



UNDERSTANDING Homeopathy

Homeopathy is a system of medicine developed more than 200 years ago, built on the principle of “like cures like.” In simple terms, a substance that could produce certain symptoms in a healthy person may, in a highly diluted form, help resolve similar symptoms in someone who is unwell.

The idea has deep historical roots, traced back to the writings of Hippocrates and later shaped into a structured system by the German physician and chemist Samuel Hahnemann (1755–1843).

The Whole-Person View

At its heart, homeopathy recognises the body’s own capacity for regulation and balance. When that ability is disturbed, symptoms tend to surface. Rather than focusing on a single body part or a diagnostic label, homeopathic prescribing considers you as a whole—your physical symptoms, your stress patterns, your emotional tendencies and the constitutional traits that make you, you.

For you, this means care that looks beyond an isolated complaint to the broader pattern behind it.

How Remedies Are Prepared

Homeopathic remedies are made through a careful process of serial dilution and succussion (a specific method of repeated dilution and vigorous shaking). Because of how they’re prepared, they are generally well tolerated when prescribed appropriately and matched to the right person.

Why It’s So Individualised

Remedy selection in homeopathy is highly personalised. Two people with the very same diagnosis may receive entirely different remedies, simply because their symptoms, history and overall presentation differ.

To get this right, Samantha takes a thorough case history during your consultation, using it to identify the most suitable remedy and to follow your progress over time. Ongoing assessment keeps the approach aligned with how you actually respond, so it can be adjusted as needed.

Samantha’s Approach

Homeopathy is used within Samantha’s clinical work where it’s clearly indicated, and integrated thoughtfully with nutritional and herbal strategies when appropriate.

For you, this means support that is genuinely individualised, a clearer understanding of the patterns shaping your symptoms, and care that fits together with the other parts of your treatment rather than standing apart from them.