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Issue: 34

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2010 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 - give me a call to
check.

Telephone: 01273 841800
07787 570086
Clinic: 01444 410944

42 ESSENTIAL REMEDIES

Dear Mary-Jane

Now that the flurry of bank holidays is over it seems as though the holiday season is really getting underway.

Below is some advice for your natural holiday first aid kit, which I hope you will find useful.



If you, or someone in your family suffers from heat rash or is prone to sunburn, I have some excellent combination remedies to help combat this. Likewise, if you are travelling long haul, my much acclaimed Jet Lag mix is a must!

If you would like a pre-holiday consultation to stock up on these items call the clinic and ask for a 30 minute pre-holiday appointment. It costs just £30 including the remedies.

If you would like to fully embrace the route of using natural treatments, you may wish to purchase The Ainsworths 42 Essential Remedy Kit. See below for more details - I have just got some in stock.

Finally, I am also now stocking MonaVie, a delicious healthy drink teeming with antioxidants. Join us soon for a tasting evening.

I look forward to seeing you soon.

Warmest wishes,

Mary-Jane

NATURE'S TRAVEL KIT

Homeopathic and natural remedies often provide all we need for travel-related ailments. Here are some that may prove helpful:

Travel Sickness

Many chemists and health food shops stock Nelson's Travella, which is a homeopathic combination. It has proved invaluable for many people who suffer from car or sea-sickness.

Fear of flying

Argent Nit is an excellent homeopathic remedy for those who are afraid of getting on the plane. For anyone who finds the whole process of travelling, in particular the hassle of moving through



Ainsworth's is a high quality homeopathic pharmacy, and is the only one with Royal Warrants from the Queen and Prince Charles.

This is a brilliant kit for home or holiday and contains 42 remedies. It is accompanied by a very useful booklet which even includes advice on remedies for your pet's ailments.

It costs £42, and can be bought from the clinic or I can post one to you.

MONAVIE



It looks like wine but it tastes like a glass of healthfulness. MonaVie is a health drink containing 18 berries and is packed full of antioxidants. You just need a shot once or twice a day.

In the clinic we now have MonaVie Essential, MonaVie Active (with glucosamine) and EMV, an energy/sports drink which has none of the toxic

the airport, *Calc Carb* may assist.

Long haul

If you are crossing several time zones, please ask me about my jet lag mix. I haven't flown long haul since I discovered it but have lots of happy patients who swear by it. The Australian Bush Flower Travel Essence is also excellent. Some health shops sell it or you can purchase it online.

During the flight drink loads of water - it is worth buying a couple of 1.5 litre bottles at the airport, so that you don't have to harrass the airline staff too often.

Sunburn

I can highly recommend Aloe Vera gel in the event of becoming sunburnt, together with lavender essential oil. I do have a sun burn mix which is very effective at reducing the sore redness too.

Digestive upsets

Even in the grandest of hotels, the change in water and food can upset stomachs. If you are travelling to somewhere with dubious hygiene, I recommend taking a probiotic containing acidophillus for a week before you travel and throughout your trip.

In the event that you are struck down with Delhi/Cairo/Skegness tummy, and nothing else is available, drink a bottle of (preferably flat) Coke. The phosphoric acid in it has restorative properties and can revive a prostate traveller very quickly. Please note, this is the ONLY time you will hear me advocating the drinking of Coke! The homeopathic remedy, *Arsen Alb* is very effective in cases of food poisoning. One tablet hourly may be needed for a couple of days.

Biting things

If, like me, you seem to hold a special attraction for things that bite, you need to be prepared to fend off the mosquitoes. I like the repellent available from Neal's Yard and usually have to cover up in the evening, when the mosquitoes are at their most active.

Mosquitoes don't like the smell of garlic, so taking a supplement of 15mgs a day may help. Vitamin B1 (300mgs daily) can also prevent being bitten, as can drinking a glass of water containing a teaspoon of apple cider vinegar every day.

If you do get bitten and the bites swell and become hot and red, the homeopathic remedy *Apis Mel* should reduce the swelling and alleviate the pain. If the bite is bluish in colour, use *Ledum*.

Holiday Essentials

Here are the things that I always take on holiday:

- Tea tree oil - a natural antiseptic, for everything from cleaning a dodgy toilet seat to applying to a cut finger
- Arnica - both homeopathic tablets and as a cream or gel, for bumps and bruises
- Rescue Remedy - for its wonderful calming properties
- Lavender oil - for sunburn and to promote a good night's sleep in unfamiliar surroundings. It is totally safe for children too.

ingredients of certain brands.

We will be holding tasting evenings soon - let me know if you'd like to come.

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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- Milk thistle - a fantastic herb to boost liver function and invaluable after a night sampling the local wine/beer/whisky
- Aloe vera gel - a soothing gel which can be applied to burns, cuts, scratches, bites, rashes ... in fact any type of sore skin

The homeopathic remedies mentioned here are available from chemists and health food shops. Take one every three hours until symptoms subside, unless otherwise indicated.

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