

NATURA NEWS

Post Corona Problems | Barramundi | Pandemic Depression

Homeopathy

Is a safe, natural healing system that works with your bodies Bio-energetic and physical terrain to relieve symptoms and restore its balance therefor improving your overall health. It is safe to use, non of the toxic affects of allopathic drugs, made from natural substances, affordable, and is FDA regulated.

Naturopathy

Is the science of our Life Force NATURE. Nature has all of the ingredients that our bodies are composed of. Naturopathy has been proven for thousands of years. Ingredients come from plants, animals, salts, minerals and seeks to balance health naturally.

Massage Therapy

Is the art and science of therapeutic touch and manipulation, to achieve bio-energetic, physical and structural balance of the bodies systems. It is healing, relaxing and enhanced with essential oils, cold and heat.



Post Corona Virus Problems

Many people who have had corona virus are experiencing post problems after they have moved thru the difficult more severe symptoms. Some of these include headache, cough, depression, extreme fatigue, various pains, heart palpitations, reduced appetite, fevers, shortness of breath and difficulty in thinking. I have seen many people for these post symptoms. Homeopaths around the world are having good results in resolving these post symptoms. I too have seen many of my clients get relief and resolution with Homeopathy. If you are suffering please make an appointment and let me help you get resolution so you can get back into life. The picture shows many of the essentials needed to help you and others through this pandemic safely. Available in my office and for delivery direct to your home.





Pandemic Depression

The pandemic is creating many depression issues for people young and old alike.

- Anxiety and Panic
- Fear and Hysteria
- Anger and Rage
- Alienation and Loneliness
- Desertion and rejection

We are living in difficult and unprecedented times. Are you or anyone you know, suffering from these symptoms? If so, know that you are not alone. I am having a substantial increase in clients suffering from all of these conditions.

Homeopaths are well equipped to work with all of these conditions. The foundation of Homeopathy is taking into account the totality of symptoms and expressions. Even if the expression is quiet, non speaking and not understood or even known in the person suffering from it.

DONATIONS : If you would like to help others **Please inquire** about making a donation.

Barramundi the fish from down under Australia

Barramundi is a fish from Asia to the Australian waters. It is very popular in Australia and a favorite for the BBQ. While I was living in Australia to study Homeopathy I was introduced to this fish at a BBQ. It was on the BBQ and brushed with a lemon papaya sauce. It was instantly my favorite fish. It was light with a moist soft texture. One of my favorite ways to enjoy it is in fish tacos. You can find my recipe for fish tacos in my upcoming cook book. Lets talk about the tantalizing picture below where I prepared Barramundi with my house special herb mix including thyme from my garden. Cooked in an iron skillet under the broiler. This gives it a nice moistness with a seared top. I squeeze a lemon into the the pan and stir to lift the fish and herb renderings into a light sauce to pour over the fish. It is accompanied with steamed broccoli with butter and my famous super creamy mac n cheese with a potato chip crunch topper. My recipe for this wonderful dish will be available in my upcoming cookbook. Once you try this very versatile fish I am sure it will become one of your favorites. Let me know if you try it. I would love to hear what you think of Barramundi.

