

Newton Abbot Homeopathy Newsletter

Children's edition

Summer 2012



As parents we often worry about the amount of chemicals our children are subject to but homeopathy is an ideal method of healthcare for babies and children because it is natural, safe and effective and in no way habit forming.

Homeopathy can boost the immunity of your child to help them to deal with the illnesses they encounter as they grow, and it's useful for a wide range of complaints including behavioural issues, colic, teething, coughs, colds, hay fever, earaches, allergies, eczema, asthma and many other illnesses.

Although you should see a professional homeopath to treat more serious conditions, there are some things you can treat yourself. For example, the remedy that converts most people to homeopathy is 'Arnica'. It's always worth having a supply of this ready for bumps and bruises which are a normal part of an active child's life (especially boys!) While I wouldn't recommend it for every single

bump, it's excellent for slightly bigger accidents, it takes away the pain, helps with the bruising and with shock, and really speeds up healing.

Rhus-tox is my first choice for sprains and strains, especially if you have damaged a muscle or ligament which is really sore when you first move it but improves a bit as you move it about. Rhus-tox is also the most popular remedy to use with chicken pox. After the fever stage when your little patient is itchy and restless and the spots look like colourless jelly on a red plate – this is the remedy to use!

Cantharis is great for sunburn. If you realise you've overdone your time in the sun take a dose of this and the pain will ease and the burn will heal a lot faster. Cantharis is good for all burns and scalds (though you should still seek medical assistance for more severe burns). If the burn is very painful, repeat it every 15 minutes for a couple of hours and you'll really notice a difference.



Compact first aid kits for sale for only £9.99 with a helpful booklet to assist you in self prescribing in many emergency and first aid situations.

Each kit contains 10 remedy bottles in 200C potency and you can purchase additional bottles of different remedies (or top ups) for only £1 each. E-mail me at sue@nahomeopathy.co.uk or phone me on 01626 201107 for immediate delivery. Check my website for more information.

This newsletter is given with compliments by your local homeopath:

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FOOD SIGNATURES

Some fun and fascinating little facts about food – and maybe you can share some of them with your child to encourage them to eat healthily

A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and YES science now shows that carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, with a left and right hemisphere, upper cerebrums and lower cerebellums.

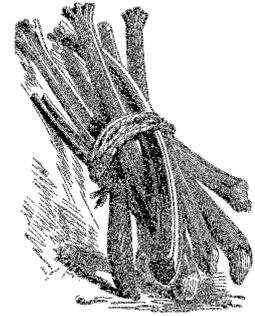
Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neuro-transmitters for brain function.

Kidney beans actually heal and help maintain kidney function, and yes.... they look just like the human kidneys.



This newsletter is for guidance only; please always seek the advice of your homeopath if you are unsure about using homeopathy. Remember, your homeopath can help with many health problems that you may not realise homeopathy can treat. Phone up and find out.

Celery, Bok Choy, Rhubarb and more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.



Egg Plants, Avocados and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And (how profound is this),..... it takes exactly 9 months to grow an Avocado from blossom to ripened fruit.

Figs are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well to overcome male sterility.

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

Verrucas are very contagious and although fairly harmless, they can cause quite a bit of pain or discomfort if any weight is pressing upon them. Homeopathy is a simple and effective alternative to drugs and something else you can treat yourself. Phone up to purchase a remedy which cures 80% of cases for only £4.00.

Did you know?

- In England, 51% of physicians refer patients to homeopaths
- For over 200 years Homeopathy has been using natural substances to stimulate the body's innate ability to heal itself.

