

# Ian Watson

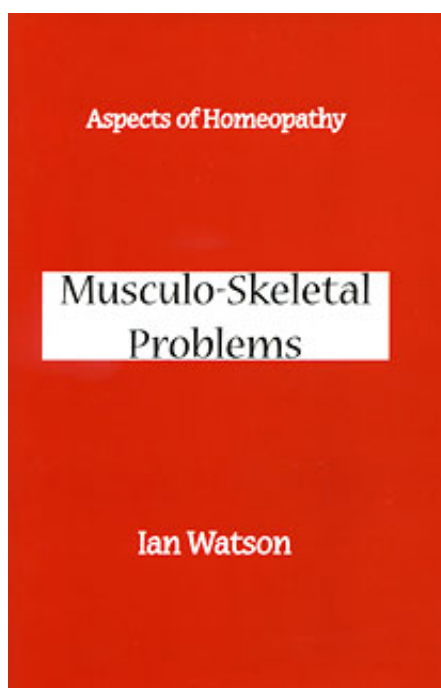
## Aspects of Homeopathy

Extrait du livre

[Aspects of Homeopathy](#)

de [Ian Watson](#)

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## Introduction

It's such a lovely day..... I know you'd all rather be sunbathing or hanging out on the grass, but we're here to study, do a bit of work, and hopefully have a bit of fun, too. So those of you who don't know me, I'm Ian Watson. I'm a homeopath, kind of, from England. I say kind of, because I've been travelling so much the last couple of years, I haven't been in one place long enough to run a practice for a while, but I did practice for about eight years, non-stop. I trained in London, in England, and I was lucky to study with some really good classical homeopaths, but also with some really good eclectic practitioners as well. One of the things I've noticed is that you can do a lot with homeopathy that's outside of the range of the straight, classical, constitutional stuff, and so I've always kept that in mind in my own practice.

One of the things I've found in terms of building up a practice, especially in the beginning, is that there's plenty of room for specialization in homeopathy, and I think homeopaths generally are a bit against specialisation. We all try to be everything to all people, and there's nothing wrong with getting good in a particular area and sharing your expertise in that. So, with that in mind, I chose two specific topics for this weekend, to do some depth in a particular area. I mean, we could do a whole week on musculo-skeletal complaints, no problem. As it is, we've got a day.

What I hope for those of you not that familiar with this way of working is that you'll at least be able to have quite a lot of stuff at your fingertips, because the thing, particularly with trauma, when you're treating trauma to the body, is that you need to be able to respond to what's happening right there in front of you. Often, by the time you've gone home and switched the computer on and got the repertory out, it's too late. You missed it. They're down to the emergency ward already or they're having surgery or they're having something else. So there's a case to be made I think for getting some basic knowledge really well assimilated, getting so familiar with it that it's literally at your fingertips. You see a situation and the remedy just comes to you. You think: "*where did that come from?*" and then you become like a compulsive prescriber, and people you don't even know, you find yourself giving them remedies. And you see all kinds of amazing things happen.

So what we'll do today, some of it I'm sure will be remedies you already know. I thought long and hard during the week prior to

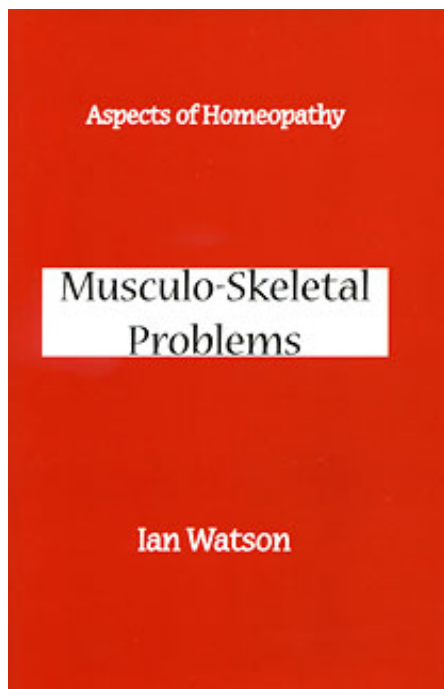
the seminar as to whether I could leave out some of the basics, the *Arnica* and the *Rhus-tox.*, and so on. Now, I don't intend to bore you with things you already know, but I do want to remind you of the importance of some of those things, because I think sometimes when we get into classical homeopathy and constitutional homeopathy, we think that's more important, and I don't think it is. I remember Robin Murphy saying that he thought the highest level of homeopathy, in his opinion, was first-aid, and the more I thought about it, the more I agreed with him. It's the most immediate. It's also the easiest, the most demonstrable, you need the least amount of training and skill, so it's the most teachable to other people.

It's in all of our interest that more people get homeopathy, at whatever level they get it. It's in all our interest that people just get a sense that homeopathy works, and what pulls most people into homeopathy is what I call an *Arnica* experience. You know, where they have no knowledge of homeopathy, don't know the first thing about it, but somebody catches them when they're susceptible. They've sprained their ankle, or they've got a bruise or a bang on the head, or something like that. Someone catches them in that moment and gives them a dose of *Arnica*, and they feel the effects. That person can never go back to being an allopath fully. It's like they'll never be well since that experience!

A lot of people don't get that from constitutional treatment. You know they go and maybe have a lengthy case-taking and get asked what seems to them a lot of irrelevant questions and pay a lot of money in some situations, and wait a long time for this one pill that didn't seem to do much. A lot of people have that as their first experience, then they can often conclude that homeopathy didn't work. And that's really sad. And yet a beginner could have given them *Arnica* in a first-aid situation, and they would have had a dramatic experience. I want to remind you that the emphasis is sometimes a bit unbalanced. We put too much importance on the constitutional approach.

## **Aetiologies**

The other reason why I think Robin is right is that so many chronic health problems stem back to what were essentially first-aid situations. You know, "three years ago, I had a whiplash, I had a bang on the head, I sprained my ankle, I had a grief, I had a shock, a child fell off a swing," or something of this kind, and they've never been well since. You see a train of health problems. So I'm going



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