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GREAT NEWS!

I now have a web site which you can visit which will give you even more info about Homeopathy and how to make it work for you!

So why not visit me at:

www.janevarey-homeopathy.co.uk

COURSES

I also run COURSES where you can learn much more about Homeopathy which are £35—give me a ring or visit my website for more details.

TASTER SESSIONS

Why not try a taster session in Homeopathy.
Only £10 including remedy. hour



Healthier Times!

Issue No.4, July 09

DO WE NEED PROTECTION!?

PROTECTION ; do we need protecting , if so from whom or what?

We've been told that we need to protect ourselves from the sun's harmful rays, and this has been proven by the increase in skin cancers . So we use sun protection factor creams. **THERE ARE OTHER WAYS OF PROTECTING YOURSELF FROM THE SUNS HARMFUL AGING AND BURNING RAYS, AND THAT IS TO USE HOMEOPATHIC REMEDIES.** These remedies can be used as a preventative measure like the sun creams or as an after-thought when you have over done it in the sun and burnt the skin . The added advantage is that if you are skin sensitive to various creams , homeopathic remedies are a very good alternative, but they have the added advantage of protecting you from the inside out .

In contrast to the sun factor creams which only protect you from the outside , ie just the skins surface.

INTERNAL PROTECTION

WE ALSO TRY TO PROTECT OURSELVES INTERNALLY, by taking vitamins and minerals to maintain a healthy immune system, so strengthening our susceptibility to certain diseases.

SWINE FLU BEING THE MAIN TOPIC OF CONCERN AT THE MOMENT , its all about susceptibility, otherwise the whole country , if not the world would all be suffering from this virus, but of course that is not happening. To improve your susceptibility to viruses and bacterial infection, eat well... lots of fresh fruit and vegetables, take extra supplements if you're concerned, feeling run-down, stressed or working in a heavily populated environment where everyone is coughing and sneezing on top of each other. Also air conditioning tends to harbour a lot of bacteria if not cleaned regularly.

EXTRA SUPPLEMENTS

to take if you are susceptible or just concerned are vit c 500mg twice daily and or Echinacea tincture , this has an immune boosting quality and particularly to the upper respiratory tract, zinc also has an affinity to the immune system particularly the throat.

You could also consider taking homeopathic remedies some are specifically good at boosting the immune system and , you also can have a remedy or remedies specifically tailored to your needs .

THINK CAREFULLY!

IF WE THINK A LITTLE DEEPER ON THE LINES OF PROTECTION IF WE CAN PROTECT OUR OUTER BODY FROM DIS - EASE THEN WE ARE MUCH LESS



LIKELY TO SUCCUMB TO THE MANY VIRUSES AND BACTERIA THAT ARE OUT THERE READY TO INVADE US . WE NEED TO LOOK AT OURSELVES AS A WHOLE BEING , MIND BODY AND SOUL AND IF ALL ARE IN BALANCE WE ARE WELL IN ALL THESE AREAS . IF WE FEEL BOMBARDED BY OUTSIDE INFLUENCES LIKE POLLUTION FROM CAR EMISSIONS FACTORIES , PHONE MASTS , PESTICIDES , FUNGICIDES , HERBICIDES , NOT TO MENTION NEGATIVE ENERGY FROM PEOPLES ATTITUDES TOWARDS US AND THE ENVIROMENT , ITS PRETTY AMAZING THAT WE ARE ALL STILL HERE .

HOMEOPATHY WILL

PROTECT YOU

WE CAN PROTECT OURSELVES BOTH OUTWARDLY AND INWARDLY WITH HOMEOPATHY , PROTECTING OUR INNER PHYSICAL BODY AND OUR OUTER BODIES . THESE ARE COMMONLY KNOWN AS OUR AURA THERE ARE SEVEN AURIC BODIES

Continued Overleaf

THAT TRY THEIR BEST TO PROTECT OUR PHYSICAL BODY . EACH AURA IS ALSO CONNECTED TO AN INTERNAL ENERGY BODY KNOWN AS A CHAKRA THERE ARE SEVEN OF THESE MAJOR CHAKRAS ALSO. THESE ENERGY BODIES ARE UNSEEN TO THE NAKED EYE FOR MOST PEOPLE, BUT WE CAN OFTEN FEEL THEM OR THAT OF ANOTHER PERSON. HAVE YOU EVER WALKED INTO A ROOM AND FELT UNEASY BUT NOT KNOWN WHY , WAS IT A PARTICULAR PERSON THAT MADE YOU FEEL UNEASY OR ON THE POSITIVE SIDE DID YOU FEEL DRAWN TO A PLACE OR A PERSON FOR SOME UNKNOWN REASON . THIS IS BECAUSE YOU HAVE PICKED UP ON SOMEONE ELSE'S AURA WHETHER GOOD OR BAD

SENSITIVITY TO AURAS

SOME PEOPLE ARE VERY SENSITIVE TO THE AURA OF OTHER PEOPLE AND CAN ABSORB OTHERS NEGATIVE ENERGY , THIS CAN ALSO HAPPEN IN BUILDING ALSO PICKING UP THE NEGATIVE ENERGY THAT RESIDES IN THAT PLACE. HOMEOPATHIC REMEDIES CAN HELP PROTECT THE OUTER AURIC BODIES FROM BEING SO SENSITIVE AND IN DOING SO STOPPING THE ENERGY OF THAT NEGATIVITY WHEREVER IT IS COMING FROM , FROM BEING ABSORBED INTO THE PHYSICAL BODY, SO STOPPING YOU FROM BECOMING ILL OR DIS - EASED.

If you would like to learn more about these energy bodies perhaps you would be interested in coming to one

of my chakra balancing workshops, or coming for a taster consultation to protect your body in all its layers. See below for details.

RECESSION
BUSTING PRICES

I like to think I provide a high quality service at an affordable and fair consultation fee.

1st Consultation including remedy (up to two hours) £45

Monthly follow up consultations £35

Concessions—£40 for first consultation £30 for follow ups.

Half hour TASTER SESSIONS only £10 including remedy.

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Give me a ring or visit my website for more details.

Meet Me and Make an Appointment

I hope this short news letter has given you food for thought!

If you want to get in touch to ask questions or book an appointment, my details are at the top of this newsletter. If you have been thinking of seeing a Homeopath for a more chronic problem, but would like to meet the person behind the newsletter first, I give free advice once a month at Beecham's Health Food Shop in Malton one Saturday in the month.

Just call in to ask when I'm next in.



I am also an EFT Practitioner (Emotional Freedom Therapy)
For more details give me a call.

