

## Dr Rose Isbell

I hold a Diploma, Advanced Diploma and Fellowship with the British Institute of Homeopathy, as well as having done many other courses and programmes in Homeopathy, Homeobotanicals, Flower Essences, Healing and Meditation.

I have practised Homeopathy for over 35 years.

I created and use the Christchurch Flower Essences.

I worked as a doctor for 50 years, training in both specialist medicine and general practice, and working in areas such as general medicine, psychiatry, health care of the elderly, teaching, diabetes research and general practice.

Having now retired from medicine I work part time offering homeopathic treatment, as well as following my other interests.



### **Disclaimer**

*The Light House does not provide Medical Services.*

## The Light House

The Light House is a healing centre in Spreydon, Christchurch, and the clinic is based in the building at the rear of the section.

The Temple has an ancient Egyptian theme, and serves as a meditation and waiting room, while the Inner Temple is the clinic and healing space. The Unity Room is a studio and workshop area.

The Temple Garden is inspired by a Medieval monastery garden, with a Templar cross path, and is planted with roses, fruit trees, berries and medicinal herbs.

There is a five circuit Classical Labyrinth – open times and facilitated walks are posted on the Facebook page.



[www.roseisbell.nz](http://www.roseisbell.nz)

f Rose Isbell Clinic

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027 494 7235 or 0800 RISBELL

4 Redruth Avenue, Spreydon, Christchurch 8024

## Homeopathy at The Light House Christchurch

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## What is Homeopathy?

Homeopathy is a holistic system of health that treats the whole person, rather than just the illness.

Remedies are chosen according to the pattern of symptoms the person has.

The remedies are diluted, or potentised, and are individually chosen.

Homeopathic treatment does not directly change your diet or lifestyle.

Homeopathy can be used alongside conventional medicine, and you may be able to reduce other medication, under supervision..



## What can Homeopathy Treat?

Homeopathy works with your body's 'vital force', to strengthen your well being.

The aim of treatment is to achieve your best possible health – physical, mental and emotional.

Homeopathy is suitable for all ages, from babies to the elderly.

Also for all levels of health, from athletes to people having terminal care.

It can be used for short term infectious illnesses, as well as for long term chronic conditions.

It is useful in recovery after accidents and surgery.

The amount of improvement depends on the illness and ability of the body to respond, but it can be remarkable.



## What Happens in a Homeopathy Appointment?

At The Light House you come down the drive, past the labyrinth and temple garden, to the temple, or waiting room.

You will first be asked to fill in a form giving your personal details.

I then talk to you about your illness or injury, and ask more information about your health, past illnesses, and your preferences.

Then I will check with reference books, choose a homeopathic remedy, and give it to you.

Usually I will give you a bottle of Flower Essences to take home, to help with emotional well being.

We may plan for you to return monthly until you are better, or your improvement plateaus off.

