

# Introduction to Homeopathy

Health Freedom  
for your Family



# Lisa Hughes.....My Story

intuitive  
help support  
listen  
mother health parent  
intime freedom  
instinct heal trust  
hope confidence love  
flexible observation  
instant friend



# What is Homeopathy

Homeopathy, an alternative medical system founded in 1796, is based on two core principles: the **Law of Similars** ("like cures like") and the **Minimum Dose**.

The Vital Force, our bodies are more intelligent than we give them credit for, homeopathy works with the body not against it



## Homeopathy can work on acute and chronic cases

We treat the whole person and symptoms not the disease.

Today I'm going to talk about the Helios kit and some of the remedies that can help you and your family remove some of the over counter remedies ... that are often suppressing rather than helping the body



# True freedom starts with a Helios Kit



<b>Remedy</b>	<b>Best Used For...</b>
<b>Aconite</b>	The first stage of a sudden fever, chill, or shock, often caused by exposure to cold wind.
<b>Apis Mel</b>	Stinging pains with rapid swelling (like a bee sting) that feel better with cold compresses.
<b>Arnica</b>	The "go-to" for bruising, physical trauma, muscle soreness, and the shock of an injury.
<b>Arsenicum</b>	Food poisoning or stomach bugs characterized by burning pain, restlessness, and anxiety.
<b>Belladonna</b>	Sudden, high fevers with a red face, radiating heat, throbbing pain, and dilated pupils. TEETH
<b>Bryonia</b>	Pains that are much worse for any movement; typically used for dry coughs or "grumpy" flus.
<b>Cantharis</b>	Intense, burning pains, particularly associated with cystitis (UTIs) or scalds and blisters.
<b>Chamomilla</b>	Extreme irritability and sensitivity to pain, often seen in teething babies or colicky infants.
<b>Gelsemium</b>	Flu symptoms characterized by heaviness, drooping eyelids, trembling, and a dull headache.

<b>Remedy</b>	<b>Best Used For...</b>
<b>Hypericum</b>	Injuries to nerve-rich areas (fingertips, toes, spine) and sharp, shooting pains. <b>TEETH</b>
<b>Ignatia</b>	Acute grief, emotional shock, or disappointment, often accompanied by a "lump" in the throat.
<b>Ledum</b>	Puncture wounds (nails, thorns) and insect bites that feel cold to the touch but better for cold.
<b>Merc Viv</b>	Sore throats with excessive salivation, bad breath, and sensitivity to temperature changes. <b>TEETH</b>
<b>Nux Vomica</b>	Overindulgence in food/alcohol, "hangover" feelings, or digestive upset from stress.
<b>Pulsatilla</b>	Colds with thick yellow-green mucus and a clingy, tearful mood that seeks fresh air.
<b>Rhus Tox</b>	"Rusty gate" pain: joints or muscles that are stiff at first but improve with continued movement.
<b>Ruta Grav</b>	Strains and sprains of tendons and ligaments, or bruised sensations in the bone surface.
<b>Silica</b>	Helps the body "expel" foreign objects like splinters or grit, and supports slow-to-heal skin.

<https://www.helios.co.uk/en/shop/basic-18-kit>

---

# Build your kit overtime



Ainsworths



# How to Take the Remedy

---

Homeopathic remedies usually come as tiny sugar pellets (globules).

1. **Do Not Touch:** Tip 1 or 2 pellets into the cap of the bottle, and then place them directly under the tongue.
2. **Dissolve:** Allow the pellets to dissolve completely.
3. **Timing:** Avoid eating, drinking, or strong flavors (like mint or coffee) for 15 minutes before and after taking a dose.
4. **Storage:** Keep remedies in a cool, dark place away from strong odors, direct sunlight, and electronic devices.

## Dosing Frequency (The "Wait and Watch" Rule)

Homeopathic dosing is about observing the reaction, not sticking to a rigid schedule.

Initial Dose: Give one dose (1-2 pellets).

Wait and Watch: Observe the symptoms for 15 minutes to a few hours, depending on the severity of the condition.

---

Symptoms are clearly improving: STOP dosing. The remedy is working. Only redose if symptoms start to return or worsen.



## Health and Wellness Considerations



### Diet and Lifestyle

- Dietary Focus: Strive to reduce sugar intake and focus on foods that promote a healthy gut.
- Daily Activity: Commit to daily exercise to maintain energy and overall health.
- Annual Checkups: Have your blood pressure and blood tests checked annually, or more frequently if you experience persistent fatigue.
- Vitamin D: Ensure you are getting your daily "Vitamin G" (Vitamin D—often referred to as the "sunshine vitamin").



### Reducing Toxic Load (Home & Body)



# Q & A

# Become your family's home healer

Female Health - Periods, Fertility & Menopause 🌸

Date Tuesday, February 17 · 7:00 – 8:00 PM

<https://calendar.app.google/rC55HdJGfCp6mJCB6>

Spring Allergies & Detox 🌿

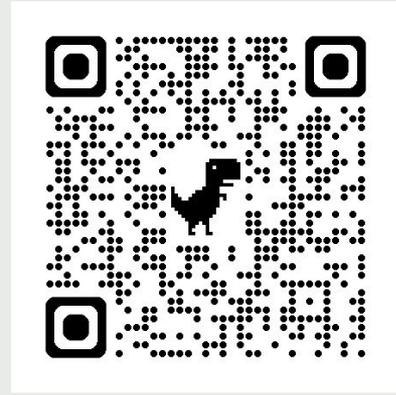
Date: Tuesday, Mar 17 7:00 – 8:00 PM

<https://calendar.app.google/4Er2eJfqx4qVr7DLA>

Managing Exam/Anxiety for the Whole Family 📖

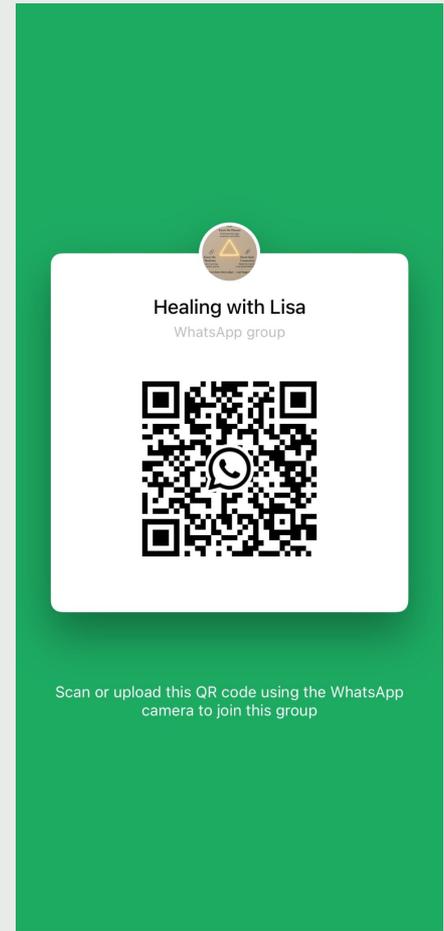
Date: Tuesday, Apr 21 7:00 – 8:00 PM

<https://calendar.app.google/UZaYCqBMFKQ6oN9a8>



# Thank You!

If you want instant access to me to ask a question please join my whatsapp group



If you are struggling with a long term illness, I have limited appointments left in my low cost Health Freedom clinic

If you are interested please contact me directly

Lisa Hughes

07807922049

[www.healing-with-lisa.com](http://www.healing-with-lisa.com)

I can talk you through the process and cost



Qualified, Insured and Experienced

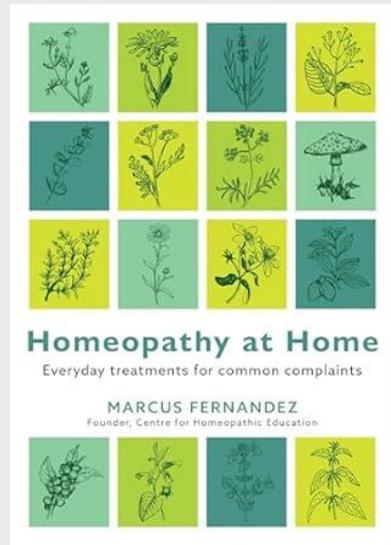


**CHE** The Centre for  
Homeopathic  
Education

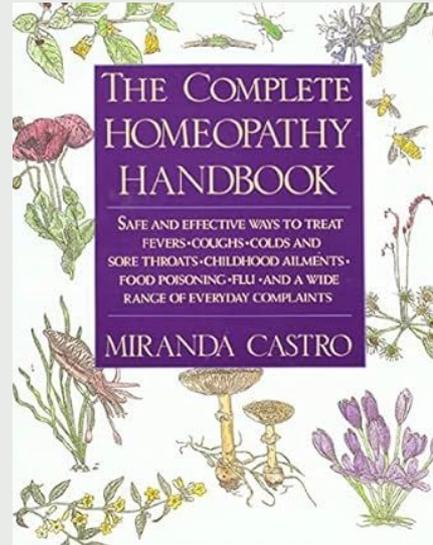


**BALENS**  
*Specialist Insurance Brokers*

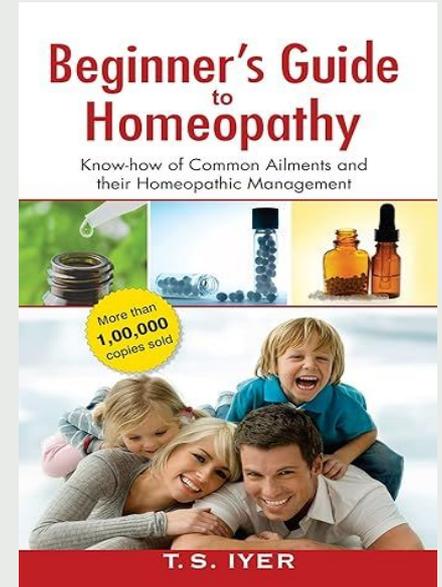
Great books to support you...be careful of internet searches .....



<https://amzn.eu/d/g3iGXoj>



<https://amzn.eu/d/5SBlwZ9>



<https://amzn.eu/d/iG6V7by>

*Have a healthy  
week*



*Lisa x*

---

