



The expertise of the patient

The expertise of the patient in relation to his/her own complaints is appreciated to its full extent by the homeopathic practitioner during homeopathic consultations. Homeopathy is a holistic medicine which means that for the cure of a specific ailment the practitioner takes the whole well- and unwell being into consideration. Ailments that can be cured with homeopathy are countless but to give a general idea I would like to mention just a few: **mental – and emotional problems such as depression, anxiety and stress. Backaches, headaches, complaints of the urinary tract and reproductive organs, respiratory problems, complaints of the digestive tract and more.** The starting point of the development towards a cure is the individual findings of the patient with regards to the disease. **Homeopathic remedies are not chemically engineered but are derived from natural substances, like plants, animals, minerals, etc.** Homeopathy is a gentle medicine without side effects. Homeopathy and conventional medicine complement one another. In this newsletter I will present some strengths of homeopathy.

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Enjoy this newsletter. Regards,

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Homeopathy and conventional medicine

People are individuals and also our feelings and thoughts about one another differ. A patient could suffer for example from depression and take anti-depressants over a long period of time. But in order to really help a patient from his/her sadness one has to rely on general human skills in the first place. So the homeopath makes it all his/her effort to gain insight in the individual aspects of the depression. One patient might become depressed after business reversal, the other



because of the loss of a loved one. These indications will be decisive for the homeopath's remedy prescription. To gain insight in the

individual aspects of unwell being the homeopath has to have an unconditional positive regard towards the patient. In the current age of high tech medicine disease means as much as what is defined by cultural standards and the medical profession. The fulfilment of the patient is by this approach of individual unwell-being partly covered but is completely insufficient when it comes to the treatment of psychological problems. These problems do not only relate to what a person thinks and feels but more so to whom someone really is. In other words: psychological problems relate truly to the whole, mental, emotional and spiritual person. Conventional medicine however is only interested in the physical tangible aspects of unwell being and this is leading to the following problems: 1)

The time that the doctor spends with the patient is limited to the complaints with measurable background abnormalities. This has consequences for the development of the understanding of the unwell being by the patient and the doctor, this understanding is namely also limited to what is measurable while we know that so many things in life are

not measurable. 2) The patient has through this limited approach to life by his medical doctor, who is regarded as an authority and expresses him/herself in medical jargon, the impression that his/her own knowledge of his/her own unwell being is very inadequate. This inclines the patient to give the responsibility for his/her own wellbeing completely to the medical doctor. 3) **At first instance it must sound strange but the patient benefits from a vague guaranty for the successfulness of the treatment.** An underestimation of the beneficial effects of a treatment namely increases the ability to realistically estimate the own well- and unwell being in the patient who's depending on the own inner observations. The homeopath however will give a careful prognosis as a mere guideline. **In conventional medicine one has the need to set a sharp prognosis which decreases the ability in the patient to inner observation.**

The homeopathic healing principle

The patient benefits from a complete treatment. So a treatment for which not only the measurable is taken in consideration but also the things that are not measurable. In homeopathy this is possible because it is founded on the principle of similarity which entails the possibility to relate each individual unwell being to one of the thousands of remedy pictures. Remedy pictures are descriptions gathered from remedy tests on healthy human volunteers. One group of the participants take the remedy and another part takes a placebo. Some people will develop temporarily symptoms. The homeopath compares the recorded test symptoms with the patient's expressions. A consistent application of the principle of similarity leads with the persistence of the patient to health on physical, emotional, mental and spiritual level.

For more information please watch my video on: www.homeopathy3fold.com

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