

It was very informal – six of us, all women, all very different, sitting around the kitchen table, each week covering a different aspect of acute prescribing – how to deal with everything from a child’s cut knee to a horrible head cold or a bee sting.

Homeopathy is not a precise science, as the remedy has to be right for each individual. What would ease my cold might be different from what someone else needs, for instance.

Niamh herself was introduced to homeopathy by her husband, Martin, 20 years ago. “When we first met I had a really bad cold and he gave me the remedy Gelsemium. It worked really well and very quickly and I was very impressed. My interest continued, but it was when I became pregnant and discovered a book by homeopath Miranda Castro that my interest was really sparked. It became my bible for treating my children’s ailments and I wondered how parents could survive without it.”

Niamh graduated from the Centre For Homeopathic Education in London in June 2005 and her patients have mostly come from recommendation since then. It’s not surprising, as listening to some of the ‘success’ stories from the women on the

course who’d been treated by her, Niamh has a great empathy for using homeopathy.

To be a good homeopath, you have to be a good listener and sensitive to people. And you only have to talk about this alternative medicine to Niamh for a couple of minutes to realise how enthusiastic she is about its effects.

“Homeopathy is a natural, effective, holistic medicine,” she says. “You’ve got to experience it to believe it. It surprises me, even now, the extent of its reach. It can treat from the most minor to the most complex of illnesses.”

Niamh is keen to empower people to treat minor, acute complaints at home and advises anyone not to give up easily.

I can second that as, with my Miranda Castro book – The Complete Homeopathy Handbook – I have to first search for my ‘patient’s’ symptoms and then try to match them to a remedy. There are often several remedies with the same indications. But even if you get it wrong, there’s no danger. There are no side effects and the worst that can happen with the 30x (dilution) pills is that it simply will not work.

I’d purchased from Niamh a handy-to-carry pack of the Ainsworth 42 Essential Remedy Kit (£36.99), so I’m ready for action!

So far I’ve successfully treated my own



tennis elbow with Ruta and I can report that my son is now also a great devotee of homeopathy. He was particularly impressed with the good results from the hangover remedy Nux Vomica following a Friday night beer fest. I’m hoping Chamomilla will help calm my 18-month-old granddaughter’s teething pain, too.

At a time when many people are looking for medicine that complements the traditional and is, perhaps, more subtle and gentle, homeopathy is invaluable.

*A five-week course: Introduction to Homeopathy and Home Prescribing with Niamh Hynes costs £95. Contact her on 01707 886565. Email niamh@familyhomeopath.co.uk