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2011 Clinic Information

Sussex Homeopathy
The Perrymount Clinic,
2 Clair Road,
Haywards Heath
West Sussex
RH16 3DP

Monday	2pm - 7pm
Tuesday	1pm - 6pm
Thursday	8am - 1pm
Friday	1pm - 6pm
Saturday	8.30am - 1pm

Appointments may be available
at other times - give me a call to
check.

Telephone: 01273 841800
07787 570086
Clinic: 01444 410944

Introduction to Homeopathy Workshop

Homeopathy is **SAFE**
Homeopathy is **EFFECTIVE**
Seeing the results from the right
remedy is **REWARDING**
Become **CONFIDENT** in using
homeopathy for family
Take **CONTROL** of your family's
health

Dear Mary-Jane

I sent this out last week but lots of people tell me that they didn't receive it, so here it is again, with fingers crossed!



Well that glorious late summer weather seems to have finished now and it is beginning to feel like Autumn. It has been a while since the last newsletter and in these months I have seen lots of new patients. Thank you to everyone who has recommended me to their family and friends - I'm am extremely grateful for all personal recommendations.

People are often surprised when I mention that I see a homeopath myself a few times a year. The usual response I get is "Are you ill?" I think that reflects our Western way of thinking about health - that you only book an appointment when you are unwell. Along with other natural therapy practitioners I look at health in a different way: as much more than just the absence of disease. For me, maintaining my own good health is beneficial not just for me but for my patients as well, and enables me to offer the best quality of care to them that I can.

With that in mind, I am encouraging people to invest in their health with regular homeopathic treatment alongside a healthy diet and fresh air and exercise. With the change in seasons this is a perfect time of year for a boost, and both adults and children enjoy and benefit from the time to focus on themselves for a while.

If you'd like to book your Autumn boost treatment, give the clinic a call on 01444 410944.

I am running another Introduction to Homeopathy workshop on 20th November - there are limited places so get in touch if you'd like to come along. It promises to be a fun day which includes taking cases, making remedies and being the patient for a while. Lunch will be delicious too!

Sending you warmest wishes,

Mary-Jane

HEALTHY EATING FOR CHILDREN

I see lots of children at the clinic, and all too often they eat few or no vegetables. I often ask children to try and eat something green every day (not green sweeties!) and many are very pleased at

Join me at the workshop on
Sunday 20th November
 in Ditchling

[Click here](#) for all the details

AUTUMN SMOOTHIE



I am a huge fan of smoothies, and homemade ones can be a great way to 'hide' some veg. All you need is a liquidiser.

Here is a recipe suggestion but you can experiment as you like. Cucumber, spinach and courgette do not taste strong when the fruit is added, but you may need to experiment with quantities:

200ml water
 2cm cucumber, chopped into chunks
 Small number of spinach leaves
 Quarter of courgette, chopped into chunks

Blend this together until smooth then add your choice of fruit:

Raspberries, strawberries, blackberries, blueberries are all good.

Also melon chunks, grapes, banana, pineapple and mango, although it is best to have a mix of berries and tropical fruit.

The smoothie will be quite dark in colour but if you get the right balance between

their next appointment to tell me how they have managed to do that.

Here are some suggestions for parents to try and get their children to eat a healthy diet. Vegetables are the most basic food matter and are essential for good health, refreshing sleep and lots of energy so getting your children to eat as many as possible can only benefit them.

Start by trying to lead by example; if you don't eat vegetables, as they get older nor will your children. The whole family will benefit from eating well and meals can be shared as they grow without you having to resort to eating children's food. I would also recommend not asking young children what they want to eat, except on special occasions – they usually don't really know and it can be stressful for them having to make a choice.

Getting your children involved in cooking, not just cake-baking, will increase their interest in eating what they've cooked. Ask them to put carrots in size order; encourage them to smell and tear up different herbs; get them to stir things and mould burgers and fishcakes into shapes. Try baking parcels of veg in baking parchment or foil, with a little oil and some mozzarella cheese on top. Make up a story about the parcel – it's a fairy package filled with exciting things. You can add dried cranberries which can be precious stones, and the greens can be fairy leaves. Adding finely chopped veg to homemade burgers or fishcakes is a good way of getting children to eat more green food.

Think about the snacks you take out and about for your children. Sugary snacks will give them a quick blood sugar high which will quickly crash, and you may find that their mood deteriorates after an hour or so. Sugar is highly addictive and the more they (and we) have, the more they crave it. Carrot, cucumber and pepper batons, oat and rice cakes and cherry tomatoes make a much healthier snack and will sustain blood sugar and mood for longer. If your child seems to need protein, a handful of seeds can help, or you could take a bit of baked or roast chicken for them to chew on in true caveman style!

We are often told that breakfast is the most important meal of the day, and this is true for children too. Almost all breakfast cereals are packed with sugar. Porridge, eggs or brown toast are a much better alternative and will fill them up for longer. Perhaps allow them to have sugary cereal only at weekends. If your children like sugary fruit-flavoured yoghurts, try to wean them off by mixing plain yogurt with fresh fruit. You may have to mix this with some flavoured yoghurt at first but after a while should be able to reduce this right down as their taste changes.

Try the smoothie recipe on the left with your children - you really can't taste the veg in it, which makes it a great way of hiding healthy food! It should be sweet enough for most children to enjoy and will be highly beneficial for balancing their blood sugar and reducing their cravings for sugary snacks.

fruit and veg, it will be sweet enough for most tastes. If it seems too thick add more water.

Drinking half of this before breakfast and the rest at lunchtime will really help to balance blood sugar and reduce cravings for sugary snacks. Best of all, it is equivalent to 5 to 7 portions of fruit and vegetables.

I am a qualified, registered homeopath and N.A.E.T. practitioner.

Sussex Homeopathy is committed to providing professional, effective healthcare from the Perrymount Clinic in Haywards Heath.

If you have a health issue that you would like to discuss, please contact me by phone or email to find out how homeopathy or N.A.E.T. can help you.

Mary-Jane Sharratt

Homeopath &
N.A.E.T. Practitioner
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