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Issue: 35

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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	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

WORKSHOP FOR THERAPISTS

Do you want to grow your practice?

***This workshop on Sunday
18th September in Ditchling
will help you to kickstart your
practice and bring you more
business.***

Get more details by [clicking
here.](#)

Dear Mary-Jane

I often get asked whether homeopathy can be used to treat animals, which it can to great effect. I thought I would dedicate this newsletter to natural advice for animals, so if you love your four-legged friends, read on (and if you don't, send it to someone who does!).



I am delighted that my website has had an overhaul and now includes up to date testimonials from patients as well as plenty of other information which I hope you will find useful. Please take a look at www.sussexhomeopathy.co.uk and let me know what you think.

For those you who are therapists or who know therapists, I am running another Growing your Practice Workshop on 18th September. More details on this below.

Finally, I have made some changes to my clinic hours to better accommodate those wanting after-school and early evening appointments.

Warmest wishes,

Mary-Jane

ANIMAL HEALTH

Whilst owners can treat their own animals with homeopathy only vets can treat other people's animals. However there is plenty that you can do at home for simple conditions and with diet.

My own cats don't have any conventional treatment; Harry's injuries and bites from his frequent fights are treated with some homeopathic combinations which sort him out without resorting to antibiotics. Saffy has regular acupuncture (yes really) for her stiff back legs. They both enjoy a high quality diet and lots of love of course (although not from each other).

Ainsworths www.ainsworths.com stocks a good range of booklets on using homeopathy for various species from horses to cats and Christopher Day's book The Homoeopathic Treatment of Small Animals is an excellent reference.

As with humans, all the supplements and homeopathy in the world won't substitute for a quality diet. Most of the best known cat and dog foods are bulked out with rice and wheat, which is not

MONAVIE



Monavie is packed with the juice of 19 different berries giving a great variety in your diet as well as providing more than your 5 a day, from just one or two shots. It is ideal for children and adults who don't eat enough fruit and is available at The Perrymount Clinic now. It tastes delicious too!

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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part of these animal's natural diet. In my view it is akin to feeding your child on burgers and hotdogs - there is limited nutritional value in it.

Some years ago I had a cat who was fed on this type of diet, as I didn't really know any better. I took him to a holistic vet who recommended a change in diet and the difference in Tabby's behaviour was astonishing. After a few days he began to trot everywhere instead of ambling slowly with his head down, and was able to jump more easily. His coat began to shine and he was no longer dandruffy. Clearly he felt much better in himself, purely from a change in diet.

Often independent pet shops sell better quality food than supermarkets. I like Orijen and James Wellbeloved dry food and Natural Instinct wet food.

The issue of vaccination for animals is controversial ... most are inoculated annually, however my cats are not vaccinated which was an informed decision on my part. A homeopathic vet can give you more information about the alternatives. Find one at www.trusthomeopathy.org.

In mid Sussex I highly recommend Dr Birgit Ahlemeyer who offers homeopathy, acupuncture and massage as well as holistic diet and supplement advice. Birgit is based in Forest Row and can be reached on 01342 826104 or birgitholisticvet@hotmail.co.uk.

Recently, with Birgit's advice I have begun using natural wormers and flea drops which seem to be highly effective and less toxic for the pet than some of the more commonly available products.

Homeopathy for animals

Animals often become anxious about a change in their environment. This may be due to a new next door neighbour (2 or 4 legs) or their owner suddenly going out to work all day. The remedies *Aconite* and *Phosphorus* can soothe an anxious animal as can a drop of Rescue Remedy in their water.

Animals can experience grief too - if their mate dies or they miss you when you are on holiday try giving *Ignatia* for a few days.

Behavioural problems respond very well to homeopathy and a consultation with a homeopathic vet (similar cost to a conventional vet but more in-depth) could save you a lot of soiled carpets or wrecked furniture!

Homeopathic remedies can be either added to water, crushed into food or popped straight into the animal's mouth. One of my patients has a cat who will chase and eat a remedy if it is bounced on the floor!

Dino's story

Dino was a rescue dog who was found tied to a city lamppost. He had adapted to family life quite well but could withdraw and shy alternating with quite rude behaviour. He had a skin problem which caused him to scratch himself bald. The skin under his coat became thick and wrinkly like an elephant's. The conventional vet had carried out many tests but was unable to find out the cause of the problem and various creams has been ineffective. Dino was

given the homeopathic remedy Graphites daily for a week.

After 3 weeks his owner reported that Dino had stopped scratching and his coat was regrowing. He was much happier and more even-tempered. Two months on and Dino's coat had regrown. The Graphites was repeated every so often over the next couple of years whenever his skin seemed to bothering him, and each time it resolved the problem immediately.

This message was intended for 'mary-jane@uwclub.net'

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