

Free Talks on Homeopathy

with Monique Arsenault, Homeopath

Tuesday June 1, 2010
7-8:30pm

*Topic: Homeopathic support
for natural, restful sleep*

Homeopathy can help restore natural sleep rhythms by helping heal the emotional states that prevent good sleep; like anxiety, worry, stress, panic, pain, new or challenging situations, etc. Homeopathic remedies do not cause side-effects and you cannot become addicted to them.

Tuesday July 6, 2010
7-8:30pm

*Topic: Homeopathy for stability
and wellness during menopause*

On its own, menopause is a normal and natural part of every woman's life cycle and doesn't necessarily have to involve discomfort. Homeopathy naturally supports the body's changes while also helping to promote peace & consolidation of mind.

Tuesday August 3, 2010
7-8:30pm

*Topic: Homeopathic support for
digestive health, metabolism,
weight-loss*

There's no such thing as a miracle weight loss pill that works for every body since we don't all share the same concerns, have the same stress levels or even the same body types. Homeopathy can help you lose weight by cleansing and detoxifying the body, and by addressing such concerns as addictive eating, cravings, self-abuse & self-sabotage.

All classes held at The Natural Health Clinic 1707 F Street Bellingham 98225 (360)734-1560

Classes normally held on 1st Tues. of the month. RSVP required by 5pm the Monday before!!

See website for more details www.homeopathichealthcare.net