



NEWSLETTER

Issue 1

July 2004

• OPEN DAY

Saturday July 3rd

11 a.m. - 3 p.m.

Join us for light refreshments & to toast the new practice (12 noon)

Check out the new premises / shop / library

Tell us your ideas & what courses or changes would interest you

Make an appointment

Introduce a friend / family

• COURSES & WORKSHOPS

What is Homeopathy?

Mon 13th Sept

7 p.m. - 9 p.m.

& repeated on

Wed 22nd Sept

7 p.m. - 9 p.m.

• CHILD FRIENDLY



New Homeopathic Centre Opens July 2004

Welcome to May Bank Homeopathic Practice. The July newsletter is the first and marks the opening of the new practice. We hope that you enjoy reading this and future issues which will be produced monthly.

Homeopathy is about treating individual people not just "symptoms" & we want the new practice to meet the specific needs of individual clients.

Whilst homeopathic medicines can stimulate the immune system & encourages the body to heal itself, we also need a sense of well being, a healthy lifestyle & environment to maximise health. As your homeopath, Maggie encourages & supports you to take positive steps to-

wards better health, providing information and referral to other appropriate sources of help as required. In this first issue we would like to tell you about the changes and new ideas for the practice and welcome your comments.



Maggie Bevington formerly of Newcastle Practice - welcomes you to her new family homeopathic practice.

Tell us what you would like to know more about. Written comments can be

Empowering you to improve your own health

To support you to improve your own health, Maggie will be introducing new ideas with the help of a new "chief reporter" Marilyn Lockett.

Marilyn has known Maggie professionally for a number of years and she also has a background in general nursing. Marilyn no longer practices as a nurse but since leaving nursing she has

gained a passionate knowledge in all aspects of alternative health which she hopes to share with you.

The newsletter will contain articles of interest each month on many different aspects of homeopathic treatment and healthy living. We hope that you will be more confident to explore natural ways

of treating yourself for simple ailments.

We aim to provide practical & informative guidelines on many aspects of living a happy and healthy lifestyle. This is not intended to replace any treatment prescribed by your doctor.

If you wish to review any current treatment, we do recommend that you discuss this with Maggie and

Remedies for Travellers

Apis mel.

Bites & stings e.g. jelly fish, puffy swelling, allergic reactions.

Arg. Nit.

Panic attacks and fear of flying, diarrhoea, shaky legs.

Arnica.

Shock, trauma accidents & injuries. Aches & pains, over-exertions, strains & sprains, after dental work and surgery, for jet lag and prevention of clots on long haul flights.

Arsenicum album.

Tummy bugs, diarrhoea, food poisoning, weak, restless, chilly, anxious.

Belladonna.

Redness/heat/fever. Sunstroke or sunburn. Aloe vera lotion / gel cools & relieves soreness.

Calendula.

Anti-septic remedy for cuts & wounds, commonly used as a lotion or cream, can be taken as a tablet to help wounds heal & to treat infection.

Cocculus.

Travel sickness with dizziness/faintness; jet lag.

Ledum.

For puncture wounds - dog bites, rusty nail - acts as anti-tetanus remedy. Wound looks blue, puffy and cold.

Nux. Vomica.

For hangovers and over-indulgences e.g. rich food and coffee. Headaches with irritability; toxic feeling.

Holiday Remedies - travel kits especially for you

As July is the time when many of us are thinking of taking a break, it is important to be prepared so that your holidays aren't spoiled by ailments such as stomach upsets and sunburn. There are many homeopathic remedies that can help in such minor first aid situations. To the left are some examples of common ailments that you can often treat yourself.

NB If travelling abroad you should avoid allowing remedies to go through X-ray equipment as this can adversely affect them.

If you would like to ask more about homeopathy, to make an appointment, or would like a first aid kit designed especially for you, please contact Maggie.

How to take remedies.

In acute conditions remedies can be taken as follows: -

Suck 1 tablet (do not swallow whole) every 2 hours for up to 6 doses then reduce to 2 - 3 times a day for 2 - 3 days.

Stop your remedy if you feel any worse and reduce as you feel a better.

Always seek medical aid for emergencies.

New Library & Reading Group

We would like to take this opportunity to introduce the new library available to all clients at the practice. To promote a happy, healthy lifestyle a selection of classic and modern texts are available for loan (up to 2 months) for a small donation - a maximum of £1.00 - to enable us to buy new books and increase the choice of titles. We also welcome donations of modern texts related to health issues.



Please fill in a library record form at the practice when borrowing a book. We will contact you after 2 months if books are required by another client or have not yet been returned, but the loan period can be extended if needed.

Marilyn also holds an informal "reading group" who meet at her home every couple of months to discuss books of interest.

The current title is "The Celestine Prophecy" by James Redfield.

If you are interested in spiritual & self-development & would like to join the group, please contact Marilyn

Contacting your homeopath

All 'phone-ins are now on the new practice number: 01782 620514

New 'phone-in times.
Mon & Fri. 9 - 10 a.m.

Tues & Thurs: 12.30-1p.m.
& 6 - 6.30 p.m.

Mobile no. 07768993093
Email:
m.bevington@btinternet.com

Appointments are normally between 9 a.m. & 5 p.m. although early evening or Saturday appointments may be possible if you are unable to attend during these times.

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26, Basford Park Road,
May Bank, Newcastle, Staffs.

Website: www.mbevington.co.uk

In the next newsletter....

As the summer holidays are almost here, next month's issue will centre around children.

- Remedies for children
- Healthy eating
- Fun ways to keep active
- Caring for our children naturally.

We look forward to seeing you soon!