



## **Health Depends on Physical/Psychological Balance**

By David Johnson, CCH

- Have you experienced intense or long-term stress, dating back to childhood or previous generations?
- Do you sense that health depends on physical and psychological balance?
- In spite of feeling stuck, do you also sense a strong potential for self-healing?

If you've answered yes to any of these questions, homeopathic treatment may be an excellent modality for you. Homeopathic remedies work with your own self-healing capacities for a rebound back to greater health and freedom.

This 200-year-old system of healing is more commonly used in Europe, India, and South America, and is making a resurgence in the US. Alternating good days and bad days (which we've all experienced) reflect a person's innate attempts to heal, in spite of obstacles to complete recovery. This demonstrates how most disease states aren't static or fixed, but are dynamic and changing. The expectation is that a homeopathic remedy helps the healing to be sustained – a testament to the power of one's innate healing capacity. As one's general health improves, localized physical complaints begin to resolve. Good days – physically, mentally, and emotionally – become more and more the norm.

Most problems can be helped by homeopathy, but the process is aided when the modality is understood and desired by the individual. (The same thing is true for all approaches to healthcare, traditional or complementary.) Because homeopathy relies on an individualized "whole person" assessment, rather than a strictly symptom-based approach, clients work with the homeopath to convey the very distinctive and global experience of one's specific problems. The successful integration of the client/practitioner experience will result in a well-matched remedy and, in turn, provoke a profound self-healing reaction.

I'm David Johnson - over the past twenty years I've seen thousands of people helped through homeopathy. For a brief consultation to see whether homeopathy is right for you and your condition, and/or to schedule an appointment, call The Ommani Center at 262.695.5311.