

What is homeopathy?

Homeopathy is an holistic therapy. This means that symptoms are not taken in isolation, everything about you is considered when prescribing a remedy.

Homeopathy is based on the concept that 'like treats like'. So, for example, if you cut up an onion you get tears and a stuffed up or runny nose, which could be likened to the symptoms of hay fever. The idea is to boost your body's healing abilities through its own processes.

Homeopaths see illness as a sign of disharmony or inner imbalance. They work on trying to resolve underlying problems rather than simply dealing with particular symptoms.

*Treatment time will vary according to how long you've had your complaint. You should be aware that homeopathy is not a 'quick fix' system and longer lasting conditions may take several months to resolve. However symptoms with a sudden onset, such as earache, can have quick and effective results from only one remedy, or a short course of remedies.

You will be encouraged to speak fully about the reason why you've come for homeopathy at all your consultations because Christine wishes to find out as much information about you as possible in order to decide on which remedy best suits you.

Don't worry if you are already taking conventional drugs from your doctor for your complaint, or are following another complementary therapy, homeopathic remedies can be successfully used alongside your existing drugs or treatment*

Christine Sanders' methods and treatments*

In the space of Christine's consulting room you will be able to communicate as you've never done before, so that both you and she will have a deep understanding of who you are. Rest assured, full confidentiality is paramount.

This process will enable nurture, empathy and compassion to flow and finally release your energy that is trapped within you, which has resulted in your symptoms. Through homeopathic remedies and the therapeutic process Christine aims to reduce your symptoms to only occasionally requiring further treatment.*

Christine's 17 years of experience shows her commitment to helping people improve their health.

An audit of Christine's practice demonstrates that clients have sought treatment* with such diagnoses as:

- Phobias, such as enclosed spaces, flying or giving a presentation.
- Hay fever, asthma, eczema, period pains, irritable bowel, depression, stress, anxieties, ADD, ADHD and autism to mention just a few.

Homeopathic treatment* may also allow

- Improvement of your health, confidence and perceptions of life.
- Better things to come into your life.
- Development of your immunity and personality.
- Release from painful, unwanted physical symptoms and unwanted ways of thinking.
- Help you to evolve into who you want to be
- Enhance your family by treating* all of you.

What happens at a consultation?

Communication between the homeopath and client is a vital aspect of homeopathy. Unlike conventional medicine, homeopathy stresses the uniqueness of the individual and remedies must be matched as much to the person as to the symptoms. The client's life experiences, traumas, and day-to-day living, as well as hereditary factors, have an impact on the nervous and immune system and any subsequent imbalance.

The first consultation takes up to 2 hours for an adult, and an hour for babies and children up to and including the age of 10. During this time the client is encouraged to talk in depth about their symptoms and themselves. From this information Christine will prescribe a remedy most suited to you.

Charges

Please refer to Christine's information sheet.

Bookings

Contact Christine to make your appointment now!

01628 638690

Christine's consulting room is in Maidenhead



Christine Sanders trained for three years at the College of Homeopathy in London, gaining a Licentiate of the College of Homeopathy (LCH) in 1995 after studying full time courses on Medical Sciences, Homeopathic Philosophy and Materia Medica.

She gained Registration with the Society of Homeopaths (RSHom) in 1998 and abides by their Code of Ethics and Practice. Since then she has become a supervisor of students-in-training and practitioners.

Her preferred methods of taking and analysing cases are through the Sensation Method or Dr. Sehgal's Revolutionised Homeopathy. She continues her professional development in order to expand her knowledge and improve her casetaking.

September 2011

* The dictionary definition of the verb to treat and treatment from Chambers English Dictionary:

Definition of the verb "to treat" is: To deal with; to handle; to discuss; to behave towards; to act upon; to deal with the case of; to deal with (disease) by applying remedies; to subject to a process.

Treatment is: the act or manner of treating; management; behaviour to anyone; way of applying remedies.

Testimonials

"I had been taking antidepressants for a year and a half, but was concerned about the effect they would have on my overall health. I began seeing Christine Sanders in October and gradually decreased the medication until in December I was able to stop it altogether. After Christine successfully found my personal remedy I went from strength to strength, and with full care and support I came through the eliminatory symptoms. I would describe it as pushing my way through a storm to emerge in the sunlight of a summer's day."

Mr M D

"I first contacted Christine Sanders in January 1997 and can honestly say I have never looked back. Whilst I had no major health problems, a recurring throat infection was occurring more and more often with no explanation from my doctor as to why. My very first remedy sorted the problem, as well as other odd ailments which I just presumed were idiosyncratic and things to 'put up with'. My amazement and wonder as to how the remedies work continues to this day, especially in relation to my children (who weren't born when I first contacted Christine). Their good health and wellbeing is of paramount importance to me, which is why they have all had homeopathic remedies as well as conventional medicine. When told by a doctor that my son's frequent cough was asthma (and he would need an inhaler), I took him to Christine and, needless to say, his cough cleared up. I have no hesitation in recommending homeopathy because, whilst it doesn't change you as a person, it empowers you, which is more important!"

Mrs D P

www.energy4wellbeing.co.uk



*Soaring to new heights of health,
awareness and well-being*

**Christine
Sanders** RSHom

Homeopathy

*If you favour a gentle, natural way
of achieving health, then
Homeopathy may be
the way forward
for you.*

