



## Synergy

*Wellness for Mind, Body, Soul & Skin*

45 – 47 Haig Street,  
Heidelberg Heights, VIC 3081

0488 99 99 58  
synergymbss@gmail.com

Open 7 Days  
By Appointment Only

Health Rebates and  
Workcover Accredited  
(Myotherapy and  
Remedial Massage Only)

## The Founders of Homeopathy

Subscribing to the law of 'similars', or 'like cures like', stating that if a substance can cause a condition then it will also heal it, is the basis of Homeopathy. In fact this is the origin of the word Homeopathy which translates from the Greek 'homoios pathos' to 'similar suffering/disease'. This concept was adopted and practiced for thousands of years worldwide in the form of folk medicine, and finally documented by the father of Western medicine, Hippocrates, in the fifth century. Paracelsus also believed in prescribing a 'similar' single remedy at a time. Further researching and expanding on these principles was Dr. Samuel Hahnemann who became known as the father of Homeopathy.

The art of Homeopathy is a richly woven 200 year old tapestry of qualities that inspire health via the most rapid yet gentle and long-lasting means to health.

## How does Homeopathy work?

The concept of the Vital Force is a central aspect of Homeopathy. The Vital Force is common to cultures worldwide, including China where it is known as "Chi", India as "Prana", and to Russian scientists as "Bioplasma". This Vital Force is considered central to life and central to the manifestation of health and disease as exhibited by the body and emotions. It is what animates; without it, there would be no life.

The homeopathic way therefore is to work in conjunction with the Vital Force by instigating the innate function of the body towards a state of health. This response may be immediate, especially in acute cases, or it may take a little longer for chronic conditions. In both cases, the healing process aims at the cause of the symptoms, rather than the symptoms themselves, aiming towards long-term health.



Homeopathy can provide relief from conditions including:

- Anxiety
- Depression
- Fatigue
- Colds & Flu
- Asthma
- Arthritis
- Allergies
- Psoriasis
- Headaches & Migraine
- Diabetes
- Sinusitis
- Infections
- Weight Management
- Menstrual Problems
- Menopausal Problems
- Digestive Problems
- Eczema
- Thyroid Dysfunction
- Fertility & Pregnancy Problems

### **What is a Homeopathic remedy and how do I take it?**

Homeopathic remedies are made from myriad substances including plants, minerals, animal venoms and milk. Once made into a liquid tincture these substances are diluted before being added to tiny sugar pills which can then be dissolved in a glass of water.

Homeopathic remedies may also be dispensed as liquid preparations also to be taken orally.

### **Who can use Homeopathy?**

Due to compatibility with other medicines and ease of taking the remedies, anybody can feel safe in using Homeopathy. This makes Homeopathy ideal for babies, children, youth and adults adverse to the taste of medicines or to swallowing tablets, during pregnancy or breastfeeding, the elderly, and people taking prescription medication, as Homeopathic remedies do not interact with such medicines. Homeopathy is considered so safe and



effective, that even the Queen of England relies upon the services of her personal Homeopath!

- Initial Consultation 60-90 minutes
- Follow-up Consultation 20-40 minutes
- Homeopathic Remedies are charged separately to the consultation fee.

