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Homeopathy for a better lifestyle

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Some of the classical colleges of homeopathy believe that homeopathic remedies alone can do the job of healing, whereas I believe that homeopathy can create miracles when it is used with the right supportive tools such as: nutrition, exercises and a healthy lifestyle. I believe, as Samuel Hahnemann (the father of homeopathy) did, that through homeopathy we can educate people and help them to adopt a healthier lifestyle. In his book "The Organon of Medicine", Hahnemann has emphasized that "The physician's ideal of cure is rapid, gentle and permanent restoration of health ... in the shortest, most reliable, and most harmless way, on easily comprehensible principles." (Hahnemann, 31:2002). He added in the same prominent book that a homeopathic practitioner has to investigate all possible connected issues in his or her patient's life, in order to identify useful information that may assist him or her to cure the most probable cause of the disease. Therefore, we as practitioners must consider the effect of the lifestyle of the patient alongside his or her mode of living, habits, social and domestic relations and other relevant factors. As a result of following this practicing principle in my clinic, I managed to decrease the healing period from the average of six months to three months in most cases. In this paper, I will speak about my way of practicing homeopathy to achieve the goal of healing and helping my patients to enjoy a better health and a happier life.

Biography

Samira H M Zaidan is a professional Homeopath and a member of the Homeopathic Medical Association in UK. After she has finished her studies in Comparative Literature and obtained her PhD in the subject, she studied Homeopathy in London at the College of Homeopathy and graduated in year 2000. She studied Cranio-sacral therapy at the College of Cranio-sacral Therapy in London. She was trained professionally to use the educator, a biofeedback, medical device. She started practicing in London before moving to Jeddah, Saudi Arabia. Since then she has been practicing Homeopathy. She believes that homeopathy is a useful tool to educate people and help them to adapt a healthy lifestyle. She worked at the College of Pharmacy, Umm-Al-Qura University in Makkah, Saudi Arabia as an Assistant Professor, she taught Alternative Medicine at the College. In 2014, she retired and concentrated on Homeopathy and producing homemade, natural, beauty products for patients as substitutes of chemically prepared products.

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