

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.



Healthy Summer Lifestyle

June 21 was the Summer solstice, giving the northern hemisphere the longest daylight of the year. Many of us spend more time outdoors playing, hiking, beach, pools and sports activities. More exposure to sun, more sprains, insect bites, sports injuries all need quick treatment. Here are a few Client testimonials for many of these conditions I have treated. SS 59 yo sprained muscles pain swelling bruising, relieved all symptoms now strengthening exercises and massage, feels great thanks Brent. HK 56 yo sand flea bites swelled up into bumps with intense itch, Brent relieved with homeopathic remedy, itch stopped in minutes, bumps gone in 48 hours. CB 56 yo skin itch crawling, red mites, homeopathic remedy and essential oils removed and relieved quickly, seeing Brent again for help with my psoriasis. ZM 30 yo saw dust in eye swelling scratched watering remedy and drops healed in 2 days.

“Healthy Living through the knowledge of Nature”
“Thanks to everyone for your referrals”