



## Homoeopathy for Sports, Exercise and Dance (The Beaconsfield homoeopathic library)

By Emlyn Thomas

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### Homoeopathy for Sports, Exercise and Dance (The Beaconsfield homoeopathic library) By Emlyn Thomas

Sprains, strains, flu, fatigue and depression Injury and illness are among the most difficult events in the life of athletes, dancers, games players and indeed anyone who enjoys physical activity. Some of these problems require prompt medical attention, others need trained but less urgent care, and others will resolve with rest and commonsense. Recovery can be frustratingly slow. Homoeopathic remedies can be used to help speed the process. This practical book shows you how to use homoeopathic medicine in many cases of injury and illness. The author explains the basic principles of homoeopathy and describes how to choose and use the most appropriate remedy. He then advises remedies for traumatic and overuse injuries. A wide variety of common injuries are covered on a regional basis, followed by a chapter on the common ailments that beset athletes and dancers, from pre-performance nerves to indigestion. Ninety remedies are then studied with particular attention to their relevance to the needs of physically active people. The overall discussion is supported by thirty-three detailed cases drawn from the authors own practice. Homoeopathy has long been known as a holistic medicine, free of pharmaceutically active substances and working at all levels of the individual. There is advice on remedies to promote total recovery from injury, as well as to reduce susceptibility to injury in the first place. 'This is an excellent, well-written 322-page paperback written by an author who understands the rigours of sport and now practises as a non-medical professional homeopath. Its safe, practical cookbook approach to injuries and medical conditions is sandwiched between a basic outline of homeopathy and a short but useful materia medica. The final section on the advanced uses of homeopathy highlights the authors preferred constitutional prescribing. Its credibility in this age of evidence-based medicine would be greatly enhanced by applying the science of sports psychology to

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