



NEWSLETTER

Issue 6

Spring 2005

- Energy Boosters
- Early Hayfever Remedies
- The Call: book review

COURSES & WORKSHOPS

New Moon Meditation

Thurs. March 10th 7-9pm

Introduction to Vortex Therapy:

- With Lisa Walmsley-Pitts

Wed. March 13th 7-9pm

1st Chakra Meditation

Wed. April 20th 7-9pm

The base chakra - security & groundedness.

Introduction to Reflexology

- With Sue Rudd

Mon. April 25th 7-9pm

Introduction to Quantum Touch.

- With Ruth Theobald

Thurs May 12th 7-9pm

2nd Chakra Meditation

Wed. May 25th 7-9pm

The sacral chakra - physical health & relationships.

All of the courses listed above are £5. For details of other courses and to book, please contact Maggie. Booking is essential for all courses as places are limited.

Put A Spring In Your Step!

Spring is the time for the birth of lambs, flower buds bursting through from the earth and hopefully increased energy levels after the Winter / festive season. If you need a little boost in energy levels, here are some helpful tips!

Foods For Increased Energy.

- ◆ Eat slow release energy foods such as whole-wheat pasta, wholemeal /pitta bread, brown rice, cous cous, rice cakes, bananas, apples, lentils and beans.
- ◆ Snack on nuts, sunflower seeds, pumpkin seeds, dried apricots, prunes, fruit or small yoghurts, instead of biscuits or sugary snacks.
- ◆ Try eating little and often, not going more than three hours without eating a small healthy snack.
- ◆ Drink eight large glasses of water every day.

Aromatherapy For Energy

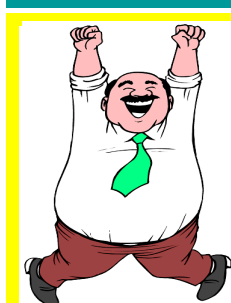
Vaporise 2 drops of Bergamot essential oil and 2 drops of lemon essential oil in a burner with some water. Enjoy the stimulating and zesty aromas of these oils. Place a few drops of Rosemary essential oil on a tissue and inhale: it is renowned for increasing alertness and clarity. (It is advisable to contact a qualified aromatherapist if you are pregnant or in any doubt about the suitability of essential oils.)

Green Tea for Energy.

Green tea has long been known for its refreshing and invigorating qualities. Not to everyone's taste but try it with lemon - this may become your regular beverage at coffee time.

Body Brushing the Cobwebs away.

Investing in a body brush is an excellent way of stimulating and increasing the well being of your body. Brushing all over your body (in the direction of your heart) for a few minutes before showering will stimulate your circulation and help to remove toxins from the body. (Use gentle brushing over delicate areas.)



Body scrubs may also help to "detox" the skin and get rid of dead skin cells. If you don't have a body brush or don't want to buy an expensive body scrub, try a hand full of salt rubbed onto dry or damp skin prior to a bath or shower.

After leaving the shower, drink a large glass of water with lemon juice in and you will be raring to go!

If you are currently under the care of your GP it may be advisable to check with them before body brushing.

REMEDIES FOR ACUTE HAYFEVER

Allium Cepa

Sneezing with a watery discharge from eyes and nose; the nose is most sore. Worse in a warm room.

Apis melifica

Stinging, itchy skin with puffy eyes.

Arsenicum album

Burning, watery discharge from eyes & nose.

Arundo

Main symptom is itching, especially in the eyes & roof of the mouth.

Euphrasia

Eyes worst affected with watery burning discharge; nose runny or blocked, worse at night.

Grass/Mixed pollens

For known allergy to grass & / or flowers.

A good general remedy.

Sabadilla

Violent, loud sneezing; watery eyes, burning lids, sore throat & chill.

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.

HOMEOPATHY FOR HAY FEVER

Hay fever is treated using homeopathy in 2 ways:

- ◆ *Before the season starts*, (usually between December & April) by giving a "constitutional remedy" i.e. for the individual person, to build up the immune system.
- ◆ *During the hay fever season*, using "acute" remedies according to the specific symptoms.



Sometimes remedies can also be given to address the tendency to suffer from allergies (also asthma and eczema) and again, these are usually given before the main season begins.

Although it may take some time to reduce the recurrence of allergic symptoms, remedies can and do have a dramatic effect on the actual symptoms that can otherwise ruin your Summer! Here are some of the most useful remedies prescribed.

MAY BANK HOMEOPATHIC PRACTICE LIBRARY

Have you checked out the Practice library yet? There are now over 150 health-related books available for loan with new titles being added regularly. If you would like a copy of the titles for loan, please send an SAE (or email) to Maggie. Books may be borrowed for up two months - longer if required - and a small donation of *no more than £1* enables more new titles to be purchased.

You may choose a book during your appointment, by email or 'phone, or by visiting the practice (by prior arrangement if possible at a convenient time) Donation of books on physical or emotional health related topics are welcomed.

BOOK REVIEW: "The Call" ***by Oriah Mountain Dreamer.***

This is a heart-warming & inspirational read which helps us to connect with our "true self," not just what we "do" or the role we play in society. Looking at the challenges that face us through life can

If we spend our life striving to do more, or waiting for life to get better, we may lose our sense of purpose. Using thought provoking meditations, the author helps us learn how to "be". When still, we can hear "the call." *"You have to be awake to know what is going on inside you"*. Available from the Practice library.

CONTACTING YOUR HOMEOPATH

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

'Phone-in times.

Mon & Fri. 9 - 10 a.m.

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

Mobile no. 07768993093

Email:

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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
Sessions are 1 hour .

HAY FEVER KITS.

Want to avoid the usual misery of a blocked / red nose this Spring/Summer? BE PREPARED with a homeopathic hay fever kit! "6 of the best" remedies, with instructions, in a handy carry case for just £10. Remedies keep indefinitely. (Can only be supplied to clients at the Practice.)

In the next newsletter....

- ◆ Tips for Summer
- ◆ All about Reiki healing

Website: www.mbevington.co.uk