

# NATURA NEWS

**"Balancing Health Naturally"**

## **Homeopathy**

remedies have been produced for thousands of years from plants, minerals and salts. They are very safe bio-energetic elements, used to nourish the body's energy and physical systems, giving it balance. Once balance is achieved there is a relief of problems, providing an increase in vital energy (health). Homeopathy has no record of being addictive or toxic.



## **Naturopathy**

is the science of our life force, Nature. It includes everything from our Natural world. I offer consultation for health goals and problems. I work together with each client to balance the body's systems with homeopathy, herbs, plants, flowers, essential oils, organic clinical nutrition, massage therapy, yoga, diet and lifestyle protocols.

## **Massage Therapy**

modalities offered are Swedish, Tui Na, Thai, Deep Tissue, Neuro-muscular, Bio-energetic balancing, Cranial sacral, Essential oils, Stretching, and Therapeutic combinations.

## **Northern Winter Solstice**

The year seems to have flown by. So much has happened this year, Renovating a new home and office, Meeting Clients in Delray Beach, Planting an organic garden, and much more than I can list here. As we approach the shortest daylight of the year, we celebrate the winter solstice. On December 22,23,24th the sun is at its lowest in the sky giving us the longest nights. On the 25th day the sun begins to rise, daylight increases, and warming begins. Soon the plants respond and the seeds of life have a resurrection, rising up to the sun. I hope the new year brings a resurrection of NATURE NURTURE for 2019. May all of earths' life celebrate the healing and sustainable balance we Homeopaths practice, teach, and respect so dearly. I give all of my Gratitude to the light of the world, the SUN and the NATURE that gives me the breath of life, food for life, and energy for LIFE..... Will you share with me, in NATURES Unconditional LOVE ?

**"Healthy Living through the knowledge of Nature"**