

## What is Homeopathy?

Homeopathy uses low doses of natural medicines to activate a self-balancing response in the body.

Following an in-depth consultation, each medicine is selected for you as an individual to support your health and wellbeing.

The medicine is derived from a variety of natural materials including minerals and plants. There are approximately 3000 medicines for the doctor to choose from.

Homeopathic medicines are non-toxic and can be taken by everyone including young children.



## Contact Us

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Integrative Medicine  
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NCIM sees Integrative Medicine as bringing together the best of conventional, lifestyle, and holistic approaches to improve health and wellbeing.

We use patient-centered, evidence-informed care, that draws on a range of holistic and lifestyle approaches including Homeopathy, Mistletoe Therapy, Nutrition, Mindfulness, Yoga, Acupuncture, and more, alongside conventional medicine.

This is an empowered, patient-led, integrative model of healthcare and reflects our core values.

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## What does the medicine look like?

All homeopathic medicines are manufactured as liquids. Drops of these liquids are added to powders or tablets/pilules. This means that all homeopathic tablets/pilules look the same because you are only seeing the sugar coating of the tablet/pilule, to which the specific liquid has been applied.

Homeopathic medicines are given as powders, liquids, tablets/pilules, or occasionally creams. They are made in different strengths known as the 'potency'. The potency you are given will determine how frequently you need to take the medicine.

## Pregnancy, conventional treatments and shelf-life

Homeopathic medicines are safe to take at any stage of pregnancy with no harmful effects, either to the mother or the unborn baby.

Homeopathic medicines do not interfere with other medicines, herbs, or supplements.

Homeopathic medicines will not spoil for years if they are kept in well-closed bottles away from strong odours and sunlight.

## Potencies

### 6c or 12c potency

At these potencies, the medicine is usually taken in a similar way to conventional medicines and it will often be repeated once or twice a day and given in the longer term.

### 30c or 200c potency

At these potencies, you will notice there is a basic difference between conventional and homeopathic medicines.

For example, if you have joint pain, your doctor may recommend a conventional medicine which you are advised to take regularly and on an ongoing basis. With homeopathy, however, less medicine is often better.

You may be advised to have a single dose, or just a few doses of the medicine, and then watch and wait to see what happens with your symptoms. Just a short course of homeopathic medicine can be effective, and it may be several weeks or months before you need to repeat a homeopathic medicine.

### LM potencies

These are given in liquid form, often as 3 drops directly on the tongue daily. You may be advised to thump the bottle firmly 10 times on the palm of your hand or a hard surface each time you take the medicine.

## Changes in your symptoms

**The following are all normal responses to a homeopathic remedy:**

- A slight worsening of the symptoms followed by an improvement
- A slight worsening of the symptoms and then a return to the way you were
- A steady improvement
- No change at all.

**In each case you should make a note of any changes in the following:**

- Your symptoms
- Your overall well-being e.g. mood, energy, sleep etc.

Understanding your response will assist your clinician when you see them for follow-up.

**If your symptoms become significantly worse, stop taking your medicine and contact us for further advice.**



## Why do we recommend a course of consultations?

If your first recommendation of homeopathic medicine does not work at all or as well as you were hoping, then this does not necessarily mean that homeopathy isn't going to work for you. You may need a different potency of the medicine or a new recommendation. It is not always possible to establish the most suitable medicine within one consultation.

We have collected data from our homeopathic services over a long period which shows that although some patients do improve after their first consultation, even more do so after a second or third visit. If homeopathy is going to help you then it would usually have done so by the fourth visit.

## How to take the medicine

Homeopathic medicines are taken orally and absorbed through the walls of the mouth.

- Tablets or pills should be sucked or chewed (not swallowed with water/food). The taste is slightly sweet and palatable for children.
- Powders or granules should be placed on the tongue and allowed to dissolve. This happens almost immediately.
- Liquid medicines should be held in your mouth for a few seconds before swallowing.
- You may be directed to shake a liquid medicine before taking.

## Some handy tips for taking medicines

- Do not handle your medicines as they have no protective coating.
- If you are taking a tablet form, then roll the tablet into the cap of the bottle and tip it into your mouth.
- If you have pilules or tablets it is a good idea to tap the bottle gently before you first open it to ensure the individual tablets are not stuck together.
- Avoid eating, drinking, smoking, or brushing your teeth for 15 minutes before or after taking your medicine so that the oral environment is neutral and absent of any residual substances.
- Keep your intake of caffeine (found in tea, coffee, or cola drinks) to a minimum.



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What clinical services does NCIM offer?

Integrative Doctor and Pharmacist  
Nutritional Therapy  
Medical Homeopathy  
Mistletoe Therapy  
Hypnotherapy & Mindfulness  
Wellbeing courses

**NCIM mailing list:** Be the first to know our latest news, events, blog posts, and special offers by signing up to receive our weekly updates - 'Integrative Medicine Matters'.

Sign up here [www.ncim.org.uk/news-blog](http://www.ncim.org.uk/news-blog), or ask us to register your email address.

## Safety

In general, homeopathic medicines are very safe as they are low dosages and are usually taken in small quantities. You may however notice a change in your symptoms which you should make a note of and bring to your next consultation.

## Homeopathic Pharmacies

### NCIM local pharmacy:

#### Buxton and Grant Pharmacy

176 Whiteladies Road, Clifton, Bristol, BS8 2XU

Tel: 0117 973 5025

Email: [buxtonandgrant@hotmail.com](mailto:buxtonandgrant@hotmail.com)

[www.buxtonandgrantpharmacy.co.uk](http://www.buxtonandgrantpharmacy.co.uk)

### ONLINE PHARMACIES

Some of the less common remedies may not be listed online, we advise that you call the pharmacy if you can't find the medicine you need.

#### Helios Homeopathic Pharmacy

Tel: 01892 537 254

Email: [order@helios.co.uk](mailto:order@helios.co.uk)

Website: [www.helios.co.uk](http://www.helios.co.uk)

#### Ainsworth Homeopathic Pharmacy

Tel: 0207 935 5330

Email: [enquiries@ainsworths.com](mailto:enquiries@ainsworths.com)

[www.ainsworths.com](http://www.ainsworths.com)

#### Nelsons Homeopathic Pharmacy

Tel: 0208 780 4240

Email: [customercare@nelsons.com](mailto:customercare@nelsons.com)

[www.https://www.nelsonspharmacy.com](https://www.nelsonspharmacy.com)