

## ***THE HOMEOPATHIC APPROACH TO ADDICTIONS***

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Since 1998, homeopathic medicine has been part of the treatment in *De Brijder*, a Dutch addiction clinic whose therapists are holistically inclined. It was introduced as a possibility for clients of the clinic who had some stability in their private life and social environment and insight into their underlying problems.

In the first 7 years of incorporating homeopathic medicine into the *De Brijder* clinic 159 clients were seen. 70% reacted well. They were in a much better emotional and physical state and were clean when they left the clinic.

Homeopathic medicine is a holistic therapy that works by harnessing your body's own healing powers. The homeopathic approach to health care views harmful habits and addictions like any other symptom, as a reaction, a way of coping. To understand addictions in a holistic way, we must look back at their origins. When they first started, and what was happening in your life when you first began your harmful behaviors offers insight into your coping style. Addictions are then seen for what they are; an obsolete defense strategy.

Homeopathic medicine can help liberate you from obsolete coping styles that detract from the quality of your life. To be effective, however, homeopathic treatment must be tailored to you. Since it's your own nature that heals, we want to figure how you differ from others suffering with the same diagnosis, in order to tailor a treatment that is adapted to your unique nature. By stimulating your life force, homeopathy activates your *inner healer*, that mysterious but most powerful force for wellbeing we all have at our disposal. Not only does this inner healing mechanism exist, but unbeknownst to many of us it can be harnessed to help us develop immunity/freedom to inherited and acquired predispositions, including harmful habits and addictions, helping us recover our freedom to choose habits that promote wellbeing.

Healing is a process that involves replacing old habits with new ones chosen deliberately and with full consciousness to promote inner peace. Unconditional peace of mind is like a muscle; it has to be exercised in order to become strong. Homeopathy promotes health, making it easier to choose a healthier lifestyle.

For more information on holistic healing, please visit **[www.homeopathyrocks.com](http://www.homeopathyrocks.com)**