

Welcome ... to the Holistic Cancer Care Centre at The James Cook University Hospital. The aim of this leaflet is to provide you with some general information about your homoeopathic treatment and answer some of the most commonly asked questions. You may find it helpful prior to your first visit, to make a note (on the back of this leaflet) of the things you would like to ask.

what is homoeopathy?

The implications of homoeopathy for people with cancer are to be found in the way we look at the person holistically. So often when people are given a diagnosis the focus is turned to the cancer site and not the person.

Many patients suffering from cancer make use of complementary therapies, with homoeopathy being a popular choice. It can help ease feelings of fear, panic, anxiety and grief, and reduce symptoms such as pain, nausea, vomiting, constipation, insomnia and skin conditions.

Using a holistic view of each patient in order to alleviate their stress and discomfort, can also be beneficial in reducing the side effects of the person's cancer treatment. Ideally, homoeopathy should be an integral part of the care provided for such individuals.

how can homoeopathy help me?

Many people come for homoeopathy for help with specific symptoms or conditions. These might include anxiety states, arthritis, asthma, back pain, circulatory problems, emotional/stress, high blood pressure, indeterminate aches and pains, menstrual problems, headaches and skin conditions.

Homoeopathy can be used very effectively alongside conventional medicine in the treatment of both acute and chronic disease. Some people may have homoeopathy as a preventative measure or because they feel unwell in themselves without being "ill" in the Western sense. As with any therapy, the response to homoeopathy can vary from one person to another.

what will happen on my first visit?

Your first consultation may be longer than subsequent sessions. You will be asked about your current symptoms and what treatment you have received so far, your medical history and family medical history, your digestive system, sleeping patterns and emotional state and any current problems.

The appropriate homoeopathic remedy is then selected and you will be made aware of any contra-indications.

how does homoeopathy work?

Homoeopathy works on the principle law of similars – a substance which is in its natural state makes you sick; in homoeopathic form can cure those same symptoms, ie when peeling onions we often experience a runny nose and eyes – we prescribe red onion (*Allium Cepa*) to cure those same symptoms as either a cold or hay fever.

The remedies are made by diluting the original substance 3 or 4 times or up to many thousands of times and then shaken vigorously (known as succussion). These remedies have the potential to work on the mental, emotional and physical aspects of the body.

Homoeopathic remedies work gently and subtly. The minimal dose ensures they are non-toxic, non-addictive, have no side effects and it is not possible to overdose. However, they can stimulate a powerful response in the body and should be treated with the respect they deserve.

The remedies act quickly as they are absorbed through the tissues of the mouth (tablets are placed under the tongue) and do not interfere with the digestive system.

