

Who am I?



My name is Christine Nock. Originally from Germany, I have now lived in New Zealand for many years.

I first became interested in different health modalities after having been fed up with taking medication that had debilitating side effects, and having seen doctors that very rarely gave me alternative choices.

So I started studying homeopathy and have successfully completed my 4 year National Diploma in Homeopathy and have also become a Reiki Master Teacher Praticitioner. I find these health modalities work very well together and also in conjunction with western medicine.

I am working from the Marston House Clinic in Kaiapoi but also do house visits if necessary. Appointments with me can be made either at the clinic or leave me a message on my answer machine and I will get back to you as soon as possible.

Prices:

Initial consultation (90 min.)	\$70
Follow up (45 min.)	\$45
Reiki treatment (1 hour)	\$50

Safe, effective, natural -
Health for the whole family

Homeopathy



Christine Nock
Dip. Hom. and Reiki Master



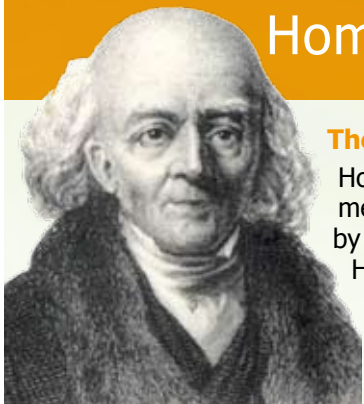
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Homeopathy

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The history of Homeopathy?

Homeopathy is a form of natural medicine founded in 1796 by a German doctor Samuel Hahnemann. He originally was a doctor but had stopped practising medicine as he felt he had done more harm than good to his patients.

His was looking for a form of therapy that would cure his patients long term without side effects. He then throughout the years developed Homeopathy into what it is today realising that all levels of a human being, mentally, emotionally, physically and spiritually had to be addressed in order to really cure or heal someone bringing from a state of disease into a state of balance and harmony.

Homeopathy these days is a well acknowledged form of natural and holistic form of therapy. There are certain principles that apply to Homeopathy such as:

The Principles of Homeopathy

Like cures Like

If a remedy is taken by a healthy person, certain symptoms may occur. It is those responses that the same remedy can cure in the sick.

Potentiation and Succussion

Hahnemann developed a process to minimize the side effects of remedies taken in a crude form. The substance is being diluted and then succussed (vigorously shaken over and over again which produces safe and effective homeopathic remedies. The more the remedy is diluted the higher the potency.

The minimum dose

Minimal doses, the least quantity and the fewest repetitions are given to produce stimulation of the bodies own immune system to fight against a disease.



Totality of symptoms

In homeopathy all physical, emotional and cognitive symptoms of a client are noted to get a totality of symptoms. A homeopath will try to find a remedy which has produced the greatest number of those symptoms in its proving as "like cures like".

Individuality

All cases are taken on an individual basis as every person responds differently to weather, viruses, bacteria, food etc.

Law of Cure

Symptoms should move from head to toe, from the inside out and from very important organs to the less important organs of survival.



What can you expect from and after a consultation?

- Initial consultations will take approx. 1.5 hours
- Follow up appointments take about 45 minutes
- There will be a lot of questions asked around your ailments on a physical, mental and emotional level, your daily routine, habits, fears, sleep, eating habits, relationships etc. This will help me to get a full picture of you which in turn will guide me to the appropriate remedy
- Once you receive the remedy, it usually takes a while for the remedy to show its full potential and we therefore schedule follow ups for about 1 month after the initial consultation
- Homeopathic remedies can be taken in conjunction with orthodox medication.



So what can Homeopathy do for you & your family?

- Essentially Homeopathy is a wonderful healing method for the whole family & has the potential to heal all ailments
- I treat a wide range of people ranging in age from just a few days old to people well into their 80's and 90's
- Children & babies, with digestive, skin, ear nose and throat or respiratory problems and often sleep or behavioral and confidence issues, can be helped considerably by homeopathic remedies. An assessment of contributing factors in the child's environment can also help
- Children can also benefit from treatment after a traumatic birth, from the overuse of medication causing complications, (e.g. antibiotics) and from the ill effects of vaccinations. Because homeopathy addresses the vitality of the individual, it usually takes only a few months to break the cycle of recurrent illness before the child's system can deal more successfully with these health issues
- We all have increased levels of responsibility, pressure and change in our day to day lives and this often leads to health imbalances, which require attention. Most of us are committed to regular vehicle check-ups and increasingly, people are more aware of the need to care for themselves in a similar way, with systematic health care in order to maintain optimum health. A programme of regular attention to small physical or mental/emotional symptoms can prevent the likelihood of major health problems occurring. With this in mind, I try and encourage adults to make regular appointments for health maintenance
- Women often experience considerable relief for hormonal issues and the change of emotions that accompany times such as pregnancy, childbirth, menses and menopause. Mood fluctuations can cause great disharmony for both males and females and homeopathy works well to assist a healthy function in these areas as well as the more physical realm

