

## Alternative healing gaining credibility

By Arlene Jongbloets - 100 Mile House Free Press - April 16, 2008



Julie Dalby practices homeopathy in the South Cariboo.

With the British Columbia government's recent acceptance of acupuncture as a treatment covered by public health insurance money, it would appear that more credence is being given to alternative medicine in general.

That includes approaches like homeopathic medicine which held the global spotlight from April 10-16 with World Homeopathy Awareness Week.

It excites people like Julie Dalby, a local practitioner of homeopathy.

“We are a newer culture who tend to lay aside the natural medicines but when you see acupuncture coming around like this, it’s very positive,” said Dalby.

Homeopathic medicine is described by the Society of Homeopaths as a gentle, holistic system of healing that is suitable for all ages. They say it focuses on the individual and treats their specific physical and emotional symptoms.

Medicines used in the practice are derived from plants, minerals and animals and work by gently boosting the natural energy of the body.

According to the society, Homeopathy has been used in the United Kingdom for over two hundred years and has also been traced back to ancient Greece.

Dalby is a licenced homeopathic practitioner who works out of the 108 Mile Ranch. She’s been practicing for eight years but using homeopathy for 15 years.

Dalby learned her craft at the Vancouver Homeopathic Academy through a four year course of study but her initial interest was tweaked by a homeopathic first aid course done earlier with a practitioner from New York.

“People are gradually becoming more aware of homeopathy and it’s starting to gain a foothold,” said Dalby.

The focus this year

for Homeopathy Awareness Week was homeopathy and its use in sports.

“With sports injuries, we do the obvious first, like raise the limb and ice it the traditional way. The next step would be to deal with the pain and anxiety by working with the body’s natural healing capacity. I’d choose the remedy based on the nature of the person and the symptoms they are feeling,” explained Dalby.

Dalby was scheduled to spend the afternoon of April 15 at Higher

Ground Natural Foods to answer questions and

talk to people about homeopathy.

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