

Your mental health

It is World Homeopathy Awareness Week from **10/04/10 until 16/04/10** and I am happy to announce that this year we celebrate the effectiveness of homeopathy in maintaining, restoring or increasing mental health! Because mental health is such a broad area I can only deal with it in



general. The focus of this newsletter will be on a problem that many people suffer from in silence, namely depression. **Depression** is basically sadness and approximately 15 percent of people seeing me for homeopathic treatment complain of feeling depressed. Generally about 3 consultations are sufficient to get a remarkable improvement or complete recovery from the depression.

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Enjoy this newsletter. Regards,
Jeroen Holtkamp, I.S.Hom.

What is homeopathy?

The German founder Dr. Samuel Hanhemann wrote about homeopathy for the first time 230 years ago. He discovered that the substance that causes certain symptoms of disease in healthy persons **will cure** sick people with

look a like symptoms. Excessive use of coffee for example causes among others, sleeplessness, a racing mind and even heart palpitations. In homeopathy we could use coffee, diluted according to a special procedure, to cure insomnia and heart palpitations. So the homeopath cures like with like and acknowledges that all real cures are based on this law of similarity. **Homeopathy is a safe and mild medicine because all remedies are tested on healthy people in trials and all substances are diluted to such an extent that only the curative properties remain.** In homeopathy we see that physical complaints always go together with very minor or big emotional and mental problems. There are more than **5000 remedies** and the homeopath prescribes a remedy specifically chosen for each individual. Homeopathy stimulates your body and mind to get rid of the disease of its own accord.

A positive approach to mental health!

Life is about development. There is a clear emphasis on the physical growth and development in childhood and during puberty a definite hormonal and emotional development takes place. This is followed during adolescence (between 13 and 18 year) by mental development. In this phase questions like “Who am I?” and “Who do I want to be?” could come into play. After reaching adulthood our mental and emotional development continues. When we look back we are likely to see that all our good and bad experiences shaped us to who we are at present. **Life has a purpose and so health and disease must have a purpose too.** Disease, including mental and emotional problems, is the downside to development as falling is the downside to learning how to walk. **There is no physical, emotional and mental development without health and disease. When mentally ill we are stuck in our development. Homeopathy stimulates your mental and emotional learning process without side effects.**

Depression

Depression is basically sadness and is therefore common human nature. Depression or sadness is the downside to an important **emotional** development. Depression can be triggered by any traumatic or stressful experience, like the death of a beloved person, which challenges us severely in an emotional way and causes an incapability to look at lives circumstances from different points a view. **Symptoms of depression can be: feelings of helplessness and hopelessness, loss of joy and pleasure in things you used to like, irritability and restlessness, feelings of worthlessness, loss of energy, insomnia or excessive sleep.** Because mind and body are intimately connected depression goes generally hand in hand with physical complaints and changes.

Self help

What if you recognise some of the symptoms above, but you don't feel the need for professional help? Well, to increase your mental and emotional well-being a walk for a half an hour a day is very effective. Exposure to of sunlight and certain types of food and food supplements can give improvement. Drink alcohol and coffee in moderation.



Homeopathic treatment of depression

During consultations your personnel experience of the depression is of foremost importance to me. When necessary I will ask questions with the aim to get an overall picture of your mental and physical problems. Based on your personal experience of depression I will look for a remedy that matches your individual case.

More information: Green Street Medical Centre, Castlepollard or call **Jeroen at 3Fold**
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