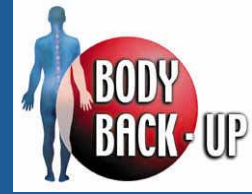


Homeopathy & You

by Dr Elena Gheorghiu MF Hom



Osteopathy &
Sports Injury Clinic
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What is Homeopathy?



Dr Elena Gheorghiu

Homeopathy is the gentle way to health that treats the whole person, not just the patient with an illness.

Factors such as personality, diet and environment are all relevant.

Two hundred years of practice, research and trials have proved the effectiveness of this safe and gentle system of medicine.

It can help with a huge variety of problems, especially chronic conditions and its gentleness

makes it particularly suitable for children and the elderly.

In addition to homeopathy Dr Gheorghiu prescribes Spagyric essences and Bach Flowers remedies. Occasionally, she uses Iridology in diagnosis and follow up treatments plus Kinesiology as a diagnostic tool in testing and treating allergies.

Healing begins within your body

Homeopathy is based on the principle that "like cures like". The medication creates a secondary reaction 'alongside' that of the disease. This stimulates the body's own defence mechanism, helping the body to heal itself.

Remedies come from natural sources and are diluted resulting in safe and totally harmless substances.

To stimulate your body's own healing process, a remedy closest to your individual symptom is prescribed. Healing begins from within your body, strengthening your health and immune system, without any danger of damaging side effects.

What is Spagyric medicine?



Spagyric medicine is an ancient natural system of healing and has been brought up to date using modern pharmaceutical methods of manufacture and safety standards.

Derived entirely from plants, each individual spagyric essence is made from a particular plant, its healing power increased by Spagyric transformation.

Spagyric remedies are herbs, homeopathy and mineral nutrition in a single plant essence, which work on the body and mind. Due to removal of all toxic components they are safer and

faster working than normal herbal remedies.

Given to a patient, such a remedy mobilises their self-healing forces.

What is Iridology?

Iridology was developed in Hungary in the 19th Century and involves the study of the iris of the eye and the pupil to determine the health of the whole body.

Genetic strengths and weaknesses, levels of inflammation and toxicity, the efficiency of the eliminative organs all build up a picture of both current health status and predispositions. An

Iridologist will not claim to diagnose an actual disease with these methods, but to identify weaknesses in the body.



What is Kinesiology?

Discovered in 1964, Kinesiology uses simple, safe, precise muscle testing procedures to find problem areas, and uses massage, touch, nutrition, energy reflexes, and counselling to balance holistically.

Kinesiology testing does not diagnose disease. Muscle testing enables analysis which detects minor functional imbalances. Minor imbalances when not corrected, accumulate and cause compensations.

Compensations compound each other, lead to functional changes, and give rise to symptoms of discomfort, pain or maybe allergic reactions. If these warnings are ignored, disease can follow.

Using massage, nutrition, and contact points, Kinesiology balances the whole person, which enhances health and well-being. Health wards off disease. Kinesiology is truly preventive.

What can Homeopathy treat?

Homeopathy has a wide application, here are some examples of conditions that can be assisted by homeopathy:

- acute fevers ■ sore throats ■ toothache ■ arthritis ■ eczema
- asthma ■ anxiety ■ mild depression ■ chronic fatigue syndrome
- allergies ■ persistent infections ■ sleep disorders
- migraines ■ feeling unwell ■ Irritable Bowel Syndrome (IBS) ■ sinusitis

Dr Elena Gheorghiu has a Homeopathic Clinic at Maidenhead every Tuesday and Thursday and in Maida Vale by special arrangement.

To find out more give us a call.

Elena is registered with BUPA and PPP for Homeopathic treatment

To find out more about Homeopathy at Body Back-Up visit our website or email us at practice@bodybackup.co.uk

www.bodybackup.co.uk

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**For appointments call 01628 624544 or 020 8969 0247
Maidenhead • Slough • London W9 (Maida Vale)**