

Week 12. Intermediate Course in Homeopathy  
Dr Charlotte Mendes da Costa MBBS MRCGP MFHom

Homeopathy in General Practice – a Practical Approach

In this seminar I will demonstrate in a very practical way how Homeopathic medicines can be used as part of your therapeutic toolbox in a busy general practice. This will be illustrated with some acute and chronic cases. A variety of homeopathic medicines will be demonstrated. The talk will include some useful pointers on keynote prescribing and which books and resources both old and new which I find useful. I will share with you some of the obstacles which I experience, as well as how these are overcome or circumvented, as well as some of the minor successes.

Mini biography

Charlotte qualified from St Bartholomew's Hospital Medical School in 1991 and began GP training after house jobs. She has been working as a GP in West London since 1995. Charlotte started her training in Homeopathy as a result of disenchantment with the therapies or lack of them, on offer to her patients both in her practice, and under specialist care. She had increasing concerns with the short and long term side effects of many current treatments. She undertook homeopathic training at the Royal London Homeopathic Hospital in 1999 and completed her MFHom in 2001. Charlotte recognises that many current medical and surgical treatments are essential, and believes that an integrated approach is best for patients. She now uses an integrated approach in her practice, offering lifestyle medicine, in particular diet and homeopathy, alongside conventional therapies. In particular she is interested in preventative medicine and treating patients without suppression, as well as in health and wellbeing at the physical, mental and emotional levels. Charlotte still works as an NHS GP and has a small private practice.