



NEWSLETTER

Issue 2

AUGUST 2004

- Keep happy & active during the holidays
- Homeopathy for children.
- Making healthy choices.

COURSES & WORKSHOPS

What Is

Homeopathy?

A free, informal introduction to how homeopathy works.

Mon. Sept. 13th 7-9 p.m. repeated on

Wed. Sept. 22nd 7-9

MEDITATION FOR BEGINNERS

Stressed? Need to relax? Just a few minutes can help with anxiety & stress. If you are interested in individual or group relaxation &

HOW TO SURVIVE THE SUMMER HOLS!

Getting active.

Try to aim to be more active with your kids this summer - it relieves boredom, is often inexpensive & is good for everyone! Turn off the T.V. / computer & encourage more outdoor activities such as football, hopscotch, bat & ball, skipping & hide & seek. Dust off the old bikes & cycle somewhere different.

Discover your inner child that wants to have fun!

Get them doing some stretching & breathing exercises; *reach for the stars!*

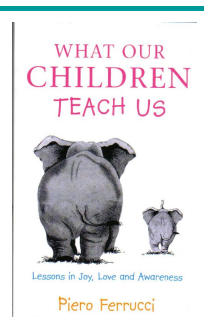
Breathing deeply for a few minutes each day can help everyone feel more relaxed this holiday! If you feel happier - so will your family!

Remember, jobs can wait..... children's youth & the sunshine are only brief. Live in the moment & give them your attention for sections of time, share your love, laughter & life together! When the weather isn't so good, try baking, which most kids enjoy (recipe idea below). Encourage children to help in the house & garden. Involve all the family and discuss ways of working together as a "team"; things may take a little longer but sharing tasks is good! Make it into a game and give lots of praise, show them how much you appreciate their efforts.

Take turns to talk about "*the things I am grateful for are.....*" this is useful if arguments are brewing & on car journeys &

BOOK REVIEW

This funny and tender book shows us how we can learn valuable lessons from our children, even in the most challenging situations. The author shows how we can learn to step back & transform parental frustration. When we share our children's



wonder & joy we too can live fully in the present. (*This book is now in the practice library.*) To join the book group call Marilyn on 01782 628237.

HEALTHY BISCUITS

Ingredients

- 8 oz of margarine
- 3 oz of sugar
- 1 tbsp honey
- 11 oz of wholemeal flour
- 2 tsp ground ginger
- A little milk

Cream together margarine, sugar & honey & beat in a little milk to make a dough. Cover dough & chill for 15 minutes. Roll out dough to 5mm thickness, using a quarter of the mixture at a time. Cut out gingerbread men shapes of stars etc. Decorate with raisins, chopped nuts or apricots cut up & bake at 180°F, gas no. 4 for 12 minutes. Allow to cool and harden. Delicious on their own, with mashed banana

HOMEOPATHIC REMEDIES FOR CHILDREN.

Whether you are going away or staying at home this summer, The chances are that the kids will "get into a scrape or two", or have a cold/ tummy upset or some other minor ailment! Here are some essential holiday remedies for minor problems. Please see your GP if you are concerned about your child's health.

ACONITE

Give as soon as your child starts with a cold, cough, earache sore throat.

ARNICA

For shock & accidents/ minor injuries such as bruising & bumps.

BELLADONNA

For fevers, burning, red hot, may be used for earache, tonsillitis, any hot throbbing burning pain.

CHAMOMILLA

Useful for teething pains, colic and earache with over-sensitivity - any pain seems unbearable. Useful for when you feel that you cannot do anything to calm your child.

PULSATILLA

Children needing this remedy are clingy and want to be cuddled when poorly. Useful for thick catarrh, with coughs and colds & tummy upsets from eating too much e.g. at children's parties!

Give 1 tablet (or a few granules) of the remedy in a 6c or 30c every 2 hours for 6 doses, then reduce to 2-3 times a

KEEPING HEALTHY IN THE SUMMER

The long summer holidays can be an ideal time to encourage healthier eating habits. Try cutting out fizzy drinks, replacing them with water, milk or fresh juices mixed with sparkling mineral water. If you do drink pop or juices, use a straw to minimise tooth decay. Reduce sugar intake, chocolate is better than sweets, but any sweet foods are best eaten in one go rather than picking at them throughout the day. Keep less healthy foods & pop for treats only & not every day. Whenever possible, steer clear

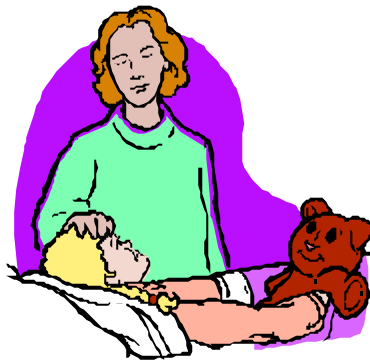
of refined & high sugar foods, "e" numbers & additives such as aspartame & monosodium glutamate, as these can cause behaviour changes & health problems. Reduce salty & high fat foods to keep weight balanced. Try making healthy foods together, fruit salads, flap-jacks, home-made lollies. Involve children in choosing a wide variety of fruit & vegetables, taking turns to choose. Talk about how foods affect health; plant seeds & watch them grow. Choose fresh, unprocessed &

organic foods whenever possible and *slow release carbohydrates* such as wholemeal /oatmeal foods, nuts & cherries which keep the blood sugar more constant. Keep a "healthy foods cupboard" for when you are too busy to make healthy meals. *Consider each day a new challenge to make positive changes & involve the family in these. Try to have family meals whenever possible & make eating together fun. Congratulate yourselves when you make changes, even small ones!*

HOMEOPATHIC FIRST AID KITS.

Are you prepared if someone is ill whilst you're on holiday?

As a client of the practice, you can order a "personal first aid kit" prepared for you & your family according to your specific needs. Remedies for bites & stings, sunburn, tummy upsets & travel sickness etc. can save visits to the doctor which can spoil your holiday.



Kits are available for holidays ailments, children's complaints, hayfever, pregnancy & childbirth etc. from May Bank Homeopathic Practice. *Just ask!*

SAFE IN THE SUN

Protect your children this summer with a non-chemical sunscreen such as Liz Earle Naturally Active Sun care range available from: www.lizearle.com or Solace sun care cream by Mail order from Helios Homeopathic Pharmacy 01892 537254 or Barefoot Doctor 01737 210684. Aloe vera gel is very soothing for sunburn & minor burns.

Contacting your homeopath

All 'phone-ins are on the new practice number: 01782 620514

New 'phone-in times.
Mon & Fri. 9 - 10 a.m.

Tues & Thurs: 12.30-1p.m.
& 6 - 6.30 p.m.

Mobile no. 07768993093

Email:
m.bevington@btinternet.com

HOMEOPATHIC HELPLINE.
If you need urgent homeopathic advice & cannot contact Maggie, the help line is available from 9am to 12mn every day 09065343404 (Calls charged at premium rate.)
May Bank Homeopathic Practice,
26, Basford Park Road,
May Bank, Newcastle, Staffs.
ST5 OPS

Website: www.mbevington.co.uk

USEFUL WEBSITES

Check out these sites for inspiration & ideas for raising happy, healthy children!

www.mimidoee.com
www.practicalparenting.org.uk
www.raisingkids.co.uk

In the next newsletter....
September is a time of CHANGE.....
whether it's a new school, college course, university or job.
How to embrace change/ go with the flow.....