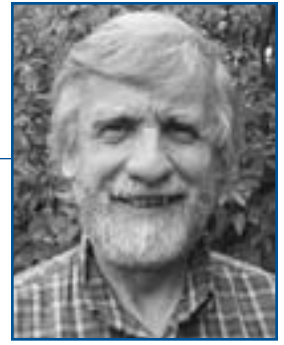


# WHEN SHOULD YOU SEEK HOMEOPATHIC TREATMENT?



By Steve Scrutton, D.I. Hom (Pract)

An increasing number of people are turning to homeopathy for their medical treatment, both because they understand it is safe and effective and because they are increasingly realizing that conventional drugs cause disease, are dangerous, and are ineffective in the long term. But just when should patients turn to homeopathy? Many patients fall into one of two categories: (1) Patients use conventional medicine until it is clearly not working, or doctors tell them nothing more can be done; and (2) Patients use homeopathy for minor ailments, but turn to conventional medicine when their health becomes worse.

**Both approaches are wrong! Homeopathy is a complete system of medicine, and can deal with any ailment or disease, minor or serious.**

A decision not to use homeopathy in the early stage of illness has two major drawbacks for the patient:

1. Any reliance on conventional drugs means that patients are subjecting themselves to “side-effects,” more accurately called DIEs, or “disease-inducing-effects.” If drugs appear to work temporarily, the disease is only suppressed, and within a few months it will usually return, in a more serious form, or a more serious disease will have been created.
2. Then, when the patient eventually sees a homeopath, it is a much more-difficult, more-complex case, concerning not only the original disease but the DIEs, and a patient with less energy (or vital force, as homeopaths have traditionally called it).

Those who use homeopathy only for minor illness fail to recognize that homeopathy treats people with serious disease, and can sometimes help people diagnosed with “terminal” conditions (see my recent “Cancer and Homeopathy” blogs at <http://safe-medicine.blogspot.com/>).

**So, my advice would always be to start using homeopathy immediately, that is, as early as possible; and by doing so, to learn about homeopathy, how it works, and understand how very different it is to conventional medicine.**

First, it is important to learn about the dangers of conventional medical treatment, so that you are not tempted


to use it! It is not all it is said to be, and it is sufficiently dangerous not to risk. For more information on the dangers of conventional medicine, go to [The Failure of Conventional Medicine Introduction \(http://web.me.com/stevescrutton/Failure\\_ConMed/Introduction.html\)](http://web.me.com/stevescrutton/Failure_ConMed/Introduction.html).

Second, set yourself up with a simple First-Aid remedy kit (available from all good homeopathic pharmacies, for example, see [www.helios.co.uk](http://www.helios.co.uk)), and a good homeopathic First-Aid book (for example, Miranda Castro’s *The Complete Homeopathy Handbook*). With both of these, you have a good start.

Third, begin to use homeopathy for yourself, your family, and even your pets. Use it too for minor ailments – such as Arnica for bruising and for shock after accidents, Hypercal lotion for cuts and scratches, Ledum for stings (if it crawls) or Apis (if it flies), and so on. You will build up your knowledge of remedies, and how and in what circumstances they will work.

Fourth, join a homeopathy group on the internet, and listen to homeopaths talking about treating illnesses and ailments; and join in by asking questions.

Fifth, identify a registered homeopath in your area, and make contact with him or her for future reference, so that in the event that you, or one of your family, contracts an ailment or disease that requires qualified, professional assistance, you will have someone at hand.

In this way, you should be able to maintain good health, avoid the DIEs of conventional medicine (the cause of much of the chronic disease that now afflicts us), and have the benefit of a safe, effective, and inexpensive medical therapy to deal with more serious health problems. 

*Steve Scrutton (D.I. Hom (Pract), MARH) is a homeopath, Director and Registrar of the Alliance of Registered Homeopaths (<http://www.a-r-h.org/>), and runs the Homeopathy Media Group (<http://health.groups.yahoo.com/group/ARH-Media/>), which seeks to respond to criticism of homeopathy in the mainstream media, and present homeopathy positively to the general public. He has also written a web-book, *The Failure of Conventional Medicine* (<http://www.nhs-conmed.co.uk/>), and writes a homeopathy blog *Safe Medicine* at (<http://safe-medicine.blogspot.com/>).*