



# Pauline Start Homeopath

LCPH MARH RHom

## PRACTICE INFORMATION

### Appointments:

Text: 07787 537 663  
Email: pauline@paulinestarthomeopath.com  
Book: Online

### Charges:

First appointment: £50.00 including remedy  
Follow up appointments: £35.00 including remedy  
Follow up telephone consultations: £35.00 including remedy plus postage  
Telephone consultations (15 mins): £15.00 including remedy plus postage  
Concessionary rates for families and special circumstances

### Cancellation Policy:

Please let me know 24 hours in advance if you wish to cancel or reschedule your appointment. Missed appointments without any notice may incur a full fee charge unless in exceptional circumstances. If you need to rearrange or cancel an appointment please Sign In.

### Please note:

To provide a full case analysis, I often send remedies later by post

### Clinic Times:

Friday and home visits by arrangement

### Emergencies:

Text to: 07787 537 663. Please text me if you are unsure about something during your treatment, and I will get back to you as soon as possible.

**Emergency Homeopathy Helpline:** Phone: 09065 343 404. This is for emergencies unrelated to your treatment and is a premium rate number regulated by PhonepayPlus for professional advice. The maximum call duration is usually 10 minutes and is frequently much shorter. The charge is £1.55 per minute plus your provider's access charge.  
[www.homeopathyhelpline.com/consultations/telephone](http://www.homeopathyhelpline.com/consultations/telephone)

### How Does Homeopathy Work?

Although there is a great deal of empirical evidence that homeopathy does work, we do not yet have a scientific explanation to describe how homeopathic medicines work. This is true of many other things in the world around us. Those who are sceptical point out that homeopathic remedies are often so dilute that any beneficial response is probably due to the placebo effect. This explanation seems unlikely, as practice has shown homeopathic medicines to be equally effective in the treatment of young children and animals. The answer to this mystery is likely to be found by those studying quantum physics and electro-magnetism. It is thought likely that the process of dilution and succession (shaking and striking against a surface) involved in the production of homeopathic medicine leave an imprint of the original substance's energy pattern in the dilutant. This energy imprint somehow stimulates the body's own healing energy to start working.

There are ongoing fundamental research projects looking how homeopathy works, clinical research, reviews and databases. It is worth exploring the Homeopathy Research Institute website and my Research & Resource online page.

### How Does Homeopathy Differ From Conventional Medicine?

Homeopathy is a holistic medicine. This means that its focus is on the whole person. Spiritual, mental, emotional and physical factors are regarded as completely inter-connected and no single factor is taken in isolation. It is based on the idea that symptoms are not the cause of disease, they merely show that 'dis-ease' exists. A simple analogy is to imagine that you are driving your car and the red oil warning-light comes on. You know nothing about cars so you decide to take it to the garage. When you come to pick up the car, the light is no longer on. So, having paid the bill, you drive off quite happily.

You naturally assume the problem is fixed, but would you feel so satisfied if you later discovered that the garage had merely unscrewed the warning-light bulb?

For the homeopath, symptoms are helpful indicators, acting as guides to treating the individual and their 'disease'. Instead of merely removing the symptoms, it removes the individuals' central disturbance. Then the symptoms disappear anyway because the warning they were trying to give have become unnecessary.

### Is Homeopathy Safe?

Yes. It is safe to use even in situations where conventional drugs would be dangerous or inadvisable, for example during pregnancy or when treating infants.

### Can I take homeopathic medicine if I'm already taking other medication?

Yes, it is perfectly safe to do so. Patients sometimes choose homeopathic treatment in the hope that it may enable them to reduce or stop their conventional medication. This is often possible, but the reduction of drugs should always be discussed with the doctor who originally prescribed them.

### What Happens During a Consultation?

If you have a chronic or frequently recurring complaint, the first consultation generally takes around an hour. You begin by telling me what is troubling you. It is helpful if you can give as much detail as possible about your health symptoms, including anything that makes them better or worse. If you have noticed any other changes in yourself (mood, anxieties, sleep, dreams, appetite, thirst, temperature etc.) since the symptoms started, these can also be very useful. I will normally take a full medical case history from you and record details of any previous health problems in your family, going back to your grandparents. The aim of the consultation is to get an overview, not only of your complaint, but also of you as a person.

In the shorter follow up consultation I assess your response to the previous remedy and decide how your treatment can best be continued. Remedies stimulate the body, which may react as part of the healing process. Often this passes unnoticed but sometimes involves some sort of discharge, possibly emotional – tears etc. or physical – catarrh, diarrhoea, rash etc. or some minor symptom. Improvement normally follows. Sometimes if the remedy is working well I may wait and not prescribe anything, but the information gathered during the appointment may well be used later on in selecting the next remedy.

### Homeopathy and vaccination are separate topics

*Recent media reports have incorrectly linked homeopathy to the anti-vaccination movement. A registered homeopath provides care according to the guidelines outlined in the Code of Practice of their registering body. This code ensures that the homeopath operates professionally, safely, and within their bounds of competence. Homeopathic medicines are prescribed on an individual basis to match a patient's specific symptoms. Questions about vaccination from the public to a registered homeopath should be deferred to those medically trained to answer them, such as GPs.*

### What this means for you

- We treat patients, not conditions
- This means that a registered member can offer their patients additional therapeutic options in the context of a bespoke, individualised homeopathic prescription, providing the practitioner is suitably qualified to do so.
- As a member of the ARH **I support patient choice, and informed decision making.** I consider that patients should be provided with all available information relating to the potential benefits and/or risks of any intervention they are being offered. I also believe that patients have an absolute right to make an informed choice. **However, it is not my role to provide information which does not relate directly to homeopathy.** Wherever possible, I encourage patients to do their own research.

### Questions you might ask in order to reach a genuinely informed decision:

- What are the risks/benefits of treatment offered?
- Is there an alternative to what's been offered?
- What is the likely consequence of not accepting the treatment?
- What are the adverse reactions/contra indications as listed by manufacturer?
- What independent research is available to show effectiveness/risks?
- Which ingredients have been used in the development/manufacture of the product?