



## Vitality and appearance

Whether we like it or not, in our society the book is many times judged by its cover. We are gifted with an appearance thanks to the superficial judgement

of the other. But these sensory judgements of other people leave their tracks behind deep in our rational and emotional life. The external characteristics are of utmost importance when it comes to the judgement of someone's trustworthiness. So it is necessary to pay some extra attention to our appearance every now and then; an appearance that is rooted in our physical and emotional wellbeing.

Homeopathy is a holistic medicine that directly has an effect on our vitality and, with that; it influences our appearance from deep within. The homeopathic remedies stimulate our body to heal itself and have no side effects. Homeopathic remedies are not chemically engineered but are derived from natural substances, like plants, animals, minerals, etc. Many of my patients commented that after the first consultation they felt an increased energy and that other people remarked that they looked well. True beauty comes from within.

**Every referral of a new patient by an patients will be rewarded with a discount on their next consultation € 5.-**

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Enjoy this newsletter. Regards,  
**Jeroen Holtkamp, I.S.Hom.**

### Three ways of expression

There are three ways in which we express our selves and influence our appearance:

1. Behaviour which is determined by the nature of the situation, such as speech, facial expression, etc.
2. Way of dressing, such as clothing, jewellery, hairstyle, etc.
3. Natural behaviour such as blushing, perspiration, fear, anxiety, etc.



Homeopathy especially, is the medicine to address those forms of expression; the forms of expression which are known to the patient and are experienced in relation to other people as disturbing, and correct them from deep within.

Since the discovery by physician Samuel Hahnemann some 200 years ago homeopathy is based on the same principles. And, in sharp contrast to conventional medicine, did not deviate from it. Translated from Greek homeopathy literally means similar suffering. In practise it entails that the homeopathic practitioner looks for a remedy that suits the individual instead of applying a drug for a certain disease. So, ten people might complain of **sexual dysfunction and a lack of energy** and the homeopath may give each of them a different remedy that is similar to the individuals overall condition. This principle is called the principle of similarity. Throughout the consultation the whole appearance of the patient, through the eyes of the patient, is taken into scope.

### Three principles in homeopathy

Beside the most important principle of homeopathy, **1) the principle of similarity**, there is **2) the principle of vitality**, also called the principle of the life force. The vital principle makes our body function as a living organism and so, it meets the basic needs of our existence, namely the appetite, sexual lust

and our general well-being. The patient is most of all served with the establishment of a realistic picture on his/her vitality by the homeopathic practitioner. This will require from the side of the homeopath to ask questions on food cravings and dislikes. Also the general conditions that promote the patients over-all well-being will be discussed. And finally the homeopath will uncover some aspects of the sex life through a few straightforward questions. That's why the patient has to feel comfortable from the moment he/she has his/her first consultation. This is the reason why the homeopath is easily approachable and wears clothing that invites patients to talk in plain language. The consultation will have quickly an open character without jargon. Thanks to the complete acceptance of one's external characteristics, thus by naming them in an appropriate way with the acknowledgement of one's personal suffering that comes along with it; so, thanks to that open character of the consultation more freedom comes about for the patient and the practitioner that invites both to have a closer look at patients suffering that is at the root of outer appearance. As soon as the consultation becomes more focussed on the emotional, rational and spiritual life of the patient **3) the purpose giving principle** starts to play an important role. In my free downloadable previous newsletters no. 20, 21 and 23, I have written about the purpose giving principle in a somewhat different way. The purpose giving principle is like the vital principle threefold. Most importantly homeopathy stimulates the independent purpose giving via the threefold soul. Secondly homeopathy stimulates the vitality that the founder of homeopathy Samuel Hahnemann called the dynamis.

**For more information please watch the video on: [www.homeopathy3fold.com](http://www.homeopathy3fold.com)**

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