



NEWSLETTER

Issue 8

Autumn 2005

- ♣ How “in tune” are you?
- ♣ Tips for Autumn
- ♣ Detox your life!

COURSES & WORKSHOPS

Continuing the series of chakra workshops

6th Chakra Meditation

Wed. Oct. 12th 7-9pm

The Brow – intuition

7th Chakra Meditation

Wed Nov. 16th

The Crown – understanding & transcendence

Health supplements

Wed Oct. 5th 7-9pm

John Arzberger from Lambert's Health Care on nutritional supplements for women.

Organic Food

Thurs Nov. 10th 7-9pm

With Pauline Hart – The nutritional benefits of organic food, with samples! Pauline has recently started a delivery service of organic products in this area.

Courses are £5 (unless stated otherwise) payable in advance. To book, please contact Maggie. Booking is essential for all courses as places are limited.

How “In tune” are you?



As the season changes, you may be feeling apprehensive, excited, reluctant or enthusiastic about school, university, work or other new and old ventures. Today’s high-pressure, busy life-style can mean that you can feel you have no time to relax & listen to your own intuition, your “inner teacher”. As research reveals more about modern life-style and health patterns, it becomes more obvious that **“your biography becomes your biology”**. We are constantly encouraged to improve our diet and take more exercise to reduce the risk of modern day diseases, but this is only part of the journey back to health.

Tune-in to your energy

Many people turn to complementary therapies in their search for a more natural approach to health care & to become more in-tune with their body. Holistic medicine views each person as a unique individual having energy centres called **chakra’s** that receive & store energy via channels called **meridians**. Happy or exciting news (positive energy) can give you a “rush”, whereas loss of energy or storing negative feelings about yourself or others may produce illness. Physical symptoms are often a reflection of how you are feeling emotionally so if you “tune-in to your body” it may give you clues to the cause of your illness.

Take a few minutes to think about how you are feeling at the today; write it down if you like. Note physical sensations & emotions. Can you see any links between your physical symptoms & feeling state? (e.g. an irritating rash may reflect a feeling of irritation with a situation or person).

Emotional awareness

If you repeatedly find yourself in difficult situations e.g. being treated unfairly, or feel that you have no time/choice in life, take some time out to consider why this may be happening. What is it in you that attracts this energy? Sometimes we fear change, have low self – esteem, or just accept such situations as normal. Being aware of how you act / react to other people & situations can be the key to changing these patterns & healing yourself.

Can you change things that you are not happy with?

What would people think if you did change?

What do you currently “do” that you would like to change?

Now ask yourself “What would happen if I didn’t do that any more?”

If you feel that you can’t change your life as you want to then think again! The simple truth is that *you can if you want to!* Your belief about yourself is central to the “energy” that you attract to you: if you think that you will never succeed then you probably won’t.

♣ *Take a few minutes each day to sit quietly & listen to your body.*

♣ *Be more consciously aware of what is happening to your energy with people & situations around you. Ask “Is this working for me?” If the answer is yes – great, if no – change it!*

Tips for autumn

When the kids go back to school & the weather begins to get cooler / damper there are always the usual coughs, colds & headlice! Here are some tips to help!

If you are prone to asthma, bronchitis or chesty colds, now is the best time to start preventative treatment. Autumn is a good time to take remedies for general wellbeing too!

Homeopathy

Your constitutional (whole person) remedy is always the best immune system support. If you are not sure which remedy this is please see your homeopath! **First Aid Remedy Kits** with "6 of the best" remedies for coughs, colds & 'flu £10.

Nutritional Supplements

Although foods are the best way to enjoy vitamins & minerals, the modern diet generally does not provide adequate amounts to maintain health.

A good quality multi-vitamin & mineral supplement may be recommended for all ages at this time of year.

Vitamins can relieve symptoms in many conditions, e.g. zinc & vitamin C for sore throats; glucosamine to reduce stiffness, pain & inflammation in joints which can be worse in cold damp weather.

Herbal remedies

Herbs can support the body during seasonal & life changes.

Echinacea reduces susceptibility to colds & 'flu & helps to fight recurrent thrush, respiratory, middle ear & urinary infections.

Ginkgo biloba may improve circulation which can be worse during cold weather.

Get ahead with Delacet! An excellent herbal shampoo for headlice. Also use tea tree shampoo to prevent recurrence.

All available from the shop.

Detox your life!

As the autumn countryside gradually becomes a painting of gold, red, orange and brown, so we feel a natural change in both body & mind. Here are a just a few tips to ease the change & help you to detox & feel more in-tune with you body.

♣ **Eat seasonally**

Fresh, seasonal, organic fruits & vegetables provide the essential nutrients needed at this time of year. Be adventurous & try foods that you might not usually buy & different recipes. Raw foods are best as they contain extra vitamins & more natural "energy" -(Kirlian photography shows that raw foods and healthy, undamaged plants have a stronger, wider & more radiant "corona" i.e. luminescent discharge).

♣ **Minimise exposure to toxins**

"Toxic overload" is linked with many health problems such as allergies & fatigue. This can be from many sources including:

Food: e.g. pesticides, artificial colourings & drugs such as antibiotics given to cattle & passed through the food chain.

Drugs: medical & recreational ; also alcohol.

Environmental toxins such as pollution, chemicals in the workplace, household cleaners & body care products, electro-magnetic fields from mobile phones & many household electric appliances.

♣ **Be aware of what affects you energetically**

Many external factors can affect you energetically, either positively or negatively. When you enjoy meditation, a walk in nature, listening to music & spend time with friends, notice how this makes you feel energetically. Be aware how you feel in different situations & with other people. If you feel good – they are probably doing you good, but if you feel drained or anxious you may need to move away from these situations. If this is not possible, you can *change your responses* to them.

You create your own reality & emotional awareness gives you the tools to recreate your life so that it works for you not against you.

Practice Shop

I am gradually expanding the range of goods available to clients that promote a "less toxic" life-style. I am also considering introducing a small range of non-perishable **organic foods** and would like to hear your views – let me know if you think this would interest you! Just think – you could shop for a healthy tea at the same time as your come for your appointment!

Current stocks include **environmentally friendly** household products; natural hair & body care; fluoride free toothpaste, aluminium free deodorant, essential oil sticks for migraine, plus tinctures, creams & good quality/ high strength nutritional supplements for all ages.

(All at less than the R.R.P.)

CONTACTING YOUR HOMEOPATH

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

'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
May Bank Homeopathic Practice,
26, Basford Park Road,
May Bank, Newcastle, Staffs. ST5 0PS

Homeopathic Consultations

Adult: 1st appointment £49
Follow-up appointments £28

Child: 1st appointment £39
Follow-up appointments £24.
Requested remedies £1.75 half / £3 full bottle.

Acute prescription costs £6 (no charge for postage).

Reiki Treatment Charges

£28 adults per hour
£24 child per hour
Family groups: £35 per hour



The freedom in letting go

A poem for autumn by Marilyn Lockett.

*Twisting, twirling,
Inside swirling
The leaves fall gently from
the trees.*

*Embracing, enticing,
Inside dancing,
My layers are bringing me
to my knees.*

*Changing, renewing,
Inside trembling,
Will I find my way soon
please?*

*Shedding, revealing,
Inside surfacing
Longing to find the right
keys.*

*Naked, shivering
Inside quivering,
Soul come forth, do not
tease!*

*Exciting, inviting,
Inside waiting,
Longing for the final
breeze.*

*Slowly, lovingly,
Inside accepting,
Leaving behind the dis-
ease.*

*Peeking, sneaking,
Inside speaking
Growing, whole with ease.*

NEW LIBRARY BOOKS

Recently added titles include:
"Applications for living" from
Conversations with God , Neil
Donald Walsch
"Self-esteem for Boys / Girls"
E. Hartley Brewer
"The Direct Path" A. Harvey

In the next newsletter.....

- ♣ Seasonal Affective Disorder – S.A.D.
- ♣ Xmas tips
- ♣ Looking ahead to 2006

Website: www.mbevington.co.uk