

# 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, and Therapeutic combinations.



## Spring Equinox Edition

Picture: my vegetable, chicken, cilantro wonton soup. Spring is coming and with it many beautiful blooms, and that brings pollen. Many people suffer from **Allergies** to plants, petrochemicals, soil, dust and animals. I have excellent results in helping reduce and often eliminating these reactions.

**Testimonial** from SE 77 yrs. Intense sneezing, eyes and nose watering and itching, Brent helped me relieve all symptoms with homeopathic remedies and nutrition supplement, so thankful.... **Cold and flu** season is still affecting many people. Please call me at your earliest onset of symptoms, so I can help you reduce the severity and duration quickly. There is much talk about **Corona Virus** and Homeopathy has had excellent results in treating this condition. Homeopathic remedies are very helpful in treating the changing symptoms often associated with the corona virus. Helpful To dos: Wash your hands and face. Cough or sneeze into your elbow area, or a tissue then place into trash. Eat an organic diet with lots of plants. Omit animal dairy products. I am taking emergency appointments for those who need help asap.