

**Jane Varey**  
Homeopathic  
Practitioner  
(Dip. Hom.  
M.H.M.A.)

**Telephone:**  
(01653) 600450

**Email:**  
janevarey66@  
hotmail.co.uk



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# Healthier Times!

## Issue No.3, March 09

### SPRING CLEAN YOUR BODY, MIND AND SOUL

#### CLEAN & REFRESH!

IT'S THAT TIME OF YEAR AGAIN WHEN WE THINK ABOUT WHAT NEEDS CLEANING AND REFRESHING, TAKING DOWN THE CURTAINS, SHAMPOOING THE CARPETS, REPLACING THE TIRED AND WORN OUT.

WHAT ABOUT OUR OWN PERSONAL SPRING CLEAN DO WE GIVE OURSELVES THE SAME CARE AND ATTENTION WE GIVE TO OUR HOMES, PETS AND CHILDREN? WE TEND TO THINK OF OURSELVES LAST, IF WE THINK OF OURSELVES AT ALL.

WE DON'T EXPECT OUR CARS TO RUN WELL WITHOUT CLEAN OIL, NOW AND AGAIN AND WE WOULDN'T PUT IN DIESEL IF OUR CARS RAN ON UNLEADED BECAUSE THEY WOULD NOT WORK PROPERLY AND IT WOULD COST US A GREAT DEAL OF MONEY TO PUT THEM RIGHT, YET WE EXPECT OUR BODIES, MINDS AND SOULS TO CARRY ON WORKING OPTIMALLY WITH THE MINIMUM AMOUNT OF MAINTENANCE.

#### RUN DOWN SYMPTOMS:

WHAT ARE THE SIGNS AND SYMPTOMS, OF A BODY RUNNING OUT OF GOOD FOOD NUTRIENTS AND SOME REST AND RELAXATION. WE FIND IT HARD TO RELAX AND SLEEP WITHOUT SOME DISTURBANCE, MAYBE WE ARE WOKEN IN THE NIGHT NEEDING TO GO TO URINATE TOO FREQUENTLY (THIS MIGHT BE BECAUSE WE ARE DRINKING TOO MUCH TEA AND COFFEE DURING THE DAY

AND MORE ESPECIALLY AT NIGHT, BOTH THESE BEVERAGES ARE STIMULANTS AND DIURETICS, THEY MAKE US GET RID OF TOO MUCH FLUID SO WE ARE DEHYDRATED, CAN'T CONCENTRATE, GET A HEADACHE, FEEL STRESSED AND TWITCHY

#### REDUCE CAFFEINE!

REDUCE THE AMOUNT OF CAFFEINE YOU CONSUME, NO MORE AFTER 8PM DRINK MORE WATER AND FRUIT JUICE HELPING TO FLUSH THE KIDNEYS SO THEY ARE ABLE TO DO THEIR JOB BETTER OF KEEPING THE WATER BALANCE RIGHT IN OUR SYSTEMS.

IF YOUR EYES ARE PERMANENTLY PUFFY DRINK MORE WATER AND LESS COFFEE AND TEA. THE BODY NEEDS TO BE CLEANSED FROM THE INSIDE OUT, APPLYING GELS TO THE EYES WILL BRING RELIEF BUT NOT SOLVE THE UNDERLYING PROBLEM.

IF YOU FIND IT HARD TO SWITCH OFF AND RELAX, YOUR LEGS AND ARMS ARE TWITCHY AND ALSO YOUR EYES, YOUR NERVOUS SYSTEM IS BEING OVER STIMULATED WHICH COULD RESULT IN ADRENAL EXHAUSTION, THESE ARE THE GLANDS THAT SIT ON TOP OF YOUR KIDNEYS AND PRODUCE ADRENALIN, WHEN YOU NEED TO GET OUT OF A DANGEROUS STRESSFUL SITUATION, BUT IF THEY ARE BEING OVERSTIMULATED BY ARTIFICIAL STIMULANTS I.E. TEA/COFFEE CAFFEINATED DRINKS THEN YOU CAN'T RELAX WHEN YOU NEED



TO.

#### STRESSED NERVOUS SYSTEM

THESE BEVERAGES ARE ALSO DIURETICS, THEY MAKE YOU URINATE MORE THAN YOU NEED TO, SO GETTING RID OF VITAL FLUID, WHICH IS NOT BEING REPLACED. ALSO THE BODY CAN NOT STORE VIT B'S, THESE ARE VITAL FOR THE NERVOUS SYSTEM IF YOU ARE UNDER STRESS YOU USE MORE. THEY ARE ALSO WATER SOLUBLE SO IF YOU ARE LOSING THEM THROUGH URINE OR SWEAT BECAUSE YOUR NERVOUS SYSTEM IS OVER STRESSED.

TAKING B COMPLEX DAILY CAN REDUCE STRESS LEVELS AND CALM THE NERVOUS SYSTEM, SO CALMING YOU. THERE IS A HERBAL AND HOMEOPATHIC REMEDY CALLED BERBERIS WHICH IS VERY GOOD FOR TONING AND CLEANSING THE KIDNEYS. IF TAKEN IN TINCTURE 20 DROPS TWICE A DAY WOULD BE GOOD FOR A MONTH AND THEN SEE IF YOU NEED TO TAKE IT ON AND OFF AFTER THAT OR IN HOMEOPATHIC POTENCY IE 6 TO 12 C DAILY FOR A

*Continued Overleaf*

FOR A MONTH OR ALTERNATE WEEKS FOR A MONTH DEPENDING ON HOW BAD THE SYMPTOMS ARE .

### LIVER PROBLEMS?

THE LIVER IS ANOTHER EXCRETORY ORGAN THAT COMES UNDER STRESS IF NOT TREATED PROPERLY . IT HELPS TO DE TOX THE SYSTEM OF HARMFUL SUBSTANCES I.E. DRUGS WHETHER PRESCRIBED BY YOUR DR OR NOT AND CHEMICALS IN CIGARETTES .

THERE ARE ABOUT 800 DIFFERENT CHEMICALS CONTAINED IN A CIGARETTE . ALCOHOL AND ANY OTHER NON NUTRIENTS WE INGEST OR ABSORB THROUGH OUR SYSTEMS ARE ALSO TOXIC TO OUR SYSTEMS . THE SIGNS OF A STRESSED LIVER ARE ; YELLOW TONGUE FIRST THING ON A MORNING , DISCOMFORT BELOW THE RIBCAGE , WAKING AT A REGULAR TIME DURING THE NIGHT (AROUND 3AM IS LIVER TIME TILL 10 AM ON A MORNING), RESTLESS LEGS , ITCHY TORSO , FEELING SLUGGISH AND LETHARGIC . TAKING A HERBAL REMEDY CALLED MILK THISTLE CAN DO WONDERS FOR TONING AND CLEANSING THE LIVER ALSO TAKING A HOMEOPATHIC REMEDY CALLED NUX VOMICA THIS ALSO CLEANSSES AND TONES THE LIVER 6C POTENCY TAKEN EVERY EVENING MON TO FRI FOR A WEEK OR UP TO A MONTH , DEPENDING ON THE SEVERITY OF THE SYMPTOMS AND DEPENDING ON HOW TOXIC THE LIVER IS, CAN REALLY IMPROVE THE FUNCTIONING OF THE LIVER.

### LOOK AFTER YOUR SKIN

THE SKIN CAN BECOME STRESSED ALSO IF THE REST OF THE EXCRETORY ORGANS ARE NOT FUNCTIONING PROPERLY , THE SKIN IS AN EXCRETORY ORGAN , AND IF YOU SUFFER FROM A LOT OF SKIN ERUPTIONS , MAYBE YOU NEED TO LOOK AT WHAT YOU ARE PUTTING INTO YOUR BODY AND HOW MUCH STRESS THAT IS PUTTING ON YOUR SYSTEM . A COMBINATION OF THE HERBS AND HOMEOPATHIC REMEDIES ALREADY MENTIONED WOULD HELP TO CLEANSE THE SKIN. AS THE LIVER AND KIDNEYS ARE BEING CLEANSSED THEY WILL FUNCTION BETTER

AND NOT HAVE TO THROW OUT EXCESS TOXINS ONTO THE SKIN TO GET RID OF THEM .

### LOOK AFTER YOUR MIND!

STRESS DOES NOT HAVE TO BE PURELY PHYSICAL FOR THE BODY TO BE OVER TAXED. THE MIND IS ALSO CAPABLE OF GIVING PHYSICAL SYMPTOMS TO SHOW YOU SOMETHING NEEDS TO BE DONE . IF YOU ARE FULL OF ANGER AND FRUSTRATION AND THIS IS NOT RECTIFIED IT WILL BE SHOWN IN A PHYSICAL PLACE EVENTUALLY , THE LIVER BEING THE MAIN ONE , BUT ANY AREA OF THE BODY THAT BECOMES RED AND ANGRY AND INFLAMED MIGHT BE BECAUSE YOU ARE ANGRY AND INFLAMED ABOUT SOMETHING OR SOMEONE IN YOUR LIFE .

### HOMEOPATHY WILL HELP

THIS IS WHERE HOMEOPATHY IS HEAD AND SHOULDERS ABOVE THE REST OF THE COMPLEMENTARY AND ALTERNATIVE THERAPIES OUT THERE, BECAUSE IT DEALS WITH ALL ASPECTS OF OURSELVES BODY MIND AND SPIRIT . IF YOU SUFFER FROM LONG TERM ANGER HURT GRIEF AND IT IS SHOWING ITSELF IN A PHYSICAL PLACE IE ARTHRITIS , COLITIS , DIVERTICULITIS , ETC, COME AND SEE ME, I AM IN BEECHAMS HEALTHFOOD SHOP ONE SAT A MONTH TO GIVE FREE ADVICE ON HOMEOPATHY ETC , I ALSO OFFER TASTER SESSIONS £10 PER HALF HOUR AND FULL CONSTITUTIONAL CONSULTATIONS AT MY HOME IN NORTON .



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

## *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.*

