Homeopathy of London
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Helping you achieve true health-naturally...

It was once said that *"nature cures and homeopaths facilitate"* and I believe this is still true today. Homeopathy is a system of medicine that stimulates the body to heal itself. This is accomplished by addressing "imbalances" in the body which lead the patient to their diseased state. In homeopathy, symptoms produced by an individual are not the disease (as viewed in western medicine) but instead are an expression of the body's attempt at cure and as such can be used to heal homeopathically, curing "like with like". After successful treatment, not only will the patient find themselves symptom free, with no side effects, they will also be healthier and more vital as a whole; because the body's own attempt at cure, in terms of symptoms produced, was honoured and not suppressed. It's a wonderfully unique and extremely effective means of healing, the likes of which are unparalleled to this day! I welcome you to homeopathic medicine. I am here to serve you as its facilitator.

I have enclosed a medical intake form and fee schedule that I need you to read, complete and sign where appropriate, prior to our initial consultation. Please bring both of these forms with you at that time. I ask that you review what symptoms you wish to discuss: mental, emotional or physical. Include specifics as to what makes your symptom(s) better or worse, the time of day that symptoms predominate, any particular sensations associated with the presenting symptoms and any other parts of the body that are also affected in some way from the main complaint. To assist you to this end, please refer to and complete the two handouts provided, titled "Reporting Symptoms Homeopathically" and "Your Personality Profile". As well, I ask that you have someone close to you, write down perhaps 5-10 words which might best describe you as a person. Some patients find it helpful to start a journal prior to our meeting to effectively plot out their symptoms over time, noting on a time line any significant points in their past when their complaints appeared, disappeared or changed. Corresponding events in your life at these times of change can also be useful. In general, the more information I can obtain from you regarding your illness, the more accurate I can be at finding the appropriate homeopathic remedy.

Sincerely,

John Somerton