



## Homeopathy Newsletter Issue 2, June 2009

This newsletter can be downloaded at  
[www.homeopathy3fold.com](http://www.homeopathy3fold.com)

### Opportunities in the economic downturn!!



**Yes**, there are always opportunities to live a fulfilled and happy life for you and your loved ones. You just have to create favourable conditions, be alert for the right opportunities and act when they

occur. Sustainable positive change starts from within.

**Homeopathy**, a very effective and low-cost medicine, can increase your overall wellbeing considerably, which results in more energy, increased decisiveness and less negativity. With this **3Fold** homeopathy newsletter I would like to contribute to a more positive climate for development for each individual and society.

**Consultation fee is € 50, - including homeopathic medication.**

#### Contents

- About opportunities.
- Depression.
- Homeopathy for economic survival.
- Homeopathy: Good value for money.
- Feedback

Loads of inspiration and best regards,  
**Jeroen Holtkamp, I.S.Hom.**

#### About opportunities

**By now**, we all must have felt the effects of the economic depression in our pocket. The media has spread enough doom and gloom: growing dole queues, social welfare expenditure rising, revenue decreasing, impossible cutbacks, etcetera.

**Politics** can enhance the economic climate, but positive changes in personal circumstances can only be brought about by you. Sustainable positive change starts from within.

**The beauty of homeopathic medicine** is that it treats the whole person for physical and emotional complaints at the same time. During more than 200 years millions of homeopaths all over the world confirmed again and again that the healing process starts from within.

**Take for example** an overly serious patient who is complaining about palpitations and severe headaches. The pain is that bad that he has thoughts of suicide. It all started after his business went bust. He is very disappointed, feels humiliated and depressed. His family is suffering from his anger outbursts.



**In this case** the homeopath would prescribe Aurum. This is a remedy derived from pure gold. A few days after taking the remedy his family noticed that daddy became much easier to live with. The anger outbursts are gone. The patient feels happier and, for sure, the headache did not come back last night. Also the palpitations subsided. First there is always psychological relief and soon after that the physical complaints will disappear. Sustainable positive change starts from within.

**Depression** Health and disease are the two sides of development. Depression is essentially stagnation in development caused by an increasing incapability to look at life's circumstances from different points of view. In the current economic circumstances the danger increases that people narrow their range of possibilities for happiness down to one, namely their financial situation. If we overvalue finances, we tend to lose sight for all other aspects of life. We might become depressed.

**Economic survival** Depression as a result of economic circumstances contributes in a negative way to the development of the individual and society as a whole. Homeopathy stimulates purposeful development from within through the acceptance that depression is the shadow side of an important personal learning curve. You can compare it to learning how to walk. We can not learn how to walk without falling. Falling is the downside side to learning how to walk. Homeopathy stimulates the individual as a whole to overcome depression of its own accord and to adapt a more healthy and sustainable attitude to life.

#### Homeopathy: Good value for money.

Homeopathy is a very economic system of medicine for the following reasons. The costs of the development of new remedies are significant lower than in conventional medicine. The preparation of a remedy requires a very small quantity of the healing substance. A gram of gold, for example, would be enough to help many, many people. Homeopathy decreases GP, pharmacist and hospital costs considerably.

**Feedback** If you appreciate this newsletter and would like to receive it free of charge every two months, please let me know. To confirm: just send me an E-mail. You can always contact me if you have questions.

**Phone: 044-9662779**  
[www.homeopathy3fold.com](http://www.homeopathy3fold.com)