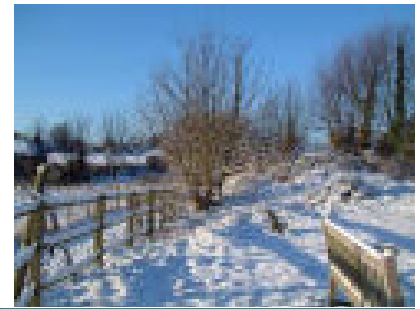




May Bank Homeopathic Practice



NEWSLETTER

Issue 5

January 2005

- **Tips for Winter**
- **Immune boosters**
- **Homeopathy for Colds & 'Flu**

COURSES & WORKSHOPS

Meditation Group

Wed. Jan. 12th 2005

7-9pm

NB Amended date
Although this course is now full, you can be put on the cancellations list, or book your place for the next date:

New Moon Meditation

Thurs. March 10th 2005

7-9pm £5

Homeopathic First Aid

Saturday Jan 22nd 2005.

10am -3pm

Learn all about homeopathy & how you can treat your family for many simple ailments without drugs. Light lunch & refreshments provided. £30 (deposit £10)

Introduction to Reiki

Wed. Feb. 9th 7-9pm £5

Homeopathy for Children

Saturday Feb. 26th 2005.

10am -1pm £15 (deposit £5)

Homeopathy is fantastic for babies & children! Stop the antibiotic cycle and learn how to deal with many problems naturally!

Booking is essential for all courses as places are limited.

Tips for a Happy, Healthy New Year

With the Winter in full flow and possible post-Christmas blues, we can sometimes fall prey to coughs and colds. Here are some tips to increase your stamina and vitality for the New Year.

Make sure your any New Years resolutions are realistic and achievable.

It's a common mistake to start the new year with too many unrealistic expectations which leave you feeling low if you are unable to carry them through. Set just 1 or 2 simple short-term and longer term goals and make them realistic.

Look after your health. Try to increase your intake of fresh foods, especially fruit and vegetables, and take a high quality vitamin & mineral supplement to help your body cope with the aftermath of Christmas and the Winter weather. Vitamin C 1000mgs & zinc 15mgs a day will help to boost your immune system & may shorten colds. Echinacea has proved to support the immune system which helps to fight viruses and infections. See below and overleaf for helpful recipes to give you a boost.

Balance work and play! Make sure you balance out your working life with time to relax and spend time with family and friends. All work and no play may "make Jack a dull boy", but more importantly it can deplete the immune system and make you more susceptible to colds.

Laughter is the best therapy! Science has proven that laughter is good for you - it increases the "happy hormones" which have a positive effect on the immune system and reduce stress. You may choose to read a humorous book or comic, watch comedies - which is a nice way to share time with your family too - but it's hard to beat spending time with friends who make you laugh. Go on.... Enjoy yourself!

FRUITY IMMUNE BOOSTER

Ingredients

200ml fresh cranberry juice.
50ml fresh orange juice.
Small pinch of grated nutmeg.
1 Cinnamon stick.
Zest of 1 lemon and 1 orange.

Heat juices together in a pan. Adding the cinnamon stick, grated nutmeg and zests together.
Simmer for 10 minutes and then serve warm.

This mixture may also be served cold and with

sparkling water to make a nice winter fruit punch.

You can also add lemon and orange slices to decorate either each glass or the punch bowl.

HOMEOPATHY FOR COLDS & 'FLU

Homeopathy is very effective for colds & 'flu, for example:

Aconite

Excellent for colds, 'flu or fevers, especially if come on suddenly or caused by a cold wind.

Bryonia

Dry, hard cough that hurts the chest, with thirst, irritability and headache.

Gelsemium

Chills, shivering, cold feeling in back, weak & aching muscles, dull headache.

Eupatorium perf.

'Flu when the bones feel as if breaking. Eye pain, headache.

Ferrum Phos

For early but no strong symptoms. Run down, more thirsty than usual.

Ipecac.

Gastric 'flu, nausea not relieved after sick. Cough, may

How to take remedies

Suck 1 tablet (or a few granules) of the remedy in a 6c or 30c strength every 2 hours for 6 doses, then reduce to 2-3 times a day until better.

Stop taking your remedy if you feel any worse. Always seek medical help in emergencies.

FRUITY IMMUNE BOOSTER

100ml of skimmed or soya milk.
Handful of defrosted frozen berries (Cheaper than fresh)
1 small banana
1 kiwi.
Whiz all together in a blender and drink straight away.
This smoothie is packed with vitamins, minerals and



The Live Longer Diet: Secrets of the World's Longest Living

Author Sally Beare reveals some fascinating facts about the diets of people living in small eastern countries such as Okinawa & Hunza, where many people live to a ripe old age. Not only do they live longer, but they stay active, healthy & happy too!

Not just another diet book for the New Year - this is an enjoyable read that may just give us the extra pieces to the jigsaw. Health isn't only about eating less meat, refined, high calorie foods & more fresh, organic foods and lots more water; it's about living active lives, working to meet needs not just desires, being valued for our role within the family and the community. There is no ageism & many work until later years, living simply, enjoying small amounts of alcohol socially and with a strong sense of spiritual purpose.

If you want a different angle on health and happiness - give it a go!
ISBN 0-7499-2456-x Available from Cygnus books Tel. 0845 456 1577.

NEW! COLDS & 'FLU KITS.

- **Don't let the 'flu stop you!**
- **Give as a gift to your family!**
Now available at May Bank Homeopathic Practice

"6 of the best" homeopathic remedies to help stop colds & 'flu. Suitable for all the family.

Complete with instructions for use and in a carry case, these 'Flu Kits are essential for the Winter at only £10.

Homeopathic remedies will keep & this kit can be used at any time, so whether you are at home or away - BE PREPARED!

To order your kit, please contact Maggie.

CONTACTING YOUR HOMEOPATH

All 'phone-ins are now 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 pm.

Mobile no. 07768993093

Email:
m.bevington@btinternet.com
May Bank Homeopathic Practice,
26, Basford Park Road,
May Bank, Newcastle, Staffs.
ST5 0PS

From January 1st 2005

Please note that from January 1st 2005 there will be a small increase of £1 per consultation fee. New charges will be:-

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

Child: 1st appointment £39
Follow-up appointments £24.

Prescription costs remain at £6 with no charge for postage.

NEW STOCK AT PRACTICE SHOP

A small range of vitamin and mineral supplements are now available for practice clients.

Also "*Leap of Faith*" greetings cards from original & inspirational paintings, and hand made jewellery. Ideal gifts to yourself or others!

In the next newsletter....

- ◆ **Put a Spring in your Step!**
- ◆ **Early hay fever remedies**

Website: www.mbevington.co.uk