

### **What is homœopathy?**

Derived from the Greek word "homoios" meaning "like", homœopathy is the medical practice of treating like with like. In other words, we would treat an illness with a substance that can, in other circumstances, produce similar symptoms. Homœopathic doctors understand symptoms in terms of the body's attempt to react against the illness as it attempts to overcome it.

### **How does it work?**

The homœopathic remedy is specially selected to stimulate corrective action in the ill person, rather than merely suppress the effects of illness in the way that many drugs do. The choice of the remedy depends not just on the diagnosis but also on the patient's individual reactions. We attempt to gain a unique understanding of the whole person, as opposed to merely treating the label they have been given for their illness.

### **Is it a new therapy**

As a system of medicine, homœopathy is not a 'flash in the pan'. The key principles were described by Hippocrates in the fifth century AD. and were 'rediscovered' in the nineteenth century by a German doctor, Samuel Hahnemann. By the turn of the twentieth century, Homœopathy had gained widespread support and was practised by the majority of doctors in more than fifty countries throughout the world.

### **Is it safe?**

In using exquisitely small quantities of a highly appropriate medicine, every homœopathic remedy is completely free from toxic side effects. They are completely safe even for babies.

### **Is it effective?**

Several high quality trials have been published in respected medical journals which demonstrate that homœopathy works. Homœopathy can sometimes be successful when other forms of treatment have failed.

### **Is it officially recognised**

Homœopathy is recognised by Act of Parliament and accepted as a safe form of medical treatment. It is practised by doctors who are fully qualified through conventional medical training and are recognised by the General Medical Council. Homœopathy has enjoyed Royal patronage for six generations.

### **Are animals used in homœopathic research**

Homœopathic remedies are developed through clinical studies on healthy people, so animal testing is not necessary or even relevant.

### **Further Information**

For further information we recommend "*Homœopathic Medicine - an Introduction for the inquisitive user*" - available from our dispensary.

THE CLAREMONT HOMŒOPATHIC CLINIC  
& DISPENSARY

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GLASGOW G3 7NR

## **Guidelines for Patients on the Handling and Administration of Homœopathic Remedies**

**(With a brief introduction to  
homœopathy)**

**PLEASE READ THIS LEAFLET  
CAREFULLY BEFORE TAKING YOUR  
HOMŒOPATHIC REMEDIES**

The Private Homœopathic Practice  
of  
Dr Russell Malcolm

[www.artscience.me.uk](http://www.artscience.me.uk)

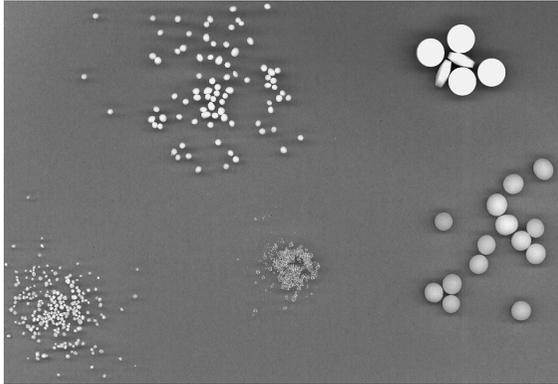
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## Guidelines on the handling & taking of homœopathic remedies

Your prescription may be in the form of tablets, granules, ointments, cream, or liquid.

The remedies have been prepared by selected manufacturers to the highest standards of quality and are derived from pure, natural sources.



The main solid oral forms are illustrated. The active ingredient has been sprayed onto the surface of: (clockwise from top left) coarse sucrose granules; lactose tablets; sucrose pilules (or dragées); sucrose crystals; fine granules.

### Directions for use of tablets, granules or pilules

- 1 Store the medication in the container in which it is supplied.
- 2 Keep remedies away from high temperatures, strong sunlight and strong-smelling substances. (eg. camphor, perfumes, paints and disinfectants)
- 3 Homoeopathic remedies should not be taken within 15 minutes of food, drink, tobacco,

toothpaste or sweets. Residues in the mouth will impair the absorption of the remedies. Do not use asthma inhalers or sprays immediately before or after your homœopathic medicine: leave 15-20 minutes either side.

- 4 The preparations should not be handled. When supplied in a bottle, tablets and granules should be tipped into the cap of the container, and then administered directly into the mouth. A satisfactory dose is one tablet, or one sachet of powders, or enough granules to cover the base of the cap.
- 5 The remedies are absorbed from the mouth, and should be sucked for several minutes. Do not wash down with water.
- 6 If any remedies are spilt, throw them away. Do not put them back in the container.

### Additional instructions for liquid remedies

- C Liquid remedies should be held in the mouth for several seconds before swallowing.
- C If you touch the end of a liquid dropper, rinse it thoroughly before reintroducing it into the bottle.
- C If your remedy is a mother tincture (usually brown or amber in colour) the required number of drops will be indicated on the label and should be stirred into to ½ a teacupful of clean water before drinking.
- C If your remedy is an LM potency it must be shaken before use and the instructions on the bottle followed carefully.

**KEEP ALL MEDICINES OUT OF THE REACH OF CHILDREN**

## Important footnotes

- C If stored and handled correctly, homœopathic remedies will remain active for many years. Under these circumstances there is no recognised expiry period.
- C Orthodox medicines should be continued, unless you have been specifically advised to stop them by arrangement with the doctor who prescribed them.
- C As far as possible avoid taking homœopathic medication at the same time of day as your orthodox drugs. Leave at least 15 minutes, either way.
- C Avoid coffee completely, since this tends to prevent the remedy from acting. You may continue to drink tea, but should not start to drink coffee until your homœopathic doctor informs you that it is alright to do so.
- C Do not take other homœopathic remedies while you are on our programme of treatment. Although it is not dangerous to do so, self-prescribed remedies can block the action of your prescribed treatment. This can certainly slow down your progress and may even antidote a treatment which would otherwise start to work to your benefit.
- C Avoid treating any coughs and colds which appear in the weeks immediately after your remedy. The use of paracetamol and decongestants in the treatment of ‘flu and fevers, is strongly discouraged. If you are in discomfort with a viral illness and do not feel able to ‘sit it out’, please contact us to discuss the matter.
- C If you are in any doubt about your treatment please call us on **0141 331 0393**