



Health and Healing For All

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www.healthandhealingforall.co.uk

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- Naturopathic Nutritional Advisor
 - Clinical Reflexology
- Fertility & Maternity Reflexology
 - RLD Reflexology
- Bio-energy Therapy Practitioner
 - Kinesiology
- Food, Nutrition & Allergy testing
 - Hand Reflexology
 - Baby Reflex

Treatment by appointment at:

2 Cecil Street, Carlisle, Cumbria, CA1 1NL (appointments available in Northampton and Corby – please enquire)

Sessions from £30.00.

GIFT VOUCHERS available

Bespoke employee “Health & Wellness” programs available – prices available on request



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BACH FLOWER REMEDIES FOR HEALTH

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- **Bach Flower Remedies were invented and developed by Dr. Edward Bach about 80 years ago.**
- **A prominent physician, Dr. Bach decided to leave his practice and focus on researching plant essences and their effect on humans.**
- **Dr. Bach isolated and classified 38 flowers from which he extracted 38 essences with which he succeeded in healing patients' ailments.**
- **Dr. Bach found that certain flower essences led to self-healing, as they purified the patient of negative elements that adversely affected their health.**
- **Bach Flower remedies are completely safe for use by anyone, including children, babies, pets and horses. They are natural, non-toxic, and non-habit-forming. They are not contraindicated with any medication.**



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DOSAGES

Bach flowers can be taken neat on the tongue or diluted in water (or juice).

- **Adults – 10 drops 3 to 5 times a day or as needed if symptoms are acute**
 - **Children (from 2 years of age) – 5 drops 3 to 5 times a day**
 - **Youths/teens (from age 12) – dosage as per adult**
- **Babies – for details on newborn up to 2-year-old dosages please contact Adrienne for more information.**
- **Pets (primarily cats and dogs) – 10 to 15 drops 3 to 5 times a day in water bowl/dish or if pet refuses to drink rubbed into their fur.**
- **Horses – for details on equine dosage please contact Adrienne for more information.**



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REMEDIES FOR ADULTS

Gorse – severe depression

Cerato – struggling to make decisions

Beech – PMT

Agrimony – “duck” – all looks fine to others but underneath paddling like mad!

Oak – overworked e.g. busy mums and dads juggling work/family commitments or those who are carers for or the elderly or are caring for elderly relatives

Pine – guilt for example at having to go to work and leave a child/children behind or leaving them with another carer

Sweet Chestnut – stress!

Star of Bethlehem – Grief (loss of a person or pet)

Wild Rose – for those suffering from a long-term illness

Gentian – low mood often associated with winter/dark nights and mornings (not as bad a “Gorse” for severe depression as mentioned above)

REMEDIES FOR TEENS

Cherry plum – self-harming

Mustard – teenage depression/low mood

NOTE: Reflexology is excellent for balancing female teenage hormones/regulating cycles



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REMEDIES FOR CHILDREN/BABIES

Holly – bad tempered child

Vine – bossy, demanding children

Willow – clingy baby/child

Impatiens – impatient child/baby – especially around feeding

Clematis – “space cadet” (always daydreaming or “not with it”)

NOTE: BabyReflex is amazing for supporting babies especially those with digestive issues like acid reflux/constipation/persistent vomiting

REMEDIES FOR PETS/HORSES

Star of Bethlehem – grief at losing an owner or fellow pet

Cherry plum – for constantly biting at an old wound and causing more damage

NOTE: Bio-energy therapy is excellent for pets/horses and they respond really quickly and positively. Suitable for all conditions both physical and emotional/mental.

If you, your children or pet(s)/horse(s) have a particular health or wellness issue which is not covered above, there are other Bach Flower remedies available – please ask Adrienne for details



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LEARN A SIMPLE DETOX/RECOVERY PROGRAM

(FOR USE AFTER THE CHRISTMAS & NEW YEAR FESTIVITIES)

Come to our informal get-together/talk on

Wednesday 30th November at 7 – 8pm (doors open 6.30pm)

Learn a simple 2 week “Recovery Program” you can use ANYTIME/ as soon as the New Year festivities have ended.

Safe, easy to do & no expensive supplements

£10.00 per person

Ground Floor, 2 Cecil Street, Carlisle, CA1 1NL

Advance booking and payment essential as spaces are very limited.

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