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GREAT NEWS!

**I now have a
web site
which you can
visit which
will give you
even more
info about
Homeopathy
and how to
make it work
for you!**

**So why not
visit me at:**
**[www.janevarey-
homeopathy.
co.uk](http://www.janevarey-homeopathy.co.uk)**



HOW TO BEAT THOSE WINTER BLUES!

Lethargic? Depressed?

Do you suffer from fatigue, general lethargy everything's an effort, feel fed up depressed even, need more sleep cant be bothered with family and friends. You could be suffering from S A D S, seasonal effective disorder, usually affects people during the months of Oct through to Feb this could be shorter for some and longer for others or intermittent. The main reason for these symptoms at this time of year, in the main is lack of sunlight, for those very sensitive types it could be intermittent through the year depending on how much sunlight they are getting and weather its enough for them.

Why do we need sunlight?

This lack of sunlight has an effect on the pineal gland (situated in the brain) this gland secretes two hormones melatonin which is triggered by sunlight to protect the skin, and serotonin which affects our moods. Sunlight is needed for serotonin to

be produced and stored. This is generally speaking why we generally feel better when the sun is shining. Why then do some people suffer more from lack of sunlight than others. Susceptibility plays a big part here, we all have our own Achilles heal, our weak spot it its connected to our genes, family traits, but also others factors can and do contribute.

Suffering from Stress?

Stress is a big factor when we are under stress run down, juggling home life jobs etc, trying to be all things to all people, are minds and bodies suffer, and our susceptibility is open to be abused by what ever is thrown our way. We don't help the situation by eating processed foods, too many stimulants i.e. coffee tea (More than 4 cups a day is too much) also smoking inhibits are absorption of nutrients from foods. If you smoke you need twice as many vitamins than any one else.

Too much caffeine?

Tea and coffee and caffeineated carbonated drinks i.e. cola and the stuff added to vodka to



get you drunk quicker is over stimulating the system, giving you a false high all the time, so your restless at night and cant sleep, urinating more so your dehydrated, probably got a headache as well, and your worn out. Try eating more fresh fruit and veg and drinking more water fruit juice and herbal teas and see how much better you will feel.

Herbal Help

If after these changes you still feel low in the winter months, there are herbal preparations to help lift your moods, these are St Johns Wort bought in tincture form is best as it is absorbed much quicker than tablets, another product called 5HTP HELPS TO INCREASE THE LEVELS OF SERATONIN

Continued Overleaf

IN YOUR BRAIN TO BE RE-LEASED WHEN NEEDED BY THE PINEAL GLAND . THERE ARE ALSO LIGHT BOXES ON THE MARKET THAT MIMIC SINLIGHT THEY CAN BE TIMED TO COME ON WHEN YOU WANT THEM TO .

Supplements make a difference

All these supplements are very beneficial , but may not get to the core of the problem , why you are susceptible but others aren't , this is where homeopathy comes into the lead of all other therapies as far as I am concerned . No other therapy deals with the core issues like homeopathic medicine can . What makes your lethargy and depression different from someone else's , is it since taking the contraceptive pill that you've had these mood swings , are you on antidepressants for the sadness that overwhelms you but they haven't solved the problem of your sadness just made you more tired and more withdrawn .

How Homeopathy can help

A homeopathic consultation , finds out what makes you you - where it all started from birth to present day ,what your parents and grandparents suffered from (looking for hereditary links) an aetiology when it all started , birth or childhood trauma , vaccination damage , never been well since ... these are the questions that are asked to lead us to a remedy that fits your symptoms . What we are trying to do as homeopaths is alleviate the present symptoms

and the propensity for them to keep returning , the remedies chosen are going to strengthen your immunity and your susceptibility to getting certain symptoms so they happen less frequently and with less aggression and hopefully not at all . The highest ideal in homeopathic prescribing is to reduce / remove symptoms as quickly and as gently as possible with the least upset to the system and hopefully affecting a cure to the patient , as long as they have the patience and commitment to their health and healing .

RECESSION
BUSTING PRICES

I like to think I provide a high quality service at an affordable and fair consultation fee.

1st Consultation including remedy (up to two hours) £45

Monthly follow up consultations £35

Concessions—£40 for first consultation £30 for follow ups.

Half hour TASTER SESSIONS only £10 including remedy.

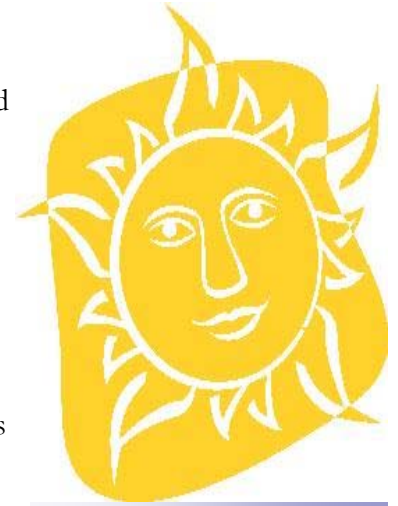
I also run COURSES where you can learn much more about Homeopathy which are £35—give me a ring or visit my website for more details.

To Meet Me and Make an Appointment

I hope this short news letter has given you food for thought!

If you want to get in touch to ask questions or book an appointment, my details are at the top of this newsletter. If you have been thinking of seeing a Homeopath for a more chronic problem, but would like to meet the person behind the newsletter first, I give free advice once a month at Beecham's Health Food Shop in Malton one Saturday in the month.

Just call in to ask when I'm next in.



**I am also an
EFT
Practitioner
(Emotional
Freedom
Therapy)
For more
details give
me a call.**

