

PETER SMITH, LCH, RSHom
Registered Homoeopath
Classical, Practical & Complex Homoeopathy
Bioresonance/Bioenergetic Testing and Treatment

(Allergies, Chemical Sensitivity etc)

WEDNESDAY CLINICS

9:00 to 1:00

**Charlestown Natural Health Centre
The Harbour, Charlestown, St Austell**

2:00 – 7:00

**Sandy Hill Physical Therapy Ctr
14 Sandy Hill, St. AUSTELL**

THURSDAY CLINIC

9:00 to 5:30

**Elixir Health Foods
47 Molesworth Street, Wadebridge**

ALL OTHER DAYS

I work from home. Please call for times.

You may call me on my Mobile during clinic hours - 07941 730663 - but I ONLY use it when I am away from home ... Otherwise it is switched off !

Please call me on (01872) 870801 / 865623 to make appointments at all of my practices.

OUT OF HOURS EMERGENCIES

ALL CLINICS :

In emergencies please call me at my home address :

**The Barn, Grenna Lane
Perranwell Station, Truro TR3 7LN
Tel (01872) 870801 / 865623**

email: pcksmith@talktalk.net

website: www.pcksmith.com

HOMEOPATHIC TREATMENT

If this is the first time that you have experienced Homeopathic treatment, then I hope that you will find these notes useful. Homeopathic remedies seem to work by stimulating the body's own healing power, encouraging the body to behave in a more healthy way. Unlike ordinary medicines, Homeopathic medicines (also known as remedies) do not 'run out' as such after a few days, but continue to exert an influence on the body for a long time (if not permanently !) "How quickly will I get better?" This will depend on how long it has taken you to get ill, what other medications you are taking, how fit you are, how old you are. In chronic cases, instant results can and do occur, but this is usually a pleasant surprise for all those involved.

Following your first consultation, you will receive either 1,2,3 or sometimes many more pills, depending on what is needed ... but do not be surprised if you receive only 1 or 2. (As these pills are a stimulus to the body, and the body sometimes only needs a few such 'messages' to understand what it needs to be doing, do not wonder where the rest of the pills are ... there probably will not be any until your next visit !)

Specialised remedies/drops

Under certain conditions, but only after discussing the matter with you, I may also recommend that I obtain certain other remedies for you. These will need to be ordered and their cost will be explained before we decide whether or not to order them. The directions on how to take these drops are clearly marked on the bottles. Normally, hold them under your tongue for 30 seconds and then swallow. Others are to be taken in a little juice, with meals, as directed. There is no charge for the pills that I prescribe myself; the cost of these is included in the consultation fee.

What happens after I take the remedies ?

Depending on the condition, sometimes sooner, sometimes a bit later, you will probably notice some changes beginning to take place in your condition. One of two things generally happens. It is quite common, and a very good sign, if your symptoms become worse for a short time. This is known as an 'aggravation', and means that the remedy is beginning to do its work. Having said that, I tend to choose the potency or strength of the remedy to avoid unnecessary aggravation, and it is more common for my patients to simply begin to get better without an aggravation ... so do not waste time and energy waiting for something to happen that may never actually do so!

Sometimes, you may also experience some temporary symptoms, either familiar ones from the past or completely new ones. Do not be alarmed! Old symptoms can be 'woken up' by the remedy, which then begins to sort them out; 'new symptoms' are merely transitory, and usually part of what the remedy is usually prescribed for; both should pass fairly quickly and are not a matter of concern

IF YOU ARE AT ALL UNSURE ABOUT WHAT IS HAPPENING AFTER TAKING YOUR REMEDIES, PLEASE DO NOT HESITATE TO TELEPHONE ME FOR A CHAT.

If you are worrying unnecessarily, you are wasting valuable energy that could be better used in getting well!

Contact telephone numbers are on the front of this leaflet; please leave a message on my answerphone, leaving your telephone number.

IF, FOR ANY REASON, THE MESSAGE GOES ASTRAY, PLEASE CONTINUE TO TRY TO CONTACT ME.

I should reply either later that day or early the next. If not, please ring again. If you are unable to reach me for whatever reason, in a real emergency, take normal, sensible medical precautions and contact your G.P. or Casualty Department. I provide as complete an emergency service as is humanly possible, and find that nobody ever abuses the service. Remember that I would much rather spend a couple of minutes chatting with you on the phone than have you get yourself steamed up over nothing (or, rightly, over 'something'!) If you have been experiencing problems for 10 days and then ring me up and say "I have been really bad for 10 days, but didn't want to bother you ..." then as far as I am concerned that's been quite a few wasted days ...

If, after taking your remedy, you develop a cold or rash or some other form of discharge, then this is probably the remedy having a 'spring-cleaning' effect. These symptoms will shortly disappear. **PLEASE DO NOT TREAT THEM WITH SOMETHING FROM THE CHEMIST OR DOCTOR** or even with another Homeopathic remedy. These symptoms are an important part of your treatment and should not be interfered with. **IF IN ANY DOUBTCALL ME !**

Finally, until you develop a perfect memory, jot down anything that happens between visits to remind yourself to mention it to me ... but I do not want to read 'War and Peace' every visit !

IMPORTANT ... PLEASE READ CAREFULLY HOMEOPATHIC REMEDIES

Homeopathic remedies are: **Safe and Gentle ... but Delicate**

For your treatment to have the best possible chance to be effective, please observe the following rules **which must be followed throughout the entire course of your treatment, whether you are taking remedies or not:**

PLEASE DO NOT USE ANY OF THE FOLLOWING SUBSTANCES UNTIL I TELL YOU THAT IT IS OKAY -

THIS WILL BE SEVERAL MONTHS AFTER WE AGREE THAT NO MORE TREATMENT IS REQUIRED.

- Coffee
- Decaffeinated Coffee
- Peppermint
- Spearmint
- Fisherman's Friend TM
- Olbas Oil TM
- Menthol
- Friars Balsam TM
- Karvol TM
- Camphor
- Vicks Vapour Rub TM
- Eucalyptus
- Deep Heat Rubs TM etc + any other strong-smelling substance

1. (The reason for avoiding these things, although excellent products in their own right, is that they will all **NEUTRALISE** or **ANTIDOTE** the Homeopathic remedies. There is nothing 'wrong' with them as such.)
2. Always keep remedies in a cool, dry, dark place, away from all these smelly substances mentioned above.
3. Use a clean, dry teaspoon to get your remedy out of the bag. Never tip all the remedies into your hand; however, you may tip the one that you are about to take into your hand and then pop it under your tongue, where it will dissolve quite quickly. **NEVER** handle someone else's remedy.
4. Do not eat, drink or smoke for 20 minutes **BEFORE** you take a remedy nor for 20 minutes **AFTER** doing so, including brushing your teeth.
5. Please use a homoeopathy-friendly toothpaste (which will be peppermint and spearmint-free). Kingfisher Fennel toothpaste, Tom's Fennel toothpaste or certain Weleda toothpastes are fine.(Read the label!)
6. Your local Health Food shop will help suggest alternatives to Tea and Coffee. Rooibosch Tea is a good tea substitute. Caro Extra is one of many coffee substitutes; Bambu, Caro and Barleycup if you prefer a milder drink. Dandelion Coffee or Herb Teas will also do, but make sure they are peppermint-free.

FIRST AID

Most people are totally unaware that Homoeopathy is able to help in acute situations. Earache, diarrhoea and vomiting, sunburn, gallstone or kidney stone colic, tooth abscess, sprains and strains, coughs, colds and 'flu ... the list goes on and on. Reference to one of the many excellent Homeopathic Self-Help books will give you a better idea.

**PERHAPS YOU DON'T HAVE TO PUT UP WITH A PROBLEM, JUST BECAUSE YOU HAVE BEEN TOLD THAT THERE IS NOTHING THAT CAN BE DONE.
IF IN DOUBT, GIVE ME A CALL**

There are many Homeopathic First Aid remedies that can be used safely in the home.

For example, Arnica is excellent for bumps, bruises, trauma, shock & as an antiseptic. It is also useful if you are having a dental extraction. Tooth abscesses (if you seek help quickly) will often respond to remedies without recourse to antibiotics. Sprains and strains can also be helped by Ruta Grav or Rhust Tox, depending upon symptoms.

Childhood ailments such as earache, chickenpox, German measles, measles, whooping cough, mumps etc will often respond very well, and surprisingly quickly, if Homeopathic help is sought early enough. I usually supply parents whose young children are my patients, with a basic First Aid Kit. Pregnancy is another area where a first aid kit can be useful.

I find that, until you have a clear understanding of the remedies and how they work, how often to give or take them, and most importantly when it is APPROPRIATE to take them, it is best to give me a call so that we can, between us, sort out the correct action to be taken.

It can be tempting to start prescribing remedies willy-nilly to all and sundry, perhaps on the sole basis that a particular remedy helped your problem in the past. 'Your' remedy may not necessarily be what someone else requires. **REMEMBER:** the basis of Homoeopathy is:

PARTICULAR REMEDIES ARE GIVEN TO PARTICULAR PEOPLE WITH PARTICULAR PROBLEMS.

TREATMENT COSTS

I have always done my best to keep treatment charges as reasonable as possible whilst being realistic about the costs that I incur on a daily basis to practice: secretarial, room rental, petrol, postage and worst of all ... telephone bills !

In common with most of my colleagues, if someone genuinely cannot afford my fees, we can always negotiate a reduction. None of us believes that homoeopathy should be for the rich alone!

Current fees are as follows:

First visit	£48.00
Follow-ups	£32.00

The fee includes the cost of your remedies (except any extra herbal tinctures or specialised remedies that I may recommend to you) *and any emergency visits that may be necessary in between visits*, so that if there is an acute problem you need not worry about being able to afford another consultation or not.

(This means that the fee covers you for a full month's treatment, in effect.)

MISSED APPOINTMENTS

N.B. Most people are considerate enough to ring to give me AT LEAST 24 HOURS' NOTICE IF THEY ARE UNABLE TO KEEP AN APPOINTMENT. This allows me time to rebook someone else who may need the appointment. If my income is damaged by these events, it would eventually result in raised charges - unfair to everyone else - so I reserve the right to charge a 50% fee for repeatedly-missed appointments.

PAINLESS MUSCLE RELEASE

(Hyperton-X Technique and others)

For years now I have been using various very gentle, non-manipulative techniques in my practice, none of which employ more force than could safely be applied to a closed eyeball. Problems such as sciatica, whiplash, frozen shoulder, neck and backache, sporting injuries ... all these and other problems can often respond where other things may have failed. If, on a Homeopathic visit, there is not a lot to talk about or to sort out, but you are having muscular problems, ask me whether there might be something I can do to help you. Be sure to wear loose clothing (not tight jeans!) Please ask for more details.

JIN SHIN JYUTSU

I am just beginning my training in this ancient Japanese Healing Technique

Ask me for more details

Thanks for choosing Homoeopathy & Hyperton-X as part of your long-term healthcare solution!

Peter Smith

DO VISIT MY WEBSITE FOR MORE INFORMATION ON :

- HYPERTON-X ... GENTLE MUSCLE RELEASE
- GLYCONUTRIENTS
- and lots more information