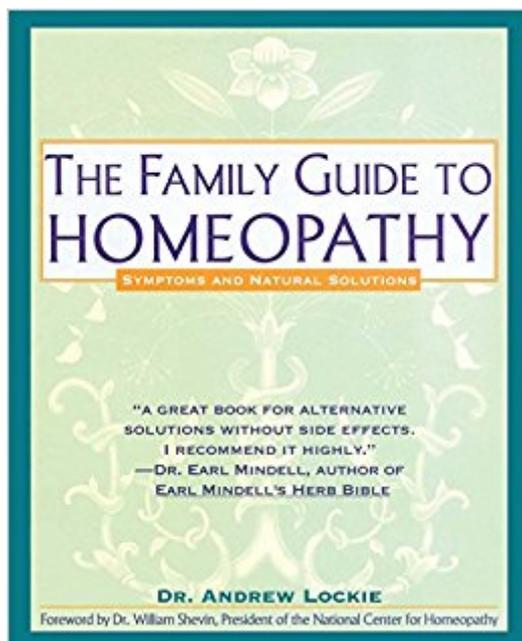


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# The Family Guide To Homeopathy: Symptoms And Natural Solutions



## Synopsis

A Safe, Natural, and Effective Alternative Medicine Millions of people, including health professionals, are turning to homeopathy, a form of medicine that treats illness by stimulating the body's natural defenses. Dr. Lockie explains how homeopathy can help restore health, rather than simply fight disease. This family reference guide provides all the information necessary to understand how homeopathy works, and how any individual can use it simply and safely to treat a wide variety of illnesses. Accessibly organized by symptoms affecting all parts of the body from head to toe, *The Family Guide to Homeopathy* offers a list of remedies for hundreds of conditions along with details on how often and how long to give the remedy. It covers everything from heart disease to menopause, from allergies to ulcers, including advice on when to consult a doctor. Special sections feature symptoms and solutions for special problems affecting men, women, infants, and the elderly.

## Book Information

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## Customer Reviews

Lockie, a well-known homeopath in the U.K., argues that at its deepest level, homeopathy is preventive in nature, gently nudging the immune system to work better. And although he concedes that drugs, surgery, radiation and other high-tech methods have been successful for some disorders, Lockie claims they are not appropriate for the majority of diseases seen in family practice. Homeopathic treatment, as he describes it, involves a peeling away of "layers" of illness, removing symptoms in the reverse order in which they appeared, and each time reaching further back. Because homeopathic medicine looks on the mind and body as one, Lockie argues that remedies

should match three elements: physical symptoms, mental and emotional symptoms, and the general sensitivities of the patient. Unfortunately, this comprehensive look at homeopathic treatments is not altogether user-friendly, especially for those who have not yet been evaluated by a homeopath and do not know if their condition is well suited to this treatment system. Appendices include an extensive listing of how 60 substances used in homeopathic remedies are intended to work and a bibliography. Illustrations not seen by PW. Copyright 1991 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Unlike allopathic medicine, homeopathy has a long tradition of encouraging self-diagnosis and self-care where reasonable. Here, a British homeopath offers a very accessible explanation of homeopathic theory, a homeopathic first-aid guide, a compilation of numerous ailments and symptoms and their corresponding treatments, and one of the better materia medica aimed specifically for home use by the layperson. The text has been "Americanized" for U.S. readers. Lockie is careful to point out symptoms that require medical intervention. His book is highly recommended for public libraries with subject demand in alternative health modalities.-Judith Eannarino, Washington, D.C. Copyright 1991 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I am new to the whole Homeopathy world and doing research before jumping into anything is key! I was able to buy this on for super cheap by clicking on the "other buying options" and buying it used. Which is a plus, who doesn't like cheap deals! The book arrived super fast and I have had time to jump in. This thing is a gold mine! I am still learning, and feel I need a course, but this book literally has everything for every possible ailment you and your family could possibly encounter. It contains what type of Homeopathy remedy to use and what to use it for, how long to use it, how much to take, etc. It's a very well written book. I will be recommending it to anyone asking for the perfect Homeopathy book!

I really, really got a GREAT deal on this giant book that is full of excellent suggestions for incorporating homeopathy in everyday life as well as in emergency medical situations. My husband had a stroke, and this book helped me to find an immediate remedy, arnica, to offset the nerve damage and lessen the blood clot, and then as he was recovering, I found different suggestions for the rebuilding and repairing of his speech patterns and breathing problems. **INVALUABLE BOOK THAT IS VERY USER FRIENDLY, IN MY OPINION!!**

Andrew Lockie has made it easy. Cough? Headache? Menstrual cramps? Insomnia? Minor injuries and bruises? Laryngitis after shouting too long and hard for your favorite sports team? For first-line therapy for those ailments that you and your family members find annoying but perhaps not ill enough to visit the doctor, check with Lockie first. At the end of each of his bulleted-symptoms will be a high-school-Latin-class sounding name of a homeopathic medication. You will find these homeopathic medications over-the-counter at your local health food store or pharmacy or on-line pharmacy for as little as \$6 (2014 prices). NOTES: 1) If your doctor is a homeopath, establish ahead of time if your doctor prefers that you call him/her before taking an over-the-counter homeopathic medication. 2) If your symptoms are severe or don't resolve promptly, call your doctor or proceed to the emergency room. 3) The base of the medication (that comes in little dissolvable pellets or tablets) is often lactose (milk sugar). Even with a lactose intolerance, you will probably do fine with them (check with your health care provider). BUT, do think twice if you have a full-blown disaccharidase deficiency. 4) Do not be put off by the names of some of the remedies. When you look up the genus-phylum-species names, the translation may be "bushmaster snake" or "white arsenic" The scarier the name, the better and the faster some of these medications work 5) Do not take these medications long-term unless instructed to do so by your health care practitioner. "More is NOT better."

I have bought several of these books from bookstores but this was the best deal ever! It's a great book for homeopathic beginners

Great "beginner" book!

I love this book. It is helping me learn about homeopathy in easy steps. Everything is easy to read and understand.

This is the book I have been looking for. . .one which brings together homeopathics, in readable form, with other health suggestions in one volume.

We are big natural medicine follows so this is a great addition to our library of home/natural solutions. Our son responds really well to homeopathy and the book is organized alphabetically by symptom/illness so very easy to use.

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