

The Practitioner

I am a qualified practising Homoeopath who is a Registered member with the Society of Homoeopaths.

Additionally I have a BSc Honours Degree in Complementary Medicine and Health Sciences and a Diploma in Reflexology (I.I.H.H.T.)

I would welcome the opportunity to discuss how homoeopathy or reflexology may be of benefit to you. Thank you for taking the time to read this and finding out more about Homoeopathy and Reflexology.

Homoeopathy

"Our whole family have benefited from treatments by Kirsty making a huge difference to the day to day happiness of our home. By looking at each of us as a whole it has not only dealt with any physical ailments but has also treated emotional ones as well."

‘Susan from Poole, Dorset’

Reflexology

Reflexology is a unique therapy that treats the whole body by applying pressure on specific points on the foot as the foot itself is like a map of the rest of the body.

In finding and massaging these reflexology points on the foot which relate to specific organs or parts of the body we can re-dress any imbalances in our system which may lead to stress, illness or disability

Reflexology can be both a therapeutic and diagnostic tool.

Treatment helps stimulate the normal function of the organs and thus aids self healing bringing about physical and mental well being. Furthermore the treatment is particularly useful for easing the tensions of day to day living.

Appointments for Homoeopathy and Reflexology can be made at:

**Homoeopathy & Reflexology
Kirsty Myles – 07905 869951**

HOMOEOPATHY & REFLEXOLOGY



For further information please contact:

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What is Homoeopathy?

Homoeopathy is a method of self healing assisted by small doses of natural substances; such as plants and minerals. It has proven safe and effective in treating a range of health problems, physical, mental and emotional.

Homoeopathy works by strengthening the body's immune system making us less susceptible to the influence of illnesses. The administration of remedies in small doses means that Homoeopathic treatment is non-toxic.

Homoeopathic Treatment

The first appointment is about one and a half hours. This gives enough time to describe all your symptoms, how they effect you and when. The homoeopath will also be interested in learning how you are feeling in yourself, to help choose the right remedy.

Having learned about yourself and your symptoms, the homoeopath will select and provide you with a particular remedy.

The duration of treatment depends upon several factors including how long you have had the symptoms, your general health level, current levels of stress and the severity of the symptoms experienced.

Confidentiality

Homoeopathy is based on a progressive 'working' relationship between homoeopath and patient; with mutual respect and confidentiality.

As a Homoeopath I am able to offer a level of confidentiality within the law of the land and up to the point where it may cause harm to others to withhold information.

I aim to offer empowerment – throughout the progression of your treatment I will keep you fully informed and integrated in the choices made about your treatment and its progress.

Prescription Medication

I am happy to work alongside your G.P; homoeopathy does not work in opposition to conventional medicine and I would hope that your G.P and I could be in partnership to support you and create a truly complementary service for the benefit of your health.

I will never under any circumstances give advice on prescription medication; this aspect of your treatment is between you and your G.P

Homoeopathic treatment is suitable for anyone; it is invaluable in treating children, the elderly, pregnant women and weak and fragile patients.

**Why it is so popular?
Patients are treated as individuals, not as a collection of disease labels
Homoeopathy treats all your symptoms – mental, emotional and physical
Homoeopathic treatment works with your body's own healing powers to bring health and well-being
Homoeopathic remedies are gentle, subtle and powerful**