



Homöopathie (German Edition)

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Das Interesse an homöopathischen Heilverfahren ist groß. Doch was genau versteht man darunter eigentlich?

Homöopathie spricht oft vor allem Menschen an, die auf der Suche nach alternativen Behandlungsmöglichkeiten sind und die sich nicht auf chemisch hergestellte Arzneimittel verlassen möchten. Ein großer Anreiz liegt darin, dass die Homöopathie eine sanfte, ganzheitliche Heilmethode ist. Zur Heilung ist es wichtig, den Menschen als Ganzes wahrzunehmen, nicht nur als Summe seiner Einzelteile. Daher nehmen sich Homöopathen bei der Anamnese Zeit, um den Patienten, seine Symptome, aber auch seine Lebensumstände und Neigungen kennen zu lernen. Erst aus dem so gewonnenen Gesamtbild können Schlüsse zur erfolgreichen Behandlung gezogen werden. Dabei lernt der Patient bald, auch die kleinen Signale seines Körpers besser und präziser zu deuten. Durch die genaue Betrachtung des Patienten kann dann der genau passende Wirkstoff ausgewählt werden, der in Form von Kügelchen, Tropfen oder Tabletten eingenommen werden kann. Wenn man einige Regeln beachtet, ist eine Selbstmedikation auf der Basis homöopathischer Regeln in sehr vielen Fällen gut machbar.

Dieses Buch soll Ihnen ermöglichen, sich einen ersten Überblick über die Grundlagen der Homöopathie und ihre Möglichkeiten zu verschaffen.

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