



NEW YEAR 2016

Greetings and much gratitude is sent to all of you who continue to ask for my care for yourselves and your families.

NEW THIS YEAR !!

Come by the office and get **MOTHER TINCTURES.**

I have in stock, for example **GARCINIA**. This weight loss product is mostly sold online in capsules, ie the crushed herb form and people need to realize that the mother tincture form of any herb is superior to the dry form.

Compromised gut bacteria will have difficulty absorbing the herbal form but not the tincture. I have this tincture in the clinic. (FYI, a mother tincture is made by soaking the plant in alcohol for 2-6 weeks to extract all of the medicinal properties. Then it is strained to weed out all plant matter and voila, all that is left is the tincture, full of medicinal properties (think of Echinacea

too).

In the clinic, we have **Mother Tinctures** to improve circulation by cleaning out the plaque/calcium build up in the arteries, tincts for insomnia, to improve men and women's hormonal problems incl. irregular menses and prostate problems, for weight loss, to clear acne/eczema prone skin for children and teens, for parasites/worms, for increasing energy and vitality, for arthritic bone pains, and very problematic for both men and women, for **Hair thinning and Hair loss.** I have a tincture blend that stimulates the follicles and nourishes the scalp.

Please remember the value of using homeopathic medicines for **Depression, Anxiety and for childrens' behaviour issues.**

All **Allergic problems** require attention to healing the intestines as the cause of these histamine reactions is often a leaky gut. We can

accomplish this.

Any chronic illness that does not seem to be improving under **conventional medical care can often find its solution in homeopathy.** I cannot tell you how many times a distressed mother has hugged me for helping their children improve under homeopathy when all else failed. (I get hugs from grown-ups too.)

For chronic conditions that require ongoing monthly visits, I promise you, it will improve and I have seen this in the clinic many, many times. **Be Patient Please.** Our bodies heal in their own time. Medical bandaids only work for now, they don't address deeper issues and numerous causes like homeopathy does.

This begins my 17th year of practice, now as a part of the newly regulated profession in Ontario. It is a privilege that I do not take lightly or for granted.

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