

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.