

# 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.



## Harvest Moon Celebration

It is harvest time. Fall is coming for the northern hemisphere. The northerly winds of change are in the air. Will you suffer from fall allergies a head cold or headaches. Homeopathy offers excellent resolve for these conditions. MH 72 yo, Nose stuffed worse at night, nose dripping allergies, resolved with homeopathic remedy and supplement support. HK 56 yo, Muscle spasm sometimes sudden wakes from sleep, resolved with homeopathic remedy, nutrition supplements, diet, nice to sleep thru the night. RK 18 yo, Severe acne on face shoulders and back, white heads, itch, sting, homeopathic remedy, nutrition supplements and dietary changes resolved, rarely have one now, skin healing nicely, and smooth. CB 57 yo, Severe stomach pain heartburn belching indigestion wakes from sleep, 2 homeopathics and supplements have changed my world, now I can enjoy eating and sleeping again. Cant wait to see if Brent can help my skin.

**"Come in for a consultation and begin your healing now"**