

Homeobotanical Therapy

Your natural wellbeing journey begins with a comprehensive health and lifestyle mapping process. This starts with us emailing you some paperwork to complete ready for your first consultation. In the assessment form we ask you to reflect on your symptoms and circumstances and what you hope to achieve, giving you time to gather information about your health and lifestyle.

Our aim is to help you restore balance, so you can begin or complete your healing process. The body is a whole organism and although we treat symptoms, we understand that the body will keep getting out of balance and presenting new symptoms if the underlying cause is not addressed. This will be explained to you at the initial consultation.

The initial assessment consultation is 1½ hours and during this time we talk about your health challenges and wellbeing goals. The initial consultation is charged at the hourly rate, with ½ an hour free of charge. Currently consultations are held online via the Zoom meeting platform. You will receive an email before the consultation letting you know everything you need to know. Please get in touch for more details.

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About The Therapy Garden

The Therapy Garden is a holistic and complementary natural health service offering the following services:

Holistic Life Coaching

Natural Wellbeing Consultations

Natural Skincare Consultations

Homeobotanical Therapy

Flower Essence Therapy

Hair Mineral Analysis

Homeobotanical Remedies

Flower Essence Remedies

In compliance with various Statutes and Regulations, no specific claims are made for the application and/or use of homeobotanicals remedies.

Homeobotanicals are regarded as dietary supplements designed for use as part of a holistic healthcare treatment plan.

No guarantee, express or implied is made for the clinical or therapeutic application of these homeobotanical remedies.

Classical and traditional indications from herbal medicine and homoeopathic literature may be supplied for interest only.

If you would like help addressing an illness or balancing your entire system, contact us to find out how natural remedies can help improve your health and wellbeing.

The Therapy Garden

Natural Health Service



The Therapy Garden is a holistic and complementary naturopathic health service combining mental, emotional and physical natural healthcare.

For the treatment of acute and chronic symptoms, as well as for personal development, making life changes and becoming more of who you are.

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The Therapy Garden is an accredited member of the Homeobotanicals & HomeoHerbals UK & Europe Register of certified Homeobotanical Therapists.

What are Homeobotanicals?

Homeobotanicals are powerful synergistic concentrated combinations of liquid herbal tinctures, potentised homoeopathically and selectively chosen to target specific organs and systems in your body.

Homeobotanicals are simple, safe, effective and prescribed after a Homeobotanical Therapy consultation, based on your symptoms and your individual therapeutic needs. These natural remedies clean out your body of all toxins ingested, inhaled and absorbed, and supply nutrients, nourishment and vitality to all the cells of your body.

Homeopathic potentization enables homeobotanical remedies to directly stimulate healing within the body. While the low potency adopted produces a gentle, sustained response resulting in remarkably few problems even in sensitive people.

Homeobotanical Therapy is a natural way to integrate mental, emotional and physical healing processes. It is a CORE Therapy, which means it blends well with all other healing protocols, both naturopathic and allopathic, in the acute and chronic management of illness. All homeobotanical remedies are mutually compatible and can be mixed in an infinite variety of ways to restore the health of a client.

Homeobotanicals have four main actions on the whole self, body and mind :-

Physical Action

The physical action includes the elimination of toxicity from specific areas in the body, i.e. organ drainage and the elimination of toxins from the body. The physical action also includes the nutritional component, where the dynamic nutrition of the herbs feed the cells of your body and help assimilate minerals and other micronutrients.

Synergistic Action

The synergistic action of homeobotanical remedies reinforces other medical treatments, therapeutic and healing modalities occurring at the same time. They are used to maintain balance within the body and can enhance any other medical treatment, therapy and healing technique.

Dynamic Action

The dynamic action arises from the homoeopathic potentization that enables these remedies to directly stimulate healing within the body. The low potency produces a gentle sustained response, resulting in few problems even in sensitive people.

Mental / Emotional Action

The mental and emotional actions of homeobotanical remedies is valuable for restoring calm, ease and clarity of mind. For example a blend of Hb E (Emotional Stress), Hb Be Calm, Hb Cerebra (Memory), is helpful during stressful periods when you need to retain calm and focus.

What's inside your own Hb Remedy:-

Client Presented with:

Your prescribed Homeobotanicals include:

Your tailor made homeobotanical remedy includes the following remedies:-

HB Remedy 1:

HB Remedy 2:

HB Remedy 3:

Hb Remedy 4:

Bach Flower Remedies included: