



Encyclopedia of Homeopathy: The Definitive Home Reference Guide to Homeopathic Self-Help Remedies & Treatments for Common Ailments

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Homeopathy, with its "less is more" approach to using medicine, is proving to be among the most effective forms of alternative medicine. Its ever-growing popularity has newcomers and experts alike searching for the ultimate guide to understanding and using homeopathy. With this Encyclopedia of Homeopathy, that search is over. This authoritative volume combines a comprehensive explanation of the key theories and methods of practice with a meticulously researched reference section that details more than 320 remedies. Special features include a unique Materia Medica and a practical family guide. A beautifully illustrated Materia Medica section provides a full profile of each remedy, including its origin, historical and medicinal background, and preparation. It describes the principal physical, psychological, and emotional symptoms associated with finding the right remedy. In addition, a special section on serious ailments outlines how a professional homeopath approaches major health concerns. Self-Help remedies are recommended for over 100 common ailments, such as colic in babies, premenstrual tension, insomnia, and sciatica. Carefully devised checklists for both physical and mental symptoms make accurate self-assessment easier than ever before. Comprehensive, practical, and easily accessible, the Encyclopedia of Homeopathy offers essential information and practical guidance for everyone wishing to explore the healing properties and uses of this unique system of medicine.



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