

JUST JESS on HEALTH:



**What does treating holistically mean and why is this important?**

Holistic treatment describes a set of principles whereby the entire physiological system, your lifestyle, habits, mental and emotional health is taken into account. Simply put, the entire individual is considered, as opposed to focusing on just one organ (or set of symptoms). This is important because our body is a system. We know this because when one area of the body is affected it most often has a snowball effect. By treating the individual as a whole, we look at a sustainable outcome through a unique treatment protocol allowing for a healthier lifestyle and an improved wellbeing overall.

**What does holistic treatment entail?**

This means that we go through your presenting complaints, other associated and non-associated physiological systems, your lifestyle, habits, triggering events etc. This assists in making important connections to a potential root cause, allow for accurate diagnosis and appropriate treatment. Of course, this is not always the case, for example some cases are pretty straight forward i.e. bronchitis or influenza. However, there may be important clues for your physician here i.e. you have recurring bronchitis in winter or when you're stressed, perhaps a simple sinus infection always moves to the lungs. These connections allow us to make an appropriate treatment protocol so that we can start preventing these conditions from happening in the future.

I recently had the joy of listening to one of the pioneers in homeopathy, Dr George Vithoulkas (93 years of age!). He further fuelled my passion for healing by highlighting the importance of working on the entirety of the individual. He aptly mentioned the gradual movement of a patient from a "heavy" or "unhealthy" state to a "lighter" state of health. I see this consistently throughout my practice, the patient comes in for gout, irritable bowel syndrome or an underactive thyroid, but because we are focusing on the entire wellbeing the patient, through sticking to their unique treatment protocol, moves into a healthier state on all levels (physical, mental and emotional). This is where medicine should be moving, whether it be through your conventional approach or through complementary medicine, a holistic approach to health will lead to a sustainable system of medicine, a sustainable health outcome and therefore a healthier world.

Thank you for your continued support in practice, I am so passionate about homeopathy and your healing!

**Do you have questions? Drop me some topics you would like discussed in my upcoming articles.**

Kind regards  
Dr Jess



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