

Homoeopathy

Homoeopathy is a very specific and complete system of holistic medicine, backed by sound scientific research. It was founded by Dr Samuel Hahnemann in 1790. Homoeopathy aims at promoting the body's natural healing powers by using the principle of "like cures like" which was already taught by Hippocrates. This implies that when a homoeopathic remedy, with a certain symptom picture, matches a patient's mental, emotional and physical state of disease, this remedy amplifies the activity of the inner healing response on all three levels. When prompted correctly, this inner healing mechanism affects improvement of the emotional and mental state as well as organ function and stimulates the immune system. Homoeopathic remedies are truly curative rather than palliative. They do not suppress symptoms or weaken the immune system.

The second principle homoeopathy uses, is the law of minute dosages. These highly diluted and vigorously shaken remedies are precisely the reason why homoeopathic remedies are safe, non-toxic and non-addictive, yet profoundly effective. The use of nano-medicine, nano particles, electro-magnetism, is not a new one in science and has been used in many areas of modern medicine.

In Namibia, like in South Africa, a homoeopath is a primary contact diagnostic practitioner managing all aspects of patient healthcare: the diagnosis, treatment and general management of a patient and the presenting condition. The profession of homoeopathy is regulated by the Allied Health Professions Act, no7 of 2004. Homoeopathic education is available world-wide at various levels. In South Africa two tertiary institutions teach a 5-year full-time Master's Degree in Homoeopathy. In other countries medical practitioners can acquire an additional degree in homoeopathy after completion of their medical training. In at least 76 countries in the world duly trained and highly qualified homoeopaths attend to patients either in a hospital setting, community clinics or private practice.

Challenges that have been encountered are based on misunderstandings and ignorance. Anything "natural", alternative, herbal, supplementary, unexplainable or different is automatically grouped and described as homoeopathic. Nothing is further from the truth! The use of highly diluted and succussed remedies further adds to the confusion. Another misleading factor is that many untrained, medically incompetent lay people claim to be homoeopaths when in fact they are not and cannot be registered as such. Unfortunately, the public is not aware of this.

In principle homoeopathy is as good as its application, theoretically any condition can be treated with homoeopathy, including reversing potential surgical cases and making surgery unnecessary. It depends on the selection of the correct remedy, which at times can be challenging, as the homoeopath deals with thousands of remedies. It also depends on how chronic or advanced an illness is – in this case, treatment is complicated and prolonged. Many patients do not understand the process and abscond before treatment is complete. The concept of immediate relief and instant gratification is too ingrained in modern man, who does not understand that healing takes time and most modern treatments are usually based on a suppression of symptoms, not true healing. Homoeopathy is excellent when dealing with acute diseases such as childhood diseases, colds and flu, injuries and respiratory, and urinary conditions.

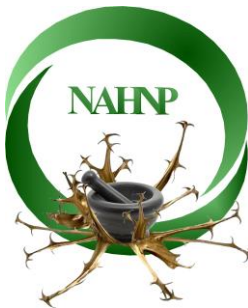
Most patients seen by homoeopaths are healed or relieved to some extent. Many patients and their families consult only homoeopaths for all their conditions, and are referred to specialists in the case where the homoeopath cannot help or the condition requires expert evaluation and other treatment first. Results speak for themselves!

Research in homoeopathy has been ongoing for centuries. It is the most researched and documented medical discipline since its start in 1790, a fact which should not be ignored and which we cannot emphasize strong enough!

The Liga Medicorum Homoeopathica Internationalis is a global governing body for the profession of homoeopathy. They liaise with International Health Organizations like the WHO for example. They give political support, educational help and other assistance to member countries around the world. They promote and encourage research in the field of homoeopathy, advise on good quality education and run regular congresses amongst many other projects.

Homoeopaths in Namibia have very busy practices which indicates that the service of homeopaths is in high demand. There are more and more people who seek an alternative or complementary treatment to conventional treatment methods. It is not a religion so there is no question of belief. Word of mouth of results of improved health and the enormous amount of research is one way of encouraging more people to make use of homoeopathy and other forms of natural health care systems.

Below you will find a list of the registered homoeopaths in Namibia:



Dr Elga Drews
Dr Freda Jeske
Dr Marion Klingelhoefter
Dr Helga Schoerghofer
Dr Wiltrud Simoni
Dr Alicia Smith