



Autumn Newsletter from Drakefield Homeopathy

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Newsletter in PDF

Homeopathy for Swine Flu:

There is a high probability that many of us and our families will come across swine flu at some stage over the coming winter months.

At Drakefield we have treated a number of patients for the symptoms for swine flu.

Constitutional Treatment is the best way to strengthen your immune system so that you are less likely to catch swine flu or, if you do, your body will be better able to cope.

There are many homeopathic remedies that have been used successfully for over 100 years to treat all stages of flu.

Our advice regarding Swine Flu is that your best protection against disease comes from looking after your health generally and taking simple common-sense preventative measures.

If you have been advised that you have got swine flu we are happy to give you a telephone consultation and send out a remedy to you for a charge of £30. Phone: 020 8785 6261.

Think about...Complaint vs criticism

With the stresses of life we all know tensions can escalate into full scale rows.

Psychologist Haim Ginott recommends the best formula for a complaint is "XYZ". *"When you did X, it made me feel Y, and I'd rather you did Z instead."* Easy!

"Anyone can become angry - that is easy. But to be angry with the right person, to the right degree, at the right time for the right purpose and in the right way - this is not easy." (Aristotle, The Nicomachean Ethics) Full story on Criticism.

Did you know of Giardia's link to Lactose intolerance?

Lactose intolerance is the inability to digest milk sugars properly. Giardia is a common waterborne infection with symptoms which are easy to confuse with food poisoning, but generally last longer:

- Foul smelling watery diarrhoea
- Abdominal cramps
- Bloating, belching, wind
- Nausea, loss of appetite, weight loss
- Fatigue,
- Complications: dehydration, failure to thrive, lactose intolerance, skin rash.

Lactose intolerance symptoms are similar, but noticeably worse, after eating or drinking foods containing lactose. Full story on Giardia

News from Drakefield

Discussions around vaccination issues Wednesday 2 December with homeopaths from Drakefield Homeopathy. 7.30pm. Ring 0208 785 6261 or email mail@drakefieldhomeopathy.co.uk to book a place.

Reiki Course at Drakefield Homeopathy

Bob France Reiki Master Saturday 24 and Sunday 25 October More information and booking visit www.bobfrance.co.uk

Doula Courses at Drakefield Homeopathy

Given by Nurturing Birth. 9 - 11 October and 4 - 6 December 2009. For more details and booking look at www.nurturingbirth.co.uk

Hypnotherapy at Drakefield Homeopathy

Hypnotherapy is a treatment that uses hypnosis to alter the way you feel or change aspects of your life that need improving. For more information contact Marygrace Anderson on 07931 547414 or go to www.mghypnosis.co.uk