

WHAT I TREAT

I try to treat the normal physiological mechanisms that are operating in a deranged way in illness. As such, treatment can be brought to bear on many different problems. Often some useful improvement can be achieved even when the situation is beyond cure, such as in terminal illness. Obviously, this needs to be balanced by realistic expectations.

I treat a great variety of conditions ranging from the minor to the life threatening, the acute to the chronic, the everyday to the unusual, the simple to the complex, the subtle to the gross and the psychological to the physical. While I am happy to try with most conditions, some respond better than others and treatment should not be taken to mean cure.

Needless to say, complementary medical treatment is not a substitute for seeing a conventional doctor for assessment, diagnosis and where appropriate, treatment. My methods are designed to work alongside the care of your GP or specialist.

In a nutshell I think that complementary medicine comes into its own in helping many of the problems where conventional medicine is not so successful, or causes troublesome side effects.

Here is a very incomplete list of some examples to give you an idea:

Arthritis, Asthma, Burnout, Catarrh, Digestive problems, Emotions, Fatigue, Glandular fever, Hypofertility, Insomnia, Menstruation, Migraine, Recurring infections, Rheumatic problems, RSI, Side effects, Skin disease, Stress, Thrush...

If you are unsure what the chances are for a particular condition please feel welcome to contact me to check before committing yourself to an appointment.

I am an experienced medically-qualified complementary medicine practitioner working in South West London.

I came from a medical family, qualified in medicine, got seriously ill, benefitted from complementary medicine, retrained and now practice as a homeopath, herbalist and hands-on healer.

I have worked at the Royal London Homeopathic Hospital, been the UK's lead practitioner for a well known naturopathic cancer treatment, co-founded one of London's first large complementary medicine centres, pioneered new treatments and been featured in the national media.

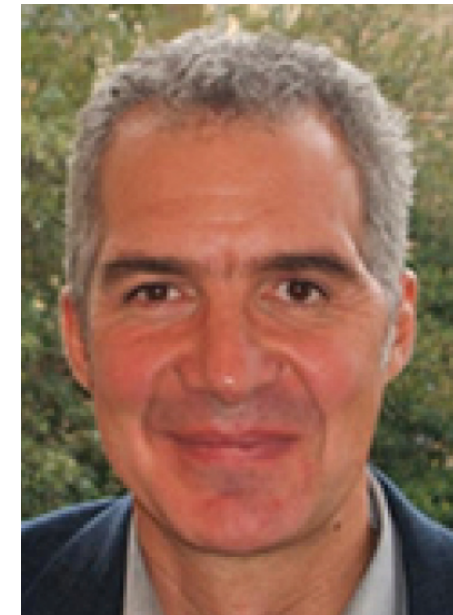
I treat people with many different conditions, from subtle to physical and am covered by most medical insurance companies.

APPOINTMENTS

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OVERVIEW

What is a human being? Is it a physical machine or is there something more?

Is disease the perceived symptoms or is it the underlying dysfunction?

Conventional medicine tells us about the body as a machine and treats many symptoms effectively. However it is limited by its models as well as its treatments.

Complementary medicine exists in part to fill the gap left by these limitations. It concerns itself with the invisible as well as the obvious and often has a different perspective.

If main stream medicine is characterised by its strength, imposing change on the body, complementary medicine usually persuades rather than forces. Gentle does not mean weak though, as it can get behind the scenes, which is where I think many problems start. I believe a good practitioner can often get a stronger effect this way than by going for the other end, the symptoms with a one-size-fits-all approach.

A recent study showed that 70% of chronic disease patients reported positive health changes after having a particular type of complementary medicine (homeopathy in this case). Imagine how much more effective it could be to use several therapeutic approaches together. This is where I believe medicine's future lies, evidence being that acupuncture has now been adopted by NHS anaesthetists for pain relief.

ABOUT ME

I am a medical doctor who has been practicing complementary medicine since 1992. I do not practice conventional medicine any more.

Born into a family of doctors, I qualified in medicine at St Bartholomews Hospital in 1985. I worked in several areas of physical medicine before starting on a training scheme to be a hospital consultant.

Serious illness got the better of me though, in the form of glandular fever, chronic fatigue and a head tumour. I had to find my own answers as I considered how, despite all we know, we are often impotent to understand, let alone truly cure, so many illnesses. I realised how scientific advances have thrown the baby out with the bathwater and one thing has replaced, rather than added to, the other.

I retrained in homeopathy, medical herbalism and hands-on healing, because I felt from what I had seen that they provided a missing key, working well together to treat a range of scenarios. They can be used together or alone to change the body's functioning on the physical or pre-physical (ie energy) levels and this could be applied across the medical specialities.

As a practitioner I offer the knowledge that comes from being multiply qualified, substantial experience with complex and serious illness and a versatile approach that can be tailored to most situations.

I am recognised as a Specialist in Homeopathy by BUPA, PPP and most other medical insurers (they tend not to cover herbalism or healing).

HOW I WORK

I take an eclectic approach to my patients, having learned that no one way has all the answers.

I work in an individualised way because everyone is different. One may want to change their diet completely while another may want results without any impact on their lifestyle, for example. The more a disease can be treated at its origin, the better, so this is usually what I aim for. This means starting with a detailed information-gathering session.

The first session usually ends with a discussion about how the current state has developed and the actual treatment. Sometimes I give my patients homework to do, such as keeping a diet diary or helping me work out what is going on behind the scenes.

After each session I resummarise and then separately reanalyse each case, which I find necessary for good results. Typically I will see someone every few weeks until they don't feel the need. Between times I invite them to keep in touch by phone or email.

If a treatment misses the mark, I can sometimes post out another without the need for a further consultation. If truly nothing has happened by the third appointment I will give my time in that session for free, if you ask me (not the receptionist) during it. I may recommend, or even insist on, orthodox or other complementary medical treatment as well as I am not a complete one-stop shop.

It is my responsibility to ensure that my treatments are safe and compatible with any others. I am happy to be contacted anytime by phone or email.