

Everybody's Guide to Homeopathic Medicines: Taking Care of Yourself and Your Family with Safe and Effective Remedies

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Abstrak

The trend towards healthy living and the use of natural products is now widespread, and more people than ever before are turning to homoeopathy as an alternative to conventional medicine. Rather than administering drugs to attack the symptoms of disease, homoeopathy aims to stimulate the body's own healing forces to combat the deep-seated causes. This guide to the principles and practice of homoeopathy tells readers how they can treat themselves and their families. It explains "casetaking" and prescribing for such ailments as colds, digestive problems, headaches, cystitis and menstrual cramps; and how to administer first-aid for such injuries as burns and fractures. Instructions accompanying each set of medicines advise when outside medical help should be sought.