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**TURN OVER FOR
DETAILS OF
HOW YOU CAN
BOOK
APPOINTMENTS
AND
ENROL ON
COURSES
WHICH WILL
HELP YOU
LEARN MORE
ABOUT
HOMEOPATHIC
TREATMENTS.**



Healthier Times!

Issue No.1, January 09

NEW YEAR'S RESOLUTIONS!?

Have you made any New Year's Resolutions yet? How about, "I resolve to look after my own health and healing, and not rely on the Dr/ Pharmacy to have ALL the answers."

THINK DIFFERENTLY!

This might be a whole new way of thinking for a lot of you out there, but we are better than we think at looking after ourselves. Hundreds of years ago, Doctors were only for those privileged few who could afford the fees... So what did the rest of the people do? There was usually someone in the community who knew about herbs and their medicinal qualities. These people really knew their plants; which were poisonous and which were curative. They only charged a small fee, if at all. It was-

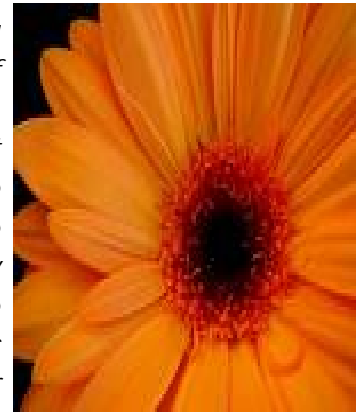
n't about making huge amounts of money out of people, it was about sharing knowledge and caring for the community. Sadly that's not the case these days. It seems that its everyman for himself, which seems pretty sad to me!

BALANCE YOUR LIFE!

Everything in life needs to be in balance for it to work effectively and efficiently. Nature is in perfect balance unless we, being man, mess about with it and upset the balance. The same is true for our bodies. In a perfect world that would be true, but this isn't a perfect world, nor are we perfect beings.

WHAT TO AVOID!

We are susceptible to outside influences; the weather, other people, foods we eat, clothes we wear and medication we take (i.e. an-



tibiotics, which upset the bowel flora which then in turn create too much fungus in our bodies producing thrush. The contraceptive pill can also have the same effect.)

Stimulants that upset the nervous system, and in turn stress the adrenal glands, result in you feeling stressed and nervous all the time... leaving you unable to relax or sleep. These stimulants include: coffee, tea and high caffeine energy drinks.

***BUT DON'T DESPAIR
THERE IS HELP AT
HAND!***

Homeopathic First Aid Courses

Why not come along to one of my *Homeopathic First Aid* courses. These five week courses, consisting of a one hour session once a week, are held at my home in Norton at a very small cost of £35.

Each week so many remedies will be discussed, their histories and uses for everyday ailments (i.e. sprains, black eyes, coughs, colds and sore throats.) These remedies trigger your body to heal itself, instead of antibiotics and cough/cold medicines, which suppress the body's own natural defences; e.g. sneezing, which is your body physically trying to expel the offending germ.

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 on the first Saturday in the month.

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

Taster Courses

Alternatively you could come for a half hour taster session, including a remedy, for the acute problem; i.e. mending broken bones, healing the body after surgery and preparing the body before surgery so it is stronger and can undertake the intervention from the surgeons knife.

Arnica is a wonderful healer, not only physically but also emotionally, detoxing the body of the harmful effects of anaesthesia and X-rays. These interventions can block the body from recovery, not to mention making us feel nauseous and weak.



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

