

Change is in
the air

REMEDIES FOR
AUTUMN CHANGES



FLU VACCINATION
ALTERNATIVES



AUTUMN -WINTER
TALKS AT WELL
NATURAL



ACUTE
APPOINTMENTS AND
FACEBOOK PAGE

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AUTUMN HAS ARRIVED

What does autumn mean to you? Bonfires, fireworks, mists, autumn fruit is what my husband replied. When I asked a young patient she quickly responded: "New notebooks and pens"! Others replied: New Beginnings, Harvest, Jumpers (!) Crisp air, Long nights. Some would also say flu and colds also make their appearance with autumn. All of these observations have one thing in common:

change. Change is part of our everyday lives. It's not always welcome, but undoubtedly we all experience it and live it. Change is very important for homeopaths. It's what we look for in order to prescribe. It's a temporary state which indicates that we are not ourselves. This state indicates we need to stop. Re-calibrate. Allow our bodies to adjust. So this autumn, when you notice condensation on the windows, children in their new uniforms and the leaves turning colours allow yourself to adjust.

**"The six best doctors
anywhere, and no
one can deny it, are
sunshine, water,
rest, air, exercise
and diet"**

Wayne Fields

REMEDIES FOR CHANGE

New academic year...

Whether your children are starting out in preschool or starting University, homeopathy offers helpful remedies to ease some common complaints.

A frequent condition that teenagers and young adults face

is acne. Acne can be brought on by stress or changing hormones and is something that can make kids especially self-conscious when they are already feeling ill at ease in new situations. Acne face washes and creams often irritate or dry out the skin, but homeopathy offers an alternative approach that encourages the body to heal itself of the symptoms without any side effects. The relief of symptoms such as pimples on the face and/or neck, usually with oily skin and often caused by poor diet can be achieved with Antimonium crudum, Berberis and Sepia, all work to help the body relieve these acne symptoms!

If you have younger children that you are dropping off at daycare or preschool, your kids might very well be upset and teary eyed with the idea of leaving you and starting out on their own. Two well-known remedies for young children are Pulsatilla for weeping and Chamomilla for irritability. These two remedies can help calm your child's tears as he or she leaves your side for possibly the first time

FLU REMEDY

Over the summer and autumn months many patients ask the same question:

What can you recommend to boost the immune system during the flu season?

Every autumn and winter, many children and adults suffer from the familiar flu symptoms. Body aches and pains, congestion, fever and chills - we all know the symptoms of the flu. During these seasons, we are inundated with information about the flu shot, and other latest standard medical products. As a homeopathic physician I receive many inquiries regarding the natural or homeopathic approach to flu prevention.

*Free Homeopathic
Talks at Well
Natural-
Salisbury*



Tuesday 20th September

ABC of Homeopathy

Wednesday 19 October

The Common Cold: Beating
Bugs and Preparing for Winter

Tuesday 8th November

SADS

All talks commence at

10.30 am

This is the following list of general recommendations during the flu season:

- **Frequent hand washing**
- **Avoid swimming during autumn and winter, especially for susceptible children and adults**
- **Get plenty of rest**
- **Avoid becoming chilled, wear an extra thin layer of clothing**
- **If your child is ill, keep him or her at home**
- **Minimize junk food (refined sugar compromises the immune system)**

You can also have a course of INFLUENZA 2016-2017 remedy which is prescribed for you and explained in a simple protocol.

The remedy course cost £20 per person.

ACUTE APPOINTMENTS

Just a reminder that acute appointments can also be conducted via Skype. If this is something that you would like to have easy access best set up now rather than when you or your child is unwell. Can you please ring Sam on 07840 238128 and let us know your Skype name, My Skype name is vivasuzie

REMEDY KIT

We advise all patients to invest in an Ainsworth remedy kit. The kit contains 42 of the most commonly used remedies. It is especially useful in acute situations as Suzie can prescribe over the phone by using the kit rather than patients waiting for remedies to be posted. The kit is now available at Well Natural, Queens Street, Salisbury and costs £45.

OUR FACEBOOK PAGE

Sam has worked very hard in creating the clinic's Facebook page- have a look it contains very interesting articles and information about the clinic. This is not an appointment hub JUST homeopathic news and information. Let us know what you think- a HUGE thank you to Sam who did a brilliant job!

On behalf of Sam and myself we both wish to thank you for your continued custom. If you have any questions or comments please do not hesitate in contacting either Sam 07840 238128 or me 01722580029.

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