

Happiness!



A truly happy person is free and responsible.

Free from addictions, fears, phobias, depression, anxiety, hallucinations, compulsive thoughts and

behaviour. **R**esponsible for what he/she does, says and thinks. A happy

person is able to live life with his/her loved ones to its full extent. -- The above is an ideal that not many people meet. However it raises the question: to what extent are we happy? To what extent are we free from anxiety, fear or depression? To what extent are we able to include the happiness of others in our aim to live life to its full extent? If you are in doubt about your own mental health, don't postpone seeking professional help. **Read about the advantages of effective homeopathic psychological healthcare in this newsletter.**

Jeroen has 10 years of Homeopathic clinical experience in helping people with a variety of mental health problems. He successfully treated cases of depression, alcohol – and gamble addiction, behaviour problems, traumatic stress syndrome, bi-polar, compulsive behaviour, anxiety, insomnia, fears, hallucinations and symptoms associated with schizophrenia, psychosis and autism.

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Enjoy this newsletter. Regards,

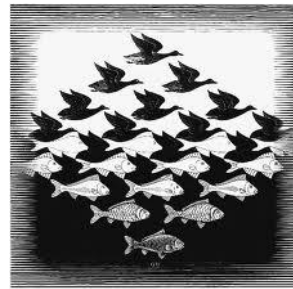
Jeroen Holtkamp, I.S.Hom.

Benefits of homeopathic healthcare

Homeopathic services are easy accessible and there are no waiting lists. For a quick and effective homeopathic treatment a psychiatric diagnosis is not required and occurring problems can be dealt with at a relatively early stage. Homeopathy has **no side effects**. It's a **gentle** medicine and the remedies are **not addictive**. Generally the remedy does not have to be taken for months or years. One single pill is enough to give a lasting impulse to the healing process. In the follow up the progress will be evaluated and a new remedy will be administered. Sufficient treatment could lead to lasting relief and independence of any therapy or drug. Homeopathic remedies do not interfere with medical drugs. The homeopath does not give any advice with regards to your conventional medication. Any desired changes should be discussed with your GP or psychiatrist.

Mental health and disease

Throughout our life we all experience periods of severe emotional and mental stress and if we overcome these times successfully we feel we gained in insight and strength. Difficulties in life, such as the death of a spouse, failure, divorce, etcetera, can help us to become stronger personalities as long as we deal with the mental



and emotional stress appropriately. Our inability to cope sufficiently leads to prolonged mental, emotional and physical problems which are varying in severity. The more your suffering is keeping you from doing the things that you really would like to do the more urgent you should seek help. Always aim diligently to live your life with others to its full extent. Talk to people about what you would like to do with your life and the obstructions to happiness you experience.

Our life has a purpose and so health and disease must have purpose too. Health and disease are the two sides of the one coin: namely development. Disease is the downside of development as falling is the downside of learning how to walk. We can not learn how to walk without falling. Like wise it is not possible to develop mentally and emotionally without pain and distress.

Homeopathic psychological healthcare

Homeopathy stimulates your mental and emotional development with the help of remedies that are derived from natural sources, such as plants, animals and minerals. Homeopathic remedies have **no side-effects** and are diluted to such an extent that only the curative properties remain. There are thousands of remedies tested on human volunteers in homeopathic trials. During your consultation, which generally takes about an hour, you're free to talk about your problems the way you like to. We won't go into areas that you don't want to talk about. At the same time I will ask questions that invite you to talk about your personal experience of mental-, emotional-, and physical problems. Based on that information I will prescribe a remedy that suits you individually. This remedy will empower your body and mind to free their way of obstacles, like delusions, fears, anxiety, depression, fatigue, hallucinations, compulsive behaviour, etcetera, of their own accord. In that way homeopathy empowers you to do what you really want to do with your life.

The Link: www.minddisorders.com/Kau-Nu/Nutrition-and-mental-health.html leads to a wealth of information on food and mental wellbeing. Health food shop 'Nuts and Grains' opposite the back-exit of Dunne Stores in Mullingar gives excellent product advice with a smile.

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