

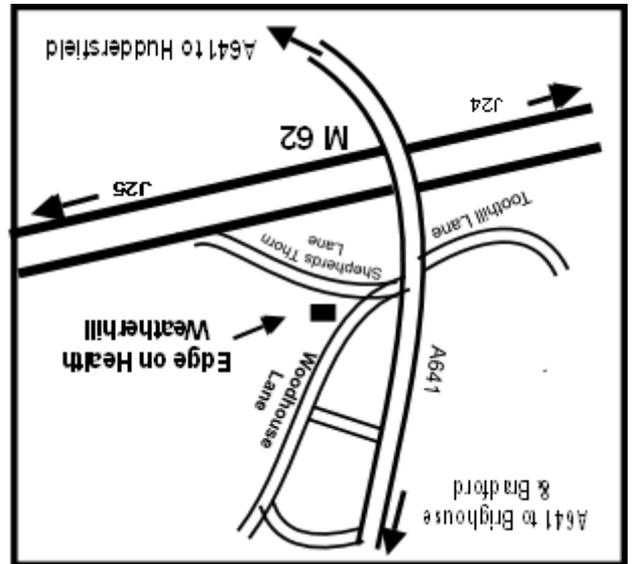
ABOUT ME

I am a professionally trained homeopath, registered with THE SOCIETY OF HOMEOPATHS – R.S.Hom. This certifies that I work within their designated CODE OF ETHICS AND PRACTICE. I trained for four years at the NORTH WEST COLLEGE OF HOMEOPATHY, where I graduated in July 1991, followed by a further one year's post graduate course. I also trained in Counselling and Psychology to further my interpersonal skills. I have also undertaken training in HANDLE – the Holistic Approach to Neuro-Developmental Learning Efficiency. I am in constant Continuing Professional Development (CPD). This Post – Graduate training ensures that I am up to date with all developments and latest research. I have been involved in both the teaching and supervision of Homeopathy, and I am always happy to give talks to local community groups. I have worked in all areas of Homeopathy, but for many years I have specialised in working with children with behavioural, learning and developmental problems. I was involved in a research project in this field funded jointly by Kirklees LEA & Kirklees NHS My background was as a Chemist and Bacteriologist in the Water Treatment Industry. I then managed my father's business – manufacturing and supplying furniture and furnishings to the Nursing Home Industry. Prior to studying Homeopathy I owned a Delicatessen and Health Food Business in Pudsey, Leeds. My interest in Homeopathy began when, after suffering with chronic kidney problems for 27 years, and had been becoming increasingly unwell. I sought an alternative possibility, and after 6 weeks taking Homeopathic remedies, I felt an immense improvement. I have enjoyed good health ever since. I currently train student Homeopaths in Clinical competency to ensure that the extensive experience that I have gained from working a busy practice can be used to benefit those furthering their careers in the Science & Art of Homeopathy.

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Through Homeopathy

Registered Homeopath

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ABOUT HOMEOPATHY

Homeopathy has been an established system of complementary medicine for over 200 years. Samuel Hahnemann, in 1796, furthered the philosophy of Hippocrates 2000 years earlier, when he realized the concept of treating a patient with “similars”, rather than “opposites”. In other words, giving a substance that in a well person will cause symptoms, so in a sick person it will restore. This is opposite to conventional medicine that gives an *anti-biotic*, *anti-histamine*, *anti-fungal* etc. Hahnemann was a Medical Practitioner, but supplemented his income by translating medical texts. In one of these texts, Cullen’s *Materia Medica*, he found details relating to chinchona bark. The symptom picture described the fevers and chills similar to those found in Malaria. He prepared a potion of the substance and began to drink it. He gradually developed all the symptoms of Malaria. This became the concept of a HOMEOPATHIC PROVING, and confirmed his belief that what substance in a well person causes symptoms, so in a sick person presenting with those similar symptoms it will restore. This concept he called THE LAW OF SIMILARS. From this law, he coined the phrase “LIKE CURES LIKE”. Hahnemann decided to call his new system of medicine HOMEOPATHY, from the Greek words *Homeo*, meaning similar, and *Pathos*, meaning suffering. In 1810 he published his first edition of “THE ORGANON” – his philosophical text on homeopathy. Samuel Hahnemann tested many other substances on himself, friends and family, after studying the poisons of plants, minerals and animal substances. He found that there were aggravations, so he decided to DILUTE and SUCCUSS further and further, thus reducing any adverse reactions, and realised that it increased the positive action. He decided that there must be a MINIMUM DOSE required by each individual patient that is both curative, yet causes little or no aggravation to the patient.

THE HOMEOPATHIC CONSULTATION

Anyone who has ever visited a Homeopath, knows only too well the strange and unusual questions that they are asked. This is because the Homeopath needs to understand *THE PATIENT*, not just symptoms and a disease diagnoses. Each new patient booking an appointment is sent out a questionnaire to complete and bring to their first appointment, together with (if available), any medical test results, reports, X-rays, etc., and a list of any ongoing prescribed drugs. The initial appointment takes 90 - 120 minutes, and investigates the following details:-

1. Observation is made of the appearance, demeanour, skin colouring, form, size height, weight, vitality, responses, nails, tongue, eyes, etc.
2. Current conditions, previous medical history and family medical history (if known).
3. Enquiry into the nature of the symptoms is made, the intensity and the frequency as to their repetition, and also whether any other symptoms appear at the same time, or if they are alternating (e.g. lung symptoms alternating with skin symptoms).
4. Any precipitating causations to the onset of the symptoms, be they physical (e.g. car accident) or be they mental/emotional (e.g. family tragedy).
5. Any circumstances or conditions that make the symptoms better or worse (e.g. heat, cold, walking, lying, pressure, outdoors, confined spaces, sunshine, etc.) are crucial to understand, as this information confirms *THE INDIVIDUAL* way that a symptom or set of symptoms affects that unique person.
6. The nature, quantity and frequency of all body discharges is considered, so it is advisable to mention any recent changes, (e.g. mucous, perspiration, urine, faeces, periods etc.).
7. Eating habits, food desires and aversions; aggravations, and allergies are considered.
8. Hobbies and interests, as they indicate the element of joy taken from life
9. Sleep, so crucial to allow cell tissues to repair themselves, needs to be a regular, good quality constant in everyone’s life. Details relating to sleeping habits, dreams, position usually adopted to sleep, amount of coverings, needs for fresh air or windows closed, any sleepwalking, sleeptalking, snoring habits tells the Homeopath a great deal about essential needs in a person. Any insomnia, especially if there is a regular wakeful period in the night is important. The refreshment quality on waking indicates how much benefit the mind and body have received from the overnight rest. Some people have sleepy episodes in the daytime.
10. The mental functions of understanding, memory and concentration are essential to the appreciation of life; and the WILL is the indicator to a person’s desire to get out of bed in a morning alongside their interest in their life.

To summarize; the Homeopath needs to understand what makes the client function – all that is important to them, their life’s purpose, their very essence and will to live. Happy contented emotions are crucial to health. Any struggles, be they mentally, emotionally, or spiritually must be made clear to the Homeopath in order that they can bring about balance and harmony of body and mind. The appreciation of this understanding helps the Homeopath measure the patient’s progress.

In order to achieve the best results from a Homeopathic consultation, openness and honesty in providing all necessary information to the Homeopath is imperative. This will allow the Homeopath to accurately prescribe your constitutional remedy – the Similimum to you and your symptom picture, enabling your body to restore itself to optimum best health.

FOLLOW UP appointments are usually about 45 minutes. An assessment of progress is made and any further remedy(ies) prescribed.