

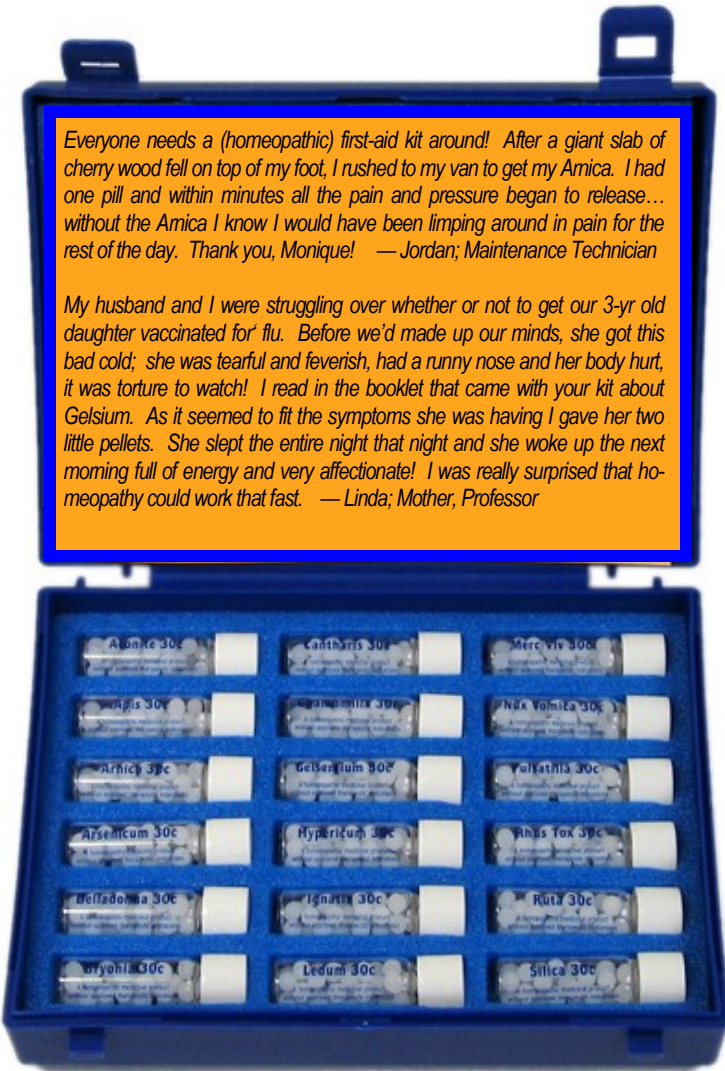
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# Homeopathic Survival Skills

## Simple Solutions for Self Care

### Tutorials with Monique Arsenault, CC, Homeopath

Four Tuesdays evenings October 5, 12, 19, 26



Everyone needs a (homeopathic) first-aid kit around! After a giant slab of cherry wood fell on top of my foot, I rushed to my van to get my Amica. I had one pill and within minutes all the pain and pressure began to release... without the Amica I know I would have been limping around in pain for the rest of the day. Thank you, Monique! — Jordan; Maintenance Technician

My husband and I were struggling over whether or not to get our 3-yr old daughter vaccinated for flu. Before we'd made up our minds, she got this bad cold; she was tearful and feverish, had a runny nose and her body hurt, it was torture to watch! I read in the booklet that came with your kit about Gelsium. As it seemed to fit the symptoms she was having I gave her two little pellets. She slept the entire night that night and she woke up the next morning full of energy and very affectionate! I was really surprised that homeopathy could work that fast. — Linda; Mother, Professor

Fortify your family's well-being with tools that are easy to use, are all-natural, and which are inexpensive alternatives for staying fit and healthy during times of stress, strain, or trauma. These tutorials will help you feel comfortable with basic homeopathic philosophy; you will learn how to use well-known remedies for help with minor injuries, cuts, burns, stings, coughs, colds, stuffy heads, stomach upsets, vomiting, diarrhea, earaches, and more. You will learn how to use a homeopathic materia medica and repertory, how to collect symptoms or rubrics needed for remedy selection, how to give a remedy, and what to do next. Textbooks highly recommended and available for purchase.

*This course is not intended to replace qualified medical care or advice either in emergency or medical situations.*

Monique Arsenault completed her homeopathic training at the Centre for Homeopathic Education in London, UK. While abroad she also worked as Homeopath & Dispenser at Helios Homeopathic Pharmacy. Monique has a flourishing practice and has enjoyed helping folks to feel better at the Natural Health Clinic since 2005.

**WHEN:** FOUR Tuesday evenings 6:30pm to 9pm  
Dates: October 5, 12, 19, 26.

**WHERE:** The Natural Health Clinic  
1707 F Street Bellingham WA 98225  
Tel: (360)734-1560

**FEES:** \$145 in advance or \$45/class

**REGISTRATION REQUIRED BY 5pm 10/01/10**

[www.homeopathichealthcare.net](http://www.homeopathichealthcare.net)

