



## Homeopathy

Safe, Natural, Fast Acting  
Non-invasive and Clinically effective.

Homeopathy is a scientific system of healthcare which activates the body's own healing process, allowing the body to heal naturally, gently and promptly.

If we think about the principle of homeopathy, it has a lot in common with our present understanding of immunisations. To prevent us from catching small pox, a vaccine is prepared which is a mild form of the virus that causes the disease. The principle is that introduction of this small amount of the virus into our system will kick-start our body's defences. When we encounter the actual virus, our body will be familiar with the virus and have enough barriers / fighting power to prevent serious infection.

### How Does It Work

Homeopathy is based on the principle that substances that may be toxic in large doses can be very beneficial in small doses. Homeopathy is a form of medicine that treats the body as a whole and helps it to heal itself.

Homeopaths believe that it is the energy or "vibrational pattern" of the remedy, rather than the chemical content, that stimulates the healing by activating the Vital Force. Vital Force is the healing power or energy that exists within us all. It is called Pnevma by the Greeks, Chi by the Chinese and Prana by Indian Ayurveda. The Vital Force fuels the body, emotions and mind.

### The Treatment

Your practitioner will take an in-depth assessment and will tailor a remedy/treatment plan for you. After your first visit you will be given some remedies to take. You

### Do You Suffer From?

Abdominal Pain/ Indigestion	Grief and Sadness
	Acne
	Headaches
	Allergies
	Insomnia
	Anxiety and Fear
	Irritability and Anger
	Asthma
	Laryngitis
Back and Neck Problems	PMS
	Cold Sores
	Motion Sickness
	Colds, Coughs, Flu
	Nausea
	Conjunctivitis
	Fungal Infections
	Digestive problems
	Sinus Problems
	Ear aches

will need to allow enough time for the homeopathic remedy to work. You will need to avoid caffeine or other medications that may interfere with treatment. Your response to these remedies helps your practitioner make decisions about further treatment. Most homeopathic remedies are derived from natural substances that come from plants, minerals, or animals.

### The Benefits

Ailments such as colds, constipation, vomiting, and diarrhea respond well to homeopathic treatment. It can help in the treatment of rheumatoid arthritis, fibrositis, eczema and psoriasis, and may also help with emotional, mental or physical complaints. For example, there is a remedy available to help people to stop smoking

### Results You Can Expect

Some acute symptoms may respond amazingly quickly, chronic conditions will take longer.

## Biomisotherapy

Used for treatment of acute and chronic pain and injury and has been shown to be comparable to cortisone therapy without the added side affects.

Biomisotherapy (BMT) A branch of Homeopathy that helps to normalize an imbalanced system by eliminating toxins.

Though new to Australia BMT is a very popular form of natural medicine in Europe where 70 million consultations are performed per year. BMT promotes detoxification (cleansing your body) to eliminating toxins which have accumulated in your body from the environment, poor diet or medication. This is an important health strategy since toxins weaken your immune system. The resulting inflammation can hinder your recovery to full health.

### How Does It Work

Using the protocols of BMT your practitioner can identify trigger points on your body to which treatment can be applied. These can either be acknowledged acupuncture points or specific areas where your muscles have contracted into knots causing pain points. The treatment is applied in two ways which work simultaneously. Firstly a sterile saline solution is injected under your skin (subcutaneously) and almost immediately you take a homeopathic medicine. Because your skin has been stimulated by the injection, the medicine will therefore act directly at the site where it is needed. The needles used are very fine and more like acupuncture needles. Most people are surprised at how easily and quickly injections are given.

### The Treatment

On your first visit your practitioner will do a full postural analysis and discuss with you how best to correct your problems, giving full consideration to individual lifestyle factors when developing the program. Small injections of the sterile saline solution are given above the site of your injury. You will only feel a small prick, similar to acupuncture, as the very fine needle is inserted into trigger and acupuncture points, and sometimes also into joints. Less than 1ml of sterile saline solution is

used. Simultaneously the homoeopathic medicine is given via an oral spray under your tongue, which allows 9 times better absorption than pills. The medicine is immediately absorbed and drawn to the stimulated area to further promote the natural healing responses of your body.

### The Benefits

BMT inhibits inflammation, increases circulation, promotes muscle relaxation, normalizes muscle system imbalances, stimulates fine nerve endings, alleviates pain, and provides beneficial influence at acupuncture points and meridians. Designed to treat over-strained ligaments, sports strains & muscle pain, BMT is also useful in treating chronically 'old' injuries and arthritic joints that don't seem to respond to any other treatments. BMT is a safe alternative to anti-inflammatory drugs. BMT can complement chiropractic, physical and sports injury therapies or may be used on its own depending on the type of condition.

### Do You Suffer From?

Chronic conditions such as tennis elbow, back pain, lower back pain, neck pain, fibromyalgia, arthritis, muscular pain and other types of acute or chronic injuries.

### Results You Can Expect?

Some people experience relief from their pain within minutes of their first treatment, however it can take up to half an hour. To ensure ongoing healing, up to 4 sessions may be required over a 3-week period. BMT is especially effective in acute injuries and has been shown to decrease the healing time of some sports injuries, thus helping athletes resume their normal activity faster. In some cases the correction of structure and function may require more time: up to 3 months for mild postural imbalances and 6-12 months treatment for more serious cases.