

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, Acupressure, Neuro-muscular, Bio-energetic balancing, Cranial sacral, Essential oils, Stretching,



Celebrating Winter Solstice

It is that time of the year where we in the northern hemisphere will experience the winter solstice. On 22, 23 and the 24th of December the sun will be at its lowest southern light in the sky, giving us the longest nights of the year. On the 25th day the sun begins to rise north, daylight increases, and warming begins.

Soon the plants respond and the seeds of life will begin their resurrection, rising up to the sun. I hope everyone celebrates the gift of life with many beautiful people, delicious foods, angelic music and solace has 2019 comes to an end. To all of my clients and friends I wish you much happiness, enlightenment and

LOVE in the new year. I hope the new year brings all a resurrection of NATURE NURTURE for 2020. May all of earth's' life, celebrate the healing and sustainable balance we Homeopaths practice, teach, and so dearly respect. I give all of my Gratitude to the light of the world, the SUN, and to our NATURE, for giving me the breath of life, food for life, and energy for LIFE.....

Will you share with me, in NATURES Unconditional LOVE ?