

I am one of the Health Start Within practitioners and a graduate of the North West College of Homoeopathy.

I am Clinical Director at the College. The College is run as a Social Enterprise organisation, being bought by eight registered Homoeopaths in June 2008. The students and staff are all shareholders in the College.

I run my own clinic from my home in Brighouse:-

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Please contact me directly if you wish to make an appointment with myself

Please do visit our web site to view testimonials from patients who have felt benefit from Homoeopathic treatment and discover renewed health for yourself.

To either talk to a clinician or to make an appointment at one of the college clinics, please contact :

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To find out more about Homoeopathy please sign onto one of our first aid courses held at the North West College of Homoeopathy and try self help treatments for yourself and your family

Email:info@nwch.co.uk

Visit the web site at
www.nwch.co.uk

to find out more information or come and talk to our students, lecturers, staff, and clinicians at one of our college weekends.

HEALTH STARTS WITHIN

*An
Alternative Health Approach
to problems of.....*

PAIN

WHAT IS YOUR PAIN LIKE?

Pain is one of the most difficult sensations for a sufferer to describe. Pain can sometimes be in an area different to the source of the problem - this is termed referred pain. Sometimes the source of the pain can extend from one place to another, e.g., neck pains can often extend upwards to the head or down to the shoulder and back. Pains can come from numerous sources and for many and varied reasons. It can range from very mild to intolerable. In order to appreciate the extent of pain, there is probably a need to chart the level of the pain over a period of time examining its highs and lows over the course of a day, week or month, using a 1 to 10 scale to determine the level of suffering. This allows the sufferer an appreciation of how their pain can feel under different and changing circumstances. Understanding any events surrounding the causation, onset and nature of the pain can help the sufferer convey this information to an alternative practitioner so that it is possible to provide a successful pain management plan. Pains can develop in intensity over a period of time. When a wound begins a healing process, it generally goes through stages from its initial raw/sore stage through a pulling phase as flesh draws

together; to a tightness as the scab is ready to drop off and then itches until it has recovered. A similar, yet opposite situation can occur when pains gain in increasing intensity. There are 6458 medical conditions known to cause pain, to a greater or lesser degree, so the sufferer needs to be able to convey both the characteristic nature and intensity of that pain, in order that accurate diagnosis and remedy selection can be made. Homoeopaths have over 3500 remedies available. Pains can be brought about by mental and emotional trauma as well as through physical conditions.

Taking a full time-lined medical history, the way that practitioners of the alternative professions conduct their consultations, allows a deeper understanding of possible causation to the onset of an illness, enabling a more accurate diagnosis.

Homoeopathy is defined as "Like Cures Like". What this means is that whatever symptoms may be created by a poisoning in a well person, so in a sick person, a Homoeopathic preparation made from that substance, it can heal. It is a safe and effective way of treating the person with whatever condition they present. Each person has an individualistic way of presenting their own version of any labelled illness. It is that individual's expression of their

symptoms, that together with their constitutional ways of responding to nature's elements of heat, cold, damp, dry, wind, etc that indicates the Homoeopathic remedy required to take the patient towards cure.

Any Conventional Medical Label has a set of common symptoms; this does not allow for an individual expression of that disease and can thus limit the potential of a positive outcome.

No-one goes from perfect health to suddenly developing an illness; there is nearly always a progression of evolving symptoms before that person has in fact developed an illness. Understanding how that set of symptoms has progressed is another way to individualise the patient.

Here are some words that sufferers have used to convey their pains:- aching, boring, burning, constricting, cramping, deep, digging, dragging, drawing, fleeting, gnawing, griping, jabbing, itching, paralytic, piercing, pricking, raw, sore, sharp, stinging, stabbing, throbbing, twisting etc.

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