

# 'STRANGE, RARE AND PECULIAR': Homeopathy for Mental Health and Wellbeing a FREE talk by Helen Lucey DSH RSHom PhD

**MONDAY 8<sup>th</sup> OCTOBER, 7-8pm**

**in The Courtyard, Bridport Literary & Scientific Institute**



We know that in the UK and across the world, more and more people are experiencing problems with their mental and emotional health and that the use of antidepressants, tranquilisers and sleeping medications are on the increase. There's also a growing awareness that the long-term use of such medications often brings other physical, emotional, social and economic problems to the patient.

Homeopathy is a holistic system of medicine which assumes that the body and the mind are connected, with each directly effecting the other in a very individual way. It assumes that each individual will experience their symptoms in an entirely unique way.



In other words, what makes this person's anxiety, sore throat, insomnia or asthma different from someone else's? In the language of homeopathy, what are the 'strange, rare and peculiar' aspects of our symptoms and our experience that makes us entirely and uniquely us? For the homeopath mental health is improved by addressing every level of a person's being, not by focussing on either the body or the mind.



Helen Lucey, DSH RSHom PhD, is a qualified homeopath who practices at Bridport Complementary Health and also has a clinic in Bath.

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