

Miranda Castro

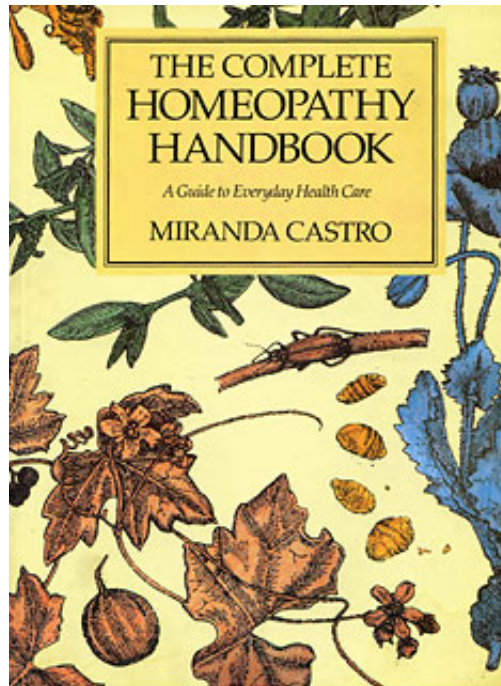
The Complete Homeopathy Handbook

Reading excerpt

[The Complete Homeopathy Handbook](#)

of [Miranda Castro](#)

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INTRODUCTION

The practice of homeopathy, whether in the consulting room or in the home, is a delight and a challenge. Used carefully and wisely, it is highly effective in curing a wide range of illnesses, from minor health problems to very serious conditions. This book focuses on everyday complaints that you can treat yourself.

I am concerned that people who are using homeopathic medicines should know their potential and use them with respect, especially since they are now sold over the counter in most chemists and health-food shops, with very few guidelines.

In this climate of greater life expectancy and yet increasing ill-health and disillusionment with modern wonder drugs, people are questioning the quality of their health care and looking for safe and effective ways to treat illness as well as to improve their health. Homeopathy offers a safe alternative as it seeks to improve the general level of health of the whole person, emotionally as well as physically, and as such is playing an important role in the movement back to a more holistic approach to health.

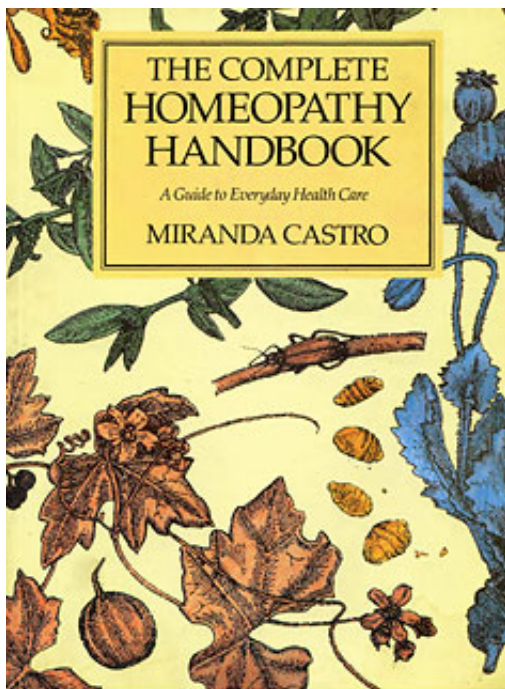
I believe that conventional medicines should be used sparingly and that their indiscriminate use for minor ailments is inappropriate. I do not intend to make comparisons between orthodox and alternative medicine in this book; nor do I wish to belittle the work and intentions of orthodox doctors. Nonetheless, many people are undermining their general health by abusing (over-using) antibiotics and other strong medications for trivial complaints. This extended use can lead eventually to resistance to the drugs themselves; to allergies; and, of course, to an eventual breakdown of the immune system. Homeopathy carries none of these risks and in fact boosts the body's vitality.

I anticipate that many users of this book will already have had some experience of homeopathy and the use of homeopathic medicines in the home, and will be familiar with the approach of some of the first-aid guides already obtainable. Many books currently available on first-aid homeopathy oversimplify the 'art' of homeopathic prescribing and have given the false impression that prescribing a homeopathic remedy is simply a matter of looking up, say, 'boils', and giving the one remedy that is listed. This will always be a hit-or-miss affair, with the remedy working for only a percentage of those people who take it.

Homeopathic prescribing is not that simple. This book mimics the way a professional homeopath works. As a homeopath, my tools for prescribing are the *Materia Medica* and the *Repertory*. The *Materia Medica* is simply a full account of the homeopathic remedies and the *Repertory* is a cross-referenced index of the information presented in the *Materia Medica*. What I present here is a simplified form of these books where they apply to first-aid prescribing, translated where possible into lay-person's terms.

Within the limitations imposed by the size of this book, the information here will help you to make remedy selection more accurate. This book *also* looks at the principles underlying the theory of homeopathy, as well as at how to prescribe - how to spot the symptoms or signs of disease and how to classify them so that they can be used to find the best remedy. My aim is to help the serious first-aider to use these principles to prescribe successfully, as I introduce you to a whole new way of defining and treating illness.

Miranda Castro
London, 1990



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[The Complete Homeopathy Handbook](#)

A Guide to Everyday Health Care

258 pages, pb
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