old woman still repetitively complaining about what her mother said when she was four? Stuckness - reveals itself in many ways, then you may also receive a specific instance when the client felt the deep symptom that is worrying them. This method is true holistic case-taking using the medicine of similars not opposites. This allows thought to be given to the timeline of the client and the cause of the disruption in their health. The work of this charity will initially be FREE to all users.

Speaker Biography

Helen Campbell found homeopathy and spent 5 years qualifying as a Registered Member of The Society of Homeopaths in 1994, after completing 38 years in Senior Financial Management in Industry, commerce and arts. She served on The Society of Homeopaths Board for six years and have obtained two science degrees with the Open University gaining a BA and BSc.

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