

Homeopathy for First Aid

with

Helen Rattner BSc. LSECH RSHom.

9th October 2010 at Nash Manor, Steyning

9.30am-4.30pm



Homeopathy is one of the most gentle and thoughtful forms of healing and is truly holistic. It promotes the body's ability to heal itself.

Spend a day discovering more about this fascinating form of medicine. Learn how to select and use homeopathic remedies in first aid situations, as well as for the treatment of common ailments - from cuts, burns, bruises, sprains and strains, through to stomach upsets, coughs and colds, toothache, digestive problems etc.

The course covers:

- What is homeopathy?
- A brief history of homeopathy.
- What are remedies made from?
- What can be treated?
- Assessing the situation/finding the remedy.
- What potency to choose and how often to give it.

You will also have the opportunity to purchase a homeopathic first aid kit of over 40 remedies.

To Book: Contact Nash Manor, Horsham Rd, Steyning, West Sussex BN44 3AA, 01903 814988. Course costs £60, including light lunch and refreshments.

Helen Rattner is a fully qualified and registered homeopath that practices in West Sussex. For more information:

Visit www.southeasthomeopathy.co.uk or call 01798 873418