

SUZIE REYES NICHOL

HOMEOPATHIC PRACTICE

Spring Newsletter April 2017



WELCOME SPRING

As I write this article the sun is shining on my back and the blossoms on the tree have alerted me to the fact that spring is starting to appear. The older I get the more I appreciate the change in seasons- they are welcoming and signify possibility.

Change is not always easy as many have experienced, but the one thing that we can count on is with change comes different possibilities. It fills gaps in our awareness and enables us to approach things differently.

This Spring you will notice change in our clinic at 2 Mill Road. Both Sam and I are happy to announce the arrival of several new practitioners to the clinic.

Will Smither is already a well known practitioner in Salisbury. He is an accredited BACP counsellor with 15 years of experience

qualified supervisor and mindfulness teacher.

Helen Lee, qualified Homeopath will be renting a room at the clinic on a Thursday and will also be supporting my practice with acutes and holiday cover. Helen, a talented homeopath also has a practice near Devizes. Sharing a practice with other homeopaths has always been my wish- collaborative work benefits us all!

And finally, but certainly not least I wish to introduce **Desiree Coups** a recent graduate from Salisbury Homeopathy College. I had the privilege of supervising Dezi during her academic studies and witnessed a top student join our homeopathic community. Desiree will be in the office on Wednesday afternoons, seeing her patients and building her existing practice.

I am sure you will all join both Sam and I in welcoming Will, Helen and Desiree and wish them every success in their new venture.

Suzie & Sam



WILL SMITHER

Will is an accredited BACP Counsellor with over 15 years experience. Having initially qualified with an Advanced Diploma in Psychodynamic Counselling, he has since undertaken extensive further training in Humanistic Psychotherapy and more recently he completed an MA in Mindfulness based Psychotherapeutic Practice at the Karuna Institute.

Will is also a qualified supervisor to other therapeutic professionals and a mindfulness teacher.

As an integrative Counsellor Will draws upon a number of theoretical models, tailoring his work in response to the needs of each individual client.

He holds a belief that it is the quality of the therapeutic relationship that offers the possibility for healing, insight and change. His

approach considers the whole person, mind, body and emotions, and focuses on integrating elements of ourselves that have become out of balance and in need of attention. He offers a safe, compassionate and confidential space, that encourages each unique client to heal old wounds, to realise their full potential and to begin to live life more fully.

Will has experience of working in several different professional settings, including private practice, higher education, bereavement services and family mediation. Over the years he has worked with individuals on a wide range of issues. These have included specific issues such as depression, anger, stress or anxiety, as well as more general problems concerning relationship or difficulties facing change and loss. Sometimes it may be a problem that is more difficult to define such as a sense of dissatisfaction and unfulfillment, a sense of confusion about who we are, or simply a lack of direction in our life.

Will can be contacted by email info@willsmithercounseling.co.uk or by phone on 07910 389817. He offers appointments Monday to Friday from 8.30am until 6pm.



HELEN LEE

Helen is a qualified Homeopathic Practitioner, and graduate of the renowned School of Homeopathy in Stroud. She qualified after many years of study, with over-140 hours of clinical observation and 18 months of in-service supervision.

To be able to qualify and practice Homeopathy is a privilege. Its been an inspirational experience for Helen, coming to fruition after many years of study. Helen also studied on parallel courses, gaining Diplomas in Anatomy & Physiology and Pathology & Disease for Homeopaths with Alternative Training, Stroud.

Helen has worked for many years with teenagers and young adults with learning difficulties as a teaching assistant and student support assistant. Helen moved to wonderful Wiltshire over 16 years ago with her husband and daughters, from the family farm in the north Cotswolds. Helen has two daughters who are studying Speech and Language

Therapy in Cardiff and Fine Art at Central Saint Martins, London.

Helen loves to travel and go on country walks with her working Cocker Spaniel, Archie.

To be able to practice Homeopathy is a dream come true, a dream that Helen stumbled upon over 20 years ago, when treating her daughters for childhood illnesses.

“To even be a little help to someone who is seeking that ‘something’ extra, that ‘something’ that can help their own path to health and wellbeing is rewarding to me as a person and as a practitioner. Joining the Mill Road Clinics team is an amazing opportunity to work collaboratively both for the benefit of our patients and furthering my own professional development”

Member of The Society of Homeopaths and abides by their Code of Ethics and Practice.

For enquiries or to make an appointment please email hlee031266@gmail.com or call 07773 983739. www.helenleehomeopathy.com

Acutes

If you have an Acute illness please could you call the clinic **by 8am** so we can try and accommodate you in the diary for the day. Acute appointments are £25.



Perfectly Imperfect

“A water bearer in India had two large pots, each hung on each end of a pole which he carried across his neck. One of the pots had a crack in it, and while the other pot was perfect and always delivered a full portion of water at the end of the long walk from the stream to the master’s house, the cracked pot arrived only half full.

For a full two years, this went on daily, with the bearer delivering only one and a half pots full of water to his master’s house. Of course, the perfect pot was proud of its accomplishments, perfect to the end for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do.

After two years of what it perceived to be a bitter

failure, it spoke to the water bearer one day by the stream. “I am ashamed of myself, and I want to apologise to you. “Why?” asked the bearer. “What are you ashamed of ?” I have been able, for these past two years to deliver only half my load because this crack in my side causes water to leak out all the way back to your master’s house. Because of my flaws, you have to do all this work and you don’t get full value from your efforts” the pot said.

The water bearer felt sorry for the old cracked pot and in his compassion, he said “As we return to the master’s house, I want you to notice the beautiful flowers along the path” Indeed, as they went up the hill, the old cracked pot took notice of the sun warming the beautiful wild flowers on the side of the path, and this cheered it somewhat. But at the end of the trail, it still felt bad because it had leaked out half its load, and so again apologized to the bearer for its failure.

The bearer said to the pot “Did you notice that there were flowers only on your side of the path, but not on the other pot’s side?

That’s because I have always known about your flaw, and I took advantage

of it. I planted flower seeds on your side of the path, and every day while we walk back from the stream you’ve watered them. For two years, I have been able to pick these beautiful flowers to decorate my masters table.

Without you being just the way you are, he would not have this beauty to grace his house”.

Moral: Each of us has our own unique flaws. We’re all cracked pots. In this world, nothing goes to waste. You may think like the cracked pot that you are inefficient or useless in certain areas of your life, but somehow these flaws can turn out to be a blessing in disguise”.

We live in a world of self-help, home improvements, further education etc – I am the first to say we are on a path of learning but sometimes it is important to stop. Smell the roses. Admire and honour what we have achieved. Our story is always changing but part of the joy is recognising what we are accomplishing now.





Hayfever

I recently read an article about the deteriorating quality of the air that we breathe and the fact that this winter is on record as the worst for smog in the UK since the days when our lives were powered by coal.

Levels of pollution from cars, factories and heavy lorries have contributed to an environment that delivers air of the consistency of soup and that is playing havoc with the lungs of anyone who is even mildly susceptible to it.

Now when Mother Nature starts to encourage the grasses, trees and pretty flowers to start pumping their pollen into the air, that soup begins to have sharp prickly little croutons in it and the sneezing plague begins. I have realised that the body needs a bit of extra help to cope with the annual pollen release.

Homeopathically we can start supporting the body with remedies, but we need to start at least six months prior to the symptoms commencing in order to help chronic symptoms.

This year's mild winter has seen grasses and trees begin to shoot very early and full

season will be very soon upon us – and that is why I suggest you to get a Salt Pipe.

It is safe, (virtually everyone can use it, even children) has proven benefits for several major conditions and, because it can be refilled with fresh salt packs, will last forever.

Made out of hard-wearing porcelain it can be put in the dishwasher to clean after use – even if you have suffered the heaviest of colds.

Here's a quick summary of the type of problems that using the Salt Pipe daily can possibly help with:

- Coughs and colds, including the persistent dry cough that you are often left with. The salt acts as a major anti-inflammatory agent, thus reducing the impact that cold-causing bacteria and viruses have on the small tubes in the respiratory tract. This allows the air to flow more freely as well as promoting the body's natural ability to clear the airways of mucus. It works for all ages too. The reason why it is effective is simple – as you breathe in through the system it directly kills off any pathogens in the atmosphere. Basically they can't stand being salted!

- Asthma and other breathing difficulties which are often worse in association with poor air quality and high pollen

levels. Once again, the combined effect of chronically reduced airflow that occurs in conditions like asthma, along with localised inflammation, can mean misery for so many people. Often the fear of initiating an asthma attack can be severely limiting to social interactions and the types of things that the rest of us take for granted, like a trip to the shops.

A series of research findings in the UK and USA have shown the benefits of saline infused atmospheres for helping control asthma attacks.

- Cystic Fibrosis sufferers can also get major benefits from using a Salt Pipe. This is a very debilitating genetic condition caused by the failure of an enzyme in the body that allows the build-up of thick mucus in the respiratory and gastrointestinal systems. Daily physiotherapy is needed to drive the mucus from the lungs to ensure that the airways stay clear. By using the Salt Pipe though, several studies have shown that the build-up of mucus is reduced and can be less viscous and therefore easier to mobilise with the physio treatment.

- In addition to the above, there are benefits for those suffering from allergies, sinus problems, hay fever, chest infections, bronchitis, sore throat, wheeziness, COPD, emphysema, breathing difficulties and

respiratory problems caused by smoking. Like I say, there is so much that I had tended to overlook in the way this little marvel can help – especially at this time of year.

Don't leave your Salt Pipe in the drawer. Having told so many people about the benefits of Salt Pipes I am sure that many of you will have one already. But remember, one of the real key benefits of this type of Salt Pipe is that it is refillable. Please don't disregard the huge health benefits that you can get from using the Salt Pipe daily – it really does make a difference.

The Salt Pipe can be bought at Well Natural in Salisbury **Higher Nature Salt pipes, the large one costs £29.95, and the mini one costs £23.95.** As well one can order on Amazon.

If you do decide to try the Salt pipe please let me know your thoughts.



Appointments

As there is no waiting room and to ensure confidentiality for our patients, please could you arrive at the time of your appointment.

Thankyou



Card Payments

For face to face appointments we are now able to accept card payments. If you would like to pay by card then there is a £2 administration fee. You can of course still pay by cheque or cash if you prefer.

For Skype appointments we ask for payment via BACS by 9am on the morning of your appointment.

Contact Details

Clinic and Acutes 01722 580029

For Appointments and enquiries call Sam 07840 238128

Will Smithers 07910 389817

Helen Lee 07773 983739

Desiree Coups 07481 863472

We hope you have enjoyed our newsletter and found it useful. If you have any suggestions for future newsletters please do not hesitate to get in touch.

As Ever

Suzie