



NEWSLETTER

Issue 7

Summer 2005

- ◆ [1st Anniversary celebration and review](#)
- ◆ [Tips for Summer](#)
- ◆ [Reiki Healing](#)

COURSES & WORKSHOPS

Continuing the series of [Chakra workshops](#)

Re-balancing these energy centres can result in powerful healing. Guided meditations are used to support personal growth. *Take time out for you!*

[3rd Chakra Meditation](#)

Wed. June 29th 7-9pm

The solar plexus - Will & self-esteem.

[Introduction to Meditation](#)

Wed. July 13th 7-9pm

[Angel workshop](#)

Mon July 18th 7-9pm

With Sue Rudd

[4th Chakra Meditation](#)

Wed. July 27th 7-9pm

The heart - Love heals

[Emotional Freedom Technique](#)

Mon. Aug 8th 7-9pm

With Allison Walker

All of the courses listed above are £5 payable in advance. To book, please contact Maggie. Booking is essential for all courses as places are limited.

First Anniversary Open Day

It's hard to believe that it's a year since I moved to my new practice, but it is! So I would like to thank all those who were able to share the celebrations at the 1st anniversary Open Day on Saturday July 9th 2005. It was a lovely day, blessed with lots of sunshine which allowed us to spread out into the garden and the photographs of the event will be displayed in the waiting room to remember the day by.

PRIZE WINNERS

I am pleased to announce the winners of the competitions were as follows:-

Smiley faces: Emma Corbett-Usher who won a healthy goodies bag and

Quiz: Helen Baskeyfield who won an Eco-friendly home and body care pack.

Congratulations to them both and thanks to all the other entrants for joining in the fun!

I would also like to thank everyone for their good wishes and comments in the new Visitors book. The aim of this book is really to share the positive experience of homeopathy so that all clients can feel confident in their decision to try complementary therapies at the practice. Also I may "quote" some of the comments as testimonials in future publicity (first name only) so please let me know if you do not wish to be included in this.

As stated in my (short) speech - your feedback is vital to ensure that you are receiving the service that you deserve. There will be "Comments sheets" available in the practice for you to give feedback (anonymously if you prefer) or alternatively, please write or e-mail any comments or feedback about your experience with homeopathy & reiki at the practice to the address overleaf.

A BIG THANK YOU TO ALL OF YOU!

This year has been a truly wonderful and exciting time for me, busy and challenging but full of positive experiences.

I have greatly appreciated the support and feedback from many of you and would like to say a big thank you to all my clients. I would especially like to thank Marilyn who has been very active in writing for the newsletter

and notice board over the last year. I am very happy that she has now decided to move on to writing her own book, and look forward to having a published copy in the practice library very soon! Before I mention future ideas and direction for the practice, I would like to outline changes made during the first year. Please see overleaf!

TIPS FOR SUMMER

Here are just a few tips to help in the holiday season.

ENJOY THE SUN

in short bursts - it's very good for you, & helps the body to make vitamin D which is good for teeth & bones & may prevent skin cancer! Sunlight is absorbed through the eyes to produce mood enhancing hormones that lift the spirits!

It's not always necessary to wear sunglasses and cover yourself or your kids with sun block unless in prolonged exposure/ full sun.

Some research shows that sun blocks stop vitamin D production which may contribute to skin cancer.

SUNBURN

Aloe vera gel is excellent for sunburn as is homeopathy.

Belladonna helps with redness, throbbing pain & sunstroke.

Sol for any symptoms from overexposure to the sun & **urtica urens** for hives / prickly heat.

DRINK WATER

Water is the only drink that fully rehydrates the body and is essential to health, especially in the heat. Drink bottled water when abroad & avoid ice cubes made with tap water (& salads washed in it) which can cause tummy upsets.

HOLIDAY TUMMY

If you get a tummy upset from unclean water or contaminated food take **arsenicum album**.

BITES & STINGS

Apis mel for swelling & allergic reactions

Hypericum for pain.

How to take remedies

Suck 1 tablet in a 6c or 30c strength every 2 hours for 6 doses, then reduce to 2-3 times a day until better. Stop taking your remedy if you feel any worse. Do seek medical help

REFLECTING ON THE FIRST YEAR.....

During the first year at May Bank Homeopathic Practice I have introduced:-



- More flexible appointment and 'phone-in times
- Client feedback forms following initial appointment
- Quarterly seasonal newsletters
- E-mail communications to save trees & postage costs! (If you have not received any newsletters or other information via email & would like to please tell me)
- Courses & workshops on a variety of alternative therapies that complement homeopathy - some with guest speakers
- New information leaflets and remedy packs for first aid/travel/hay fever/ individual clients specific health needs.
- A continually expanding library for spiritual and physical health
- A brief relaxation / grounding meditation at beginning of consultations if desired.
- A "shop" selling high quality vitamins and supplements, healthy snacks and eco-friendly toiletries, (all at below the RRP) plus hand-made cards and jewelry.

And over the next year.....?

- ⇒ To expand the range of courses, information leaflets, remedy kits, library books and CD's/DVD's, and shop supplies.
- ⇒ To train as a Reiki Master Teacher to enable me to train individuals *and families* to become attuned to Reiki.
- ⇒ To continue working on my "plan"/book "The Mind Diet" for some of the answers to weight problems that aren't just about food.
- ⇒ BUT also to allow myself and encourage you to *"be" not only to do*; to be open to change, new opportunities and all that promotes a joyful & positive life!

ALL ABOUT REIKI

Reiki is an ancient form of healing that was discovered in Japan in the 1800's by Mikao Usui which is now very popular all over the world.

The word Rei means "universal" and Ki is energy or "life force" so Reiki allows the flow of universal healing energy to flow through the practitioners hands to the client.

Reiki releases, activates and transforms energy and can clear "blocks" that may be causing illness.

Reiki is gentle and relaxing, but very powerful and can work well alongside other therapies such as homeopathy.

Treatments are carried out either sitting or lying down and the client remains fully clothed. When you are "attuned" to Reiki, you can use it to treat yourself, your family and even pets!

Practitioners work intuitively, so treatments may vary according to your needs at a particular time.

If you would like more details about Reiki treatment or training please ask Maggie!

CONTACTING YOUR HOMEOPATH

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

'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
May Bank Homeopathic Practice,
26, Basford Park Road,
May Bank, Newcastle, Staffs.
ST5 0PS

Homeopathic Consultations

Adult: 1st appointment £49
Follow-up appointments £28

Child: 1st appointment £39
Follow-up appointments £24.
Requested remedies £1.75 half / £3 full bottle.
Acute prescription costs £6 (no charge for postage).

Reiki Treatment Charges

£28 adults per hour
£24 child per hour
Family groups: £35 per hour
Sessions are 1 hour .

Does hay fever ruin your summer?

If you are currently suffering with hay fever & would like a "remedy kit" to help relieve symptoms, please ask Maggie - 6 remedies with instructions cost £10.

In the next newsletter....

- ◆ Tips for Autumn
- ◆ Intuition - How "In Tune" are You?

Website: www.mbevington.co.uk