





# SUSSEX HOMEOPATHY

restoring health naturally

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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	8am - 1.30pm
Thursday	9am - 4.30pm
Friday	1pm - 6pm
Saturday	8.30am - 1pm

Appointments may be available at other times so give me a call.

Telephone: 01273 841800  
 07787 570086  
 Clinic: 01444 410944

## Spring Boost Juice

This is more of a meal than a juice, but after a few days of it you will feel fabulous. It is best liquidised and will make about a pint of green juice:

An inch of cucumber  
 Two sticks of celery  
 Half an avocado

Dear David

Most of us are delighted to see that spring has finally arrived, but for those who suffer with severe hayfever, spring and summer can be trying times. Thankfully help is at hand, with homeopathy and NAET treatments which can not only get you through the next few months, but also eliminate hayfever permanently. You can read below how I use allergy testing in the clinic.



You may be aware that there is an active group of homeopathy skeptics who seem to be set on damaging and discrediting the industry. Their latest campaign has been to report homeopath's websites to the Advertising Standards Authority when they believe exaggerated claims are being made.

My website may have been one of the many reported, although I have heard nothing from the ASA. It is ironic really - homeopaths are a pretty placid group, doing their best to improve people's health and yet seem to be the target of quite bizzarely vindictive behaviour.

There is peaceable action that you can take, if you feel moved to do so, and if you feel that homeopathy has helped you or your family; spread the word far and wide, to family, friends, colleagues, neighbours.

Are you a user of Facebook or Twitter? You can follow me (using the links at the top of the page) and share health tips and news with your friends.

Should you feel really strongly about the power of homeopathy, write to your local paper or magazine with your story. Publications are often looking for good news about local people and everyone loves reading about other people's health complaints!

Thank you so much for your support; my practice continues to thrive and that is entirely due to all my patients, past and present.

Warmest wishes,

*Mary-Jane*

**Allergy testing and treatment**

Half a courgette  
Four cherry tomatoes or one  
large tomato  
A small glass of filtered water

You can add any other green  
veg and fresh herbs that you  
have around plus seasoning as  
required.

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  
[www.sussexhomeopathy.co.uk](http://www.sussexhomeopathy.co.uk)  
01273 841800 or 07787 570086  
Clinic: 01444 410944

There are some differences in the way in which conventional medicine defines an allergy compared to that of complementary medicine, which is the main reason for recent reports to avoid allergy testing outside the NHS.

Conventional medicine states that an allergy is present where there is a histamine or IgE response, which would be a rash or swelling within a short time of being in contact with the allergen. I practise a therapy called NAET, which states that an allergy is an inappropriate response to anything. So, for example, if someone eats something and four hours later they have abdominal cramps, in NAET terms, that is an allergy to the food they ate. Conventional medicine may term that an intolerance.

Conditions such as eczema, asthma and arthritis are usually allergic conditions, which is why food elimination can often help them. The key is finding the foods that are causing the problem. Even healthy foods can be problematic for some people - fruits, vegetables and supplements have all been known to cause problems in certain cases.

I use muscle testing techniques to assess the presence of allergies; this works in a similar way to kinesiology by using the patient's arm strength to find out where the problems lie. It appears that people can be allergic to absolutely anything; the trick is finding out why the symptoms started. I do sometimes feel like Sherlock Holmes!

It is possible to be allergic to anything. Last year I bought some new bedding which I washed before putting on the bed. When I went to bed I started to cough, and my husband quickly complained of flu-like symptoms. Because I am considering allergies as a trigger for symptoms on a daily basis, I soon realised that it was the sheets which were causing our symptoms. After replacing the new sheets with used ones we both felt fine. Fortunately after another wash, we seemed to get no further reaction to those sheets.

I have treated people who are allergic to mobile phone and computer radiation and others who are allergic to the plastic of their computer keyboards. Many people have problems with the fire-retardant chemicals and solvents used in new carpets and furniture, and symptoms can vary from sneezing to aching muscles.

During an initial consultation I will often do some allergy testing to try and identify what the problems

may be. The improvements from avoiding just one or two foods can be amazing, but sometimes there are too many allergens for avoidance to be practical in which case a course of NAET treatment is usually the best way forward.

For more information about NAET and allergy testing, please email me or give me a call.

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This message was intended for 'david@westsussexwebsites.com'

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