



NEWSLETTER

Issue 18

Spring 2008

COURSES & WORKSHOPS

Just This Day Meditation

Sat May 17th 10am-3.30pm
£20 full day £10 half day

This is an experiential workshop using both guided & silent meditation with simple thought-provoking exercises to focus you on your spiritual & personal journey.

Usui Reiki level 1

Wed. June 25th 10am – 5pm
£85

Learn how to heal yourself with the gift of Reiki.

Usui Reiki level 11

Wed & Thursday July 9th & 10th : 10.30 - 4pm £140

Extend your Reiki skills; share this gift with others.

Positive Change Workshop

Sat. July 19th 10am-4pm: £40

This is an experiential workshop to help you to recognise blocks & make positive changes in your life TODAY. Releasing blocked energy creates a sense of FREEDOM & can create better spiritual, emotional & physical health & well-being. It's also a day **just for you!**

NB Please check venue for courses as some are now held at Whitfield Community Centre, Newcastle. (Details adjacent) Also check if lunch is provided or you are asked to bring your own.

For details of other courses and to book, please contact Maggie. Booking is essential for all courses as places are limited. Full payment is required on booking to secure your place. For refunds policy please ask Maggie.

Spring Cleaning!

Now is a natural time for doing some “spring cleaning!” Traditionally it is the season for renewed life, energy & growth after the Winter hibernation. Here are some changes that the Spring energies have sparked off at The Practice!

As part of considering my personal & professional “energy management,” i.e. the outward & inward flow of energy, I have made some adjustments to consultation fees (Money is just a form of energy which has to be balanced to promote health).

From April 2008, fees for appointments are as overleaf.

For those clients who wish to continue / engage in “deeper work” - ie examining thought patterns/habits/energy movement, or perhaps combining homeopathy with Reiki , I now offer a longer 75/80 minute follow-up appointment at £45. My aim is to maximise the healing time & energy movement, stimulating lasting positive change. Empowering you the client in this way should mean less regular appointments which will reduce overall fees.

*This is your **choice** is not compulsory! If you are happy with regular monthly / 45 minute appointments that's fine! If you do choose the option for a longer appointment, please state on booking.*

When you are happy with your progress & feeling well, I suggest a periodic “check-up” to maintain progress, ideally between seasonally & annually according to health. (Reminders are not sent unless requested.)

Horses for Courses!

It is my aim to provide courses & workshops that will deliver relevant information to allow you to take charge of your physical, emotional & spiritual health. Full day workshops allow a more varied & in-depth exploration **to empower you to make healthier choices** that best suit your lifestyle. Specialist guest speakers will be invited to inform us about the different treatments available & current issues.

Please tell me what you want to know to help you take charge of your own health!
Also, do you prefer weekday /weekends /evening courses: keep me posted!

Whitfield Community Centre

Directions: from Newcastle take the A53 to Whitmore (Blackfriar's Road) & go straight on at the traffic lights. After about half a mile turn right into Wedgwood Avenue, then immediately right into Emery Avenue. The centre is on your right at the junction of Emery & Whitfield Avenue.

Keeping You Posted

I currently send periodic emails to clients about courses, holiday cover arrangements etc. If you do not currently receive emails & wish to, please let me know your current email address. *To ensure messages are not classed as “spam”, please add me to your trusted contacts list. Your details are never disclosed to other parties. If you wish to stop receiving emails please let me know.*

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 mellifica

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. (see left)

MAY BANK HOMEOPATHIC PRACTICE LIBRARY

Have you checked out the Practice library recently? There are now over 230 health-related books available for loan with new titles being added regularly. These can support your healing. 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 three months - longer if required - and a small donation of *no more than £1* enables more new titles to be purchased.

Choose a book during your appointment, by email or 'phone, or by visiting the practice (by prior arrangement if possible at a convenient time.)

BOOK REVIEW: "Life Is a Gift"

Gill Edwards. ISBN 978-0-7499-2781-3

"An inspiring read".

When life gets stressful & we are bombarded by news of worldly disasters, financial crashes & health scares it can be hard to stay positive & see life as a "gift". Gill Edwards reminds us how important it

is to realise how we can change what happens around us & to us by our own thought patterns.

She teaches us how to live from love not fear, how to make a positive difference in our own lives & that of others, and how to make our dreams for the future come true! Available from the Practice library.

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 pm.

Mobile no. 07768993093

Email:

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

Revised Homeopathic Consultation fees.

Adult: 1st appointment £60
Follow-up appointments £35

Child: 1st appointment £50
Follow-up appointments £28.

Babies under 12 months:
1st appt. £40; then £28.
Requested remedies £1.75 half / £3.25 full bottle.

Acute prescription costs £6.25 (no charge for postage).

Reiki / joint treatment Charges: £35 per hour.

NOTICES

I will be on holiday from Friday May 30th until Sunday June 15th. If you need urgent homeopathic advice during this time, please contact the Homeopathic helpline on 09065343404. This is a premium rate line but you will receive prompt advice from a registered homeopath.

Many remedies are now available from your local health shop but if you are unable to buy remedies or want an appointment with a locum homeopath during my absence please call the practice number for full contact details.

Website: www.mbevington.co.uk