

# Homeopathy

## FOR OPTIMUM HEALTH

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### A remedy to take.....

#### **Autumn brings cold weather, radiant leaves and shorter days.**

As we tumble into the autumn season many patients find their allergies heightened because of the pollen and dust from fallen leaves.

With this we see in clinic *allergy and sinus cold symptoms*. Additionally, this is the time of the year when one starts thinking about getting the **influenzinum remedy** as an alternative to the flu shot. We now have the current one available which is manufactured from the 2012-2013 influenza vaccine. Please ring (01722580029) for more details.

### Exercise to do....

**Tessa Cawdron on Alexander Technique:** "The help of the Technique is sought for a wide range of problems. There are obvious ones such as chronic back pain, migraine, nervous tension. Children particularly at the approach of adolescent, already suffering from *desk slump* are helped in ability and confidence. Musician, actors, athletes, in fact all whose living depends on exceptional specific skills need the Technique; and there are those who suspect we could live with more freedom and intelligence than we do. For more information please contact Tessa on 01747 852652

### A Supplement to take....

**Seasonal Revival** - A cleanse to mark the change of season can only help remove the toxins and support the kidney, liver, lymphatic system and bowel. When these are not functioning well the results can be seen in a number of physical symptoms including a plunge in your energy level. Herbs that you can take alongside homeopathic treatment (always consult your practitioner first) can include dandelion, nettle, cleavers and artichoke.

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### Recipe to follow....

#### **Artichoke soup**

##### Ingredients:

1 pound of artichoke hearts  
4 cups chicken broth or vegetable broth  
1 Tbsp. butter  
2 cloves garlic, chopped  
1/2 cup heavy cream or half-and-half  
Freshly ground black or white pepper

##### Preparation:

Roughly chop artichoke hearts and put in a blender or food processor.

In a medium saucepan over medium-high heat melt butter. Add garlic and cook, stirring, until fragrant, about 1 minute. Transfer garlic to blender with artichokes. Set pan aside.

Whirl artichokes with broth until very smooth. You will need to let the blender run a bit for this to happen - whirl for at least 2 minutes. This will seem like a long time.

Transfer artichoke mixture to saucepan. Bring to a boil. Reduce heat to maintain a steady simmer.

Add cream, and salt and pepper to taste. Serve hot.

Makes 4 servings.

***Still several places left in the Family Practitioner Course  
that starts on the 6th of November***

Attendance is each Tuesday from 10am to 4pm

from Tuesday 6th November to Tuesday 4th December.

This course will increase your knowledge and your confidence in home prescribing and is an excellent way to begin your journey towards a clear understanding the beauty of homeopathy and homeopathic medicine.

**For more information please ring me on 01722 580029**