

Sally's Healing Garden Alternative – Horizons LLC
September 2008 - Newsletter



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- *Flu season - Homeopathic Bryonia*
- *Bach Flower Essence: Hornbeam*
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- *Peaceful Meadow Retreat Kitchen Recipe*
- *Sally's news and educational classes in Minneapolis, Chicago and Lake Mills, Wisconsin*



If you enjoy this monthly newsletter do forward to a friend. The theme is always – “Help One Another!” If you do not want the monthly newsletter please email and let me know:sally@alternative-horizons.com

Please remember that I am an experienced homeopath, flower essence practitioner and body worker but I am not a medical doctor, if you have medical concerns you should consult with a licensed physician. This newsletter is for educational purposes only.

Homeopathic remedy for September:



Calendula Officialis

- **Think skin abrasions and burns**

Calendula Check List

- **Use where the skin is broken**
- **Antiseptic**
- **Prevents infections**
- **Indicated for burns**
- **Soothes tissues**
- **Promotes healing**
- **Reduces scarring, pain and inflammation**
- **Where pain is excessive and out of proportion to the injury**
- **Always seek professional medical advice for anything other than minor skin infections**

This remedy is made from the colorful **calendula flower** or the English Marigold, commonly seen growing in sunny English country gardens as an annual ornamental flower. The flowers are a beautiful bright orange and are abundant when harvested regularly, the leaves are elongated and tongue shaped. In the USA **calendula** grows in zones 3 -10 and is treated as an annual in zones 8 -10. It is easy to grow from seed. If you are allergic to ragweed do not use or grow **calendula**.

One of my lasting childhood memories is of the prolific beds of **calendula** in our garden. The International Herb Association designated **Calendula officinalis** as Herb of the Year for 2008. It is also a skin care favorite around the world and is used as oil, a mist, or a facial. In the beauty business, **calendula** is recognized for its ability to tighten pores and improve skin tone.

Calendula belongs to the daisy or Compositae family which is the same botanical family as *Arnica Montana*, *Bellis perennis* and *Chamomilla*. Its name comes from the Romans

who observed that **calendula** blooms nearly every month of the calendar year. The half opened buds or newly opened flowers with gummy end shoots are the parts used to make **calendula tincture**.

I recommend that every first aid box has a tube of **calendula** tincture, lotion, cream or gel on hand. It has centuries old reputation for treating skin conditions. It is particularly useful for injuries to broken skin, abrasions, cuts, lacerations, scrapes, cracks and superficial burns etc; **especially where there is a danger of infection or there is pus formation**. In fact it is known as the **homeopathic antiseptic and helps to prevent infection taking hold**. **It is a remarkable restorer of human flesh and is well known for its ability to heal hard to heal wounds and ulcerations.**

Dr.Petrie Hoyle used **calendula** almost exclusively for dressing wounds in his front line hospital during the First World War. He was commended by a visiting Staff Officer because there were no fatal cases of gas gangrene among the patients.Dr.Hoyle attributed this to the use of **calendula** lotion.

Homeopathic calendula is very soothing, it works by promoting rapid and healthy new skin growth of tissue, it stops minor infections, reduces pain, inflammation and scarring. Consider using **calendula** for a diaper rash. Typically it is used topically however; it is also available in homeopathic pills and these are most useful when there is an existing wound infection.

A client called me one day, his recent foot surgery had become problematic, after several weeks the site of the incision remained open and was not healing. I recommended that he took a couple of doses of **homeopathic calendula** in the 200c potency. Following my recommendation his foot began to heal quickly.

Calendula is also an astringent and topical application will help to control bleeding from any wound or after tooth extraction. Its ability to soothe irritated skin means **calendula** is often included in many preparations used to treat dry skin problems and eczema. If you have a dry skin problem do make sure that the **calendula** product that you buy does not have an alcohol base because alcohol irritates or causes excessive drying.

A keynote of this remedy is the excessive sensation of pain; this seems to be out of all proportion to the injury

Scroll down for more calendula information



Cooking, gardening and creating with calendula

Certain plants are thought to have insect repelling properties. **Calendula** is known to repel aphids, nematodes and cucumber beetle. If you are troubled by these pests consider growing some of the beautiful **calendula** blossoms rather than resorting to chemical sprays.

Did you know that **calendula petals** can be used as a culinary herb to season rice dishes, salads, casseroles, and poultry dishes? The flowers can be used either fresh or dried; the petals have a tangy peppery flavor.



In a first aid situation, if you do not have any tincture, gel or cream on hand but do grow the flowers in your garden, then use either the fresh flowers or pulped fresh flowers and apply directly to a skin wound, cover with a bandage.

You can make your own **calendula massage oil** by filling a jar with **freshly picked calendula flowers**, and then adding a cosmetic - grade oil such as cold-pressed olive, hazelnut, grape-seed, or sweet almond. Make sure that the flowers are completely covered in oil. Cap the jar and shake well. Store the jar at room temperature away from sunlight. Shake the jar once a day for four weeks. Decant the herb -infused oil into another jar and discard the herbs. Store the oil in a refrigerator until you need to use it. It will solidify so you need to heat it to use as oil. Do keep an eye out for any mold that may form. If mold appears you need to discard the oil.

To make your own tincture pick newly opened blooms in the afternoon and dry them. Half fill your jar with dried flowers and then fill the jar to the top with 100% proof vodka. Label, cap well, and wait for six weeks before using the oil or the tincture.

Calendula tincture is made with a high percentage of alcohol, and it may sting if used undiluted. To promote faster healing dilute ten drops in a bowl of warm water to clean wounds before applying a dressing. **Calendula tincture** can also be used in postnatal situations such as an episiotomy. The area can be bathed as for wounds or 10 – 20 drops can be added to bath water. As a mouth wash, after tooth extraction or with mouth ulcers, dilute 5 drops of tincture in half a glass of water.

First Aid Tips



Carry disposable latex gloves in your first aid box and car and use them if you are helping someone with an open wound. In this day of HIV virus and AIDS, exposure of your mucus membranes (eyes, nose and mouth) or open areas of your skin such as cuts and scrapes to another person's bodily fluids and especially blood, can result in exposure to the virus.



Homeopathic flu remedy for September:

Bryonia Alba could be the remedy needed for a bout of the flu that comes around every year or in times of pandemic influenza. During the Great Spanish Influenza of 1918 – 1919 **Bryonia** was one of the main flu remedies. For more flu remedies refer to the site Dr.Jacob Mirman and I created: www.flusolution.net for a general first aid kit I recommend the 30c potency.

Bryonia Alba



- **Think Dryness, Sticking and Stitching pains**

Bryonia Check List

- Think irritability, ugly behavior, worry about business or money
- Think dryness
- **Think sticking and stitching pains**
- Think much worse by any kind of movement and cold winds
- Think better for rest and stillness, holding the painful part and pressure
- Think better warm applications
- Think thirsty, large quantities of cold water, drunk infrequently

This remedy is prepared from the fresh root of the White Bryony; a climbing plant. It is better known as wild hops and grows in central and southern Europe. It was used as far back as Roman times to treat coughs and wounds. It is used to treat **illnesses that come on slowly with pain on the slightest movement.**

In an acute emergency situation always think of homeopathic *Arnica* but if after several doses, *Arnica* fails to relieve, consider **Byronia** especially if the mental and emotional state reflect the **Bryonia picture** and there is **sticking and sticking pains made much worse by any movement.**

Bryonia has a very marked mental and emotional state. There is anger, irritability and restlessness, worry about work and finances, fear of death and a preference to being left alone, particularly when unwell. The slightest movement causes aggravation.

There is a strong theme of **dryness** with this remedy. Dry eyes and lips, dry sore throat, dry irritating cough, and constipation. When there is a state of internal dryness there are usually a lot of **sticking and stitching pains**. This remedy may be indicated in acute injuries such as fractures, dislocations, sprains and strains. The injured area may be red, hot and swollen. **Bryonia** is often indicated when there is inflammation of the serous membranes. These are membranes that line certain large cavities of the body, and surround organs such as the lungs.

Bryonia may also be indicated for headaches with a bursting or splitting sensation, rheumatism, arthritis influenza, dry, painful cough, pneumonia, pleurisy and colic. **Think of this remedy when there are symptoms of a cold accompanied by a strong thirst and a very dry throat.**

I recommend taking one dose (3 pills) of 30c; this may need to be repeated several times over the course of a day. Stop the remedy when you feel better or the symptom picture changes. This remedy can easily be found in your local health food store or Co – op.

A Rock Musician's Story



A client called me one day, he worked as a musician but today he was in a very bad way with a fever, irritability and a nasty cough which caused him to hack up thick green phlegm. Despite his illness he was adamant that he wanted to be better by that evening because he was participating in a concert performance.

I recommended that since it was so cold and he was so unwell that he would be better off staying indoors, keeping warm and resting. At my recommendation he became even more irritable, declaring that he needed to earn some money and that it was imperative that he played that evening at the concert. **Money worries were uppermost in his mind** and together with his **marked irritability and painful cough** I recommended a couple of doses of **Bryonia 30c**. He readily followed my remedy recommendation and by the next day he was completely well again.

Sally's Story



Recently I moved house, this was a particularly stressful time. I spent most of the last day cleaning the house as the removal men emptied everything into their van. I finally left for a friend's home late at night and with an absolutely splitting headache. I was hungry, exhausted and **very irritable**. During the night I could not get comfortable, sleep was restless, and my head felt as if it would burst, **it felt better when I buried it in a pillow**. In the early hours of the morning I had a dream, my homeopathic teacher from England appeared and told me to take one dose of Bryonia 200c. When I woke up I thought this was a great idea. A few minutes after the dose my splitting headache disappeared as if by magic!!! Oh, how I love homeopathy!

Bryonia Alba



Bach Flower Essence: Hornbeam



European Hornbeam seed catkins

When we feel fulfilled, happy and positive we tend to enjoy better health. In the 1930's Dr. Edward Bach, a medical doctor and bacteriologist created 38 flower and plant based formulas that can help us to manage the emotional demand of everyday life by bringing negative attitudes and feelings back into balance and perspective. By helping to restore and maintain emotional balance the Bach remedies free the body's own healing functions and help to promote overall wellness. The Bach formula Rescue Remedy was voted the top holistic anti stress relief in the UK.

The Bach and Australian Bush Flower Essences are simple and safe to use and do not interfere with prescription medication. Bach Essences are inexpensive and available at most health food stores and co – ops.

Using flower essences to balance emotions means fewer visits to the doctor's office, less reliance on prescription medication and its associated side effects.

The Hornbeam is a tree which superficially resembles the beech. It blooms during April and May in the woods. Those who find themselves in a **Hornbeam** state believe that they do not have the mental and physical strength to undertake the daily tasks of living. It is better known as **the procrastination remedy**. This is for the person who wakes with that **Monday morning, sinking feeling**. They drag themselves out of bed and do usually get on with their daily affairs and accomplish what is needed but there is an overriding feeling that they are just not capable. Their strength has diminished.

I believe that all of us, at some time in our life need this essence. Daily living takes its toll on both our mental and physical well being and we may find ourselves weary and jaded. A dear friend once confided that he was extremely worried about his son. The

young man was not doing well at college and would often spend hours on end in bed. He was reluctant to get up and get going, because he felt so physically and mentally tired. My own son has also been in this situation. Teenagers like to, “*burn the candle at both ends*” but eventually a combination of too much work and socializing, too little sleep and inattention to a good diet takes its toll. A **Hornbeam** state can easily emerge.

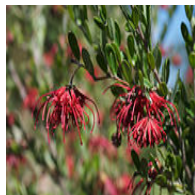
Taking **Hornbeam** when we feel such *a lack* will help to give renewed interest and zest for life. Flower essences help us to open our eyes and to see who we really are and what we are doing in our life that is causing us problems. My son, now older and wiser, has declared that he needs to have a decent sleep every night, eat regular and sensible meals and find ways to relax so that he can better manage some of the stress in his life.

Many people perceive that flower essences and homeopathy will do all the work for them. That is not the case at all. They are **simply helpers on our journey** that will bring us to a place where we can see and acknowledge our own faults, and then it is our choice what we decide to do about the situation. If the lesson is not learnt then the law of the universe works in such a way that it will be presented again!

If you feel that you need to take this essence use two drops in water up to four times daily. Most Bach essences can be purchased at your local health food store, co – op or by mail order from Southern Herb in Wisconsin. Tel: 1 – 800 – 795 – 0338



***Australian Bush Essence:
Red Grevillea (Grevillea speciosa)***



This bushy shrub grows up to 2 metres high, it is found in the sandstone areas north of Sydney. The red flowers form large circular clusters. Many red –colored flowers are pollinated by birds, whose eyes are particularly sensitive to the longer wavelengths of the visible spectrum, namely red and orange. The vision of most insects, especially bees, is shifted towards shorter wavelengths of light. They are able to see ultraviolet but can’t see

red. Red flowers rarely have any scent as the birds that pollinate them have virtually no sense of smell.

Red Grevillea is a wonderful remedy for those that **feel stuck** and are **oversensitive, easily affected by criticism and unpleasant people**. It gives strength to those who know that they need to *move on* from situations that aren't good for them, but can't work out how to do so. The remedy helps to nurture independence and boldness. The remedy may help those stuck in relationships or in jobs but who are afraid to leave for various reasons and can't work out how to change their situation.

Homeopaths have found that this essence can drain golden staph, a bacterium very resistant to most anti-biotic treatment, often contracted in hospitals.

Take **seven drops in water twice daily**. Ideally when the sun comes up in the morning and when it goes down in the evening. Ian White suggests that most Bush Essences should be used for **14 days**.

Australian Bush Essences can be purchased from Southern Herb in Madison, Wisconsin.

Tel: 1 800 795 0338 - they are hard to find in local stores.

In the UK call Helios Homeopathic pharmacy www.helios.co.uk

Tel: 01892 - 537254

Food Combining:



Simple food combinations are a must to make the stomach work properly. The following information comes from Hanna Kroeger's book *'Help One Another.'* *This is an anthology of Hanna's teachings and remedies compiled by Holly Vest and illustrated by Alberto Kroeger. This book is available from Southern Herb or Hanna Kroeger's Herb Shop in Boulder Colorado.*

Southern Herb in Madison, Wisconsin. www.southernherb.com

Tel: 1 800 795 0338

Hanna's Herb Shop, Boulder, Colorado www.hannasherbshop.com

Tel: 303 - 443 - 0755

Hanna Kroeger was one of the most distinguished traditional herbalists and homeopaths of her generation. Her formulas reflect hundreds of years of traditional European and Native American folklore and Naturopathy.

Hanna believed that we are all responsible for our own health and that each of us is capable of healing ourselves with the right tools.

- Serve only three or four things at a time but change with every meal.
- For breakfast have a high protein meal such as eggs or meat with vegetables.
- For lunch, it is also important to have protein and vegetables or potatoes and vegetables.
- Avoid eating protein after 2pm.*
- For dinner have carbohydrates and vegetables.
- Eat fruits alone or on an empty stomach at least 1/2 hour before a meal. Apples are the only exception to the rule and can be eaten at any time. Never eat fruits with vegetables. Never eat acid fruit with cereal. Apples and rice go with everything!
- Eat proteins with vegetables. Do not eat proteins with carbohydrates. This includes bread unless the bread is sprouted whole grain and not processed.
- Never eat milk and meat at the same meal. Milk and meat require two different digestive enzymes and if eaten together, the meat will not digest properly.
- Eat carbohydrates with vegetables. Both raw and cooked vegetables should be eaten at a mealtime. 50% raw and 50% cooked.
- Do not use aluminum pots, pans and foil. Do not drink from aluminum cans.
- Avoid processed foods and sugar products.
- Avoid fried, greasy foods.

***Concentrated proteins take up to eight hours to be broken down into amino acids. After leaving the liver, amino acids are transported by the Lymphatic system. While you sleep, the lymphatic system also rests and cannot deliver amino acids to where they are needed. The amino acids are then dumped into the weak areas of the body and aggravate pre – existing conditions such as arthritis and cancer.**

Use the vibration of 9-9-5 to bless your food. Using your right hand, make 3 clockwise circles over the food saying 9-9-5. This is the vibration of mother Mary. Through your prayer, the vibration of the food changes and will clear any negativity in the food.



Peaceful Meadow Retreat Kitchen Recipe: Seed Cereal

Pumpkin seeds
Sunflower seeds
Sesame seeds
Almonds
Apple Juice
Water



Mix equal amounts into a bowl and put into the refrigerator overnight. Next morning use a good blender or food processor to grind up. Serve with apple sauce and/or yoghurt. This makes a delicious meal to start the day!

Sally's news and classes

Hello everyone, I hope that you all had a wonderful summer. It has been a busy time for me; many of you know that I recently relocated to Chicago. This proved to be an extremely stressful time but I now feel relatively settled in my new home!

In August I spent nearly a week at Hanna Kroeger's Peaceful Meadow Retreat in Boulder Colorado, learning her advanced healing insights. The retreat center has invited me back next year to teach classical homeopathy. This was a very special time for me. I gained many insights which I have put to immediate use in my healing practice; I am excited by the results and will be sharing some of these new insights in the two classes I have planned for October in Minneapolis and Wisconsin.

I have just returned from a wonderful eight day stay in Madison, Wisconsin reviewing the Australian Bush Essences and taking the certified teacher training course. The good news is that I am now able to teach the official Australian Bush Essence Advanced Practitioner Course throughout the USA. This is a wonderful course that enables healers to feel confident about using the Australian Bush Essences. This is a certified course and hopefully, in the near future, it will also be providing CEU's.

Do email me if you would like me to host a four day training workshop in your area.

A client recently emailed me to tell me her young daughter had been **stung by 30 hornets**. Luckily she has attended several of my classes over the years and knew exactly what to do! She gave her daughter **homeopathic Apis, Bach Rescue Remedy and applied some topical homeopathic ointment** for bites and stings. Her daughter had some itching but by the next day the stings were hardly visible and all ended well in an obviously traumatic situation for everyone involved.



This is one of the reasons why I am passionate about holistic education. People really need to know that there are wonderful options out there and they need to feel confident to go down that road. Spread the word about the classes! You never know who or when people may need this information.

I am pleased to announce that I am teaching three classes at Kevin Doheny's beautiful home and healing center in Eagan, Minnesota on **Friday October 3rd** and **Sunday October 5th**. They are listed below. Do spread the word to anyone you feel may be interested. To register for these classes please contact Kevin:

Tel: 651 – 688 -2469 www.soundmindbodyhealing.com

If you have a group who may be interested in hearing me speak either in the Twin Cities, the Chicago area or your hometown location please contact me. I am mainly directing my work towards education but I do have a few one hour openings left at Life Medical Clinic in St Louis Park, MN to see clients on Monday October 6th.

I also take short holistic healing telephone consultations and I am able to see interested clients at my home in Chicago. Please call or email me.

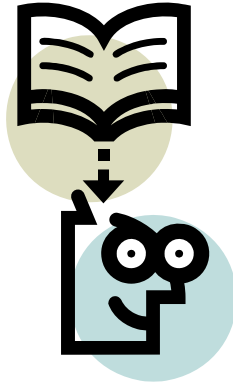
I will be available at The Rose Gallery in Lake Mills, Wisconsin on Saturday October 18th for short consultations.

Tel: 708 – 784 – 9397 alternative-horizons.com flusolution.net

I will be at Life Medical Clinic, Minneapolis again in November and will be available **Friday November 28th and **Monday December 1st** for one hour consultations. Please call or email me early to avoid disappointment.**

[Scroll down for classes](#)

Classes: Sept – Nov 2008



Alternative –Horizons LLC

Seeds of Change Seminars – Chicago - September

Do you love flowers?

The Vintage Cottage, Western Springs hosts two fun evenings.

Tuesday September 23rd 7 - 8.30pm \$15.00

Sally Tamplin experienced registered homeopath (UK) and registered flower essence practitioner will share with you her knowledge of the beautiful homeopathic remedies Arnica Montana and Calendula Officinalis. Come and hear about their healing properties and how they can be a real, welcome asset to your home first aid box.

Tuesday September 30th 7 - 8.30pm \$15.00

Sally Tamplin will demonstrate how to capture these beautiful flowers in watercolor paint. Complete beginners are welcome and all art materials are supplied. Sally is an accomplished watercolor botanical artist and teacher. Sally taught flower painting for - over ten years at The Minnesota Landscape Arboretum.

\$25.00 if you register for both classes

**Please contact The Vintage Cottage to register:
917 Burlington Ave, Western Springs, Illinois, 60558
Tel: 708 – 246 - 2034**

*Alternative Horizons LLC
Seeds of Change Seminars – Minneapolis - October
Help one another!*

The Homeopathic Revolution

- *Do you love History?*
- *Are you interested in Homeopathy?*
- *Come and discover why famous people and cultural heroes choose homeopathy.*

Sally Tamplin, homeopath and educator, will present a lively evening looking at famous people who shaped our history in industry, politics, religion, arts and literature. The one common denominator was that they all loved and supported homeopathy. Come and hear the stories and enjoy being in like minded company!

This power point presentation is based upon Dana Ullman's book, The Homeopathic Revolution

Friday October 3rd 7 – 9pm \$20.00

**Sound Mind &Body Healing Center
1610, Blackhawk Lake Place
Eagan, MN 55122**

**To register call: 651 688 2469 or email
Kevin@soundmindbodyhealing.com**

Alternative Horizons LLC
Seeds of Change Seminars – Minneapolis - October
Help one another!

Insights from Hanna Kroeger

Hanna Kroeger was one of the most distinguished traditional herbalists and homeopaths of her generation. Her formulas reflect hundreds of years of traditional European and Native American folklore and Naturopathy. Hanna believed that we are all responsible for our own health and that each of us is capable of healing ourselves with the right tools.

In this seminar you will learn and we will discuss the following:

- **How to balance the aura and its energy centers in one minute**
- **Hanna's seven physical causes of disease and the seven spiritual causes**
- **Hanna's views on the Thymus gland**
- **How Hanna scanned the body for infection**
- **Hanna's approach to dealing with anger and removing harmful emotions. Flower essences that can also help**
- **Hanna's cinnamon candle ceremony to banish entities and dark forces**
- **The coccyx (tailbone) and its role in the human body, you will learn Hanna's method to align it**

This seminar is presented by Sally Tamplin an experienced homeopath, flower essence practitioner and bodyworker. Recently Sally attended The Hanna Kroeger Advanced Healing Workshop in Boulder, Colorado.

Sunday October 5th

2 – 6pm

\$70.00 - includes Hanna's book, 'New Dimensions in Healing Yourself.'

**Sound Mind & Body Healing Center
1610, Blackhawk Lake Place
Eagan, MN 55122**

**To register call: 651 688 2469 or email
Kevin@soundmindbodyhealing.com**

Alternative Horizons LLC
Seeds of Change Seminars – Minneapolis - October
Help one another!

Homeopathy for influenza including possible pandemic flu

Come and learn how to take care of yourself and your family with homeopathic remedies. Homeopathic remedies promote the body's natural ability to heal; they are safe, non-addictive and non-toxic. For more information about the flu visit the web site [www. flusolution.net](http://www.flusolution.net)

You will learn how to put together a useful kit of remedies that will help during the outbreak of the general flu that comes around each year, we will also discuss remedies that can be used in the event of pandemic flu. This seminar is presented by Sally Tamplin an experienced homeopath and educator.

**Sunday October 5th
11am -1.30pm - includes a deli lunch
\$40.00**

**Sound Mind &Body Healing Center
1610, Blackhawk Lake Place
Eagan, MN 55122**

**To register call: 651 688 2469 or email
Kevin@soundmindbodyhealing.com**

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Seeds of Change Seminars - Lake Mills, Wisconsin - Oct
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- The coccyx (tailbone) and its role in the human body, you will learn Hanna's method to align it

This educational seminar is presented by Sally Tamplin an experienced and registered homeopath (UK), registered flower essence practitioner and bodyworker. Recently Sally attended The Hanna Kroeger Advanced Healing Workshop in Boulder, Colorado. www.alternative-horizons.com

Sunday October 19th

1 – 4pm

Hanna's book, 'New Dimensions in Healing Yourself.' will be on hand for you to purchase in The Rose Gallery Store.

**The Rose Gallery
118, South Main Street
Lake Mills, Wisconsin 53551**

**To register and for more details call: 920 – 648 – 3973
www.therosegallery.net**

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Sally is a graduate of the School of Homeopathy, Devon UK and the Dynamis School of Advanced Homoeopathic Studies. Sally spent over four years as the Executive Director of the Minnesota Homeopathic Association and co wrote and co developed a website, book and plan to incorporate homeopathy into pandemic planning.

Thursday October 23rd, 2008 7 -9.30pm \$25.00

**Blue Feather Books and Botanicals Ltd
19 West Harris Avenue
La Grange
Illinois, 60525**

**To register telephone: 708 – 352 – 8481
www.bluefeatherforyou.com**

Alternative Horizons LLC
Seeds of Change Seminars Minneapolis - November
Help one another!

Homeopathic Remedies for the Massage Therapist

Sally Tamplin B.Ed. [hons] DSH. PCH. MARH BFRP NCBTMB

- **Come and learn how to take care of yourself, your clients and your family using homeopathic remedies.**
- **Homeopathy promotes the body's natural ability to heal; the remedies are safe, non-addictive and non-toxic.**
- **You will learn how to put together a useful kit of remedies that will help during a first aid situation.**
- **You will also learn how to use remedies for outbreaks of the general flu that comes around every year and we will also discuss remedies that can be used in the event of pandemic flu.**

This seminar is presented by Sally Tamplin an experienced homeopath and educator. Sally is a graduate of Sister Rosalind's School and taught reflexology for several years at the St.Paul campus.

Saturday November 29th

10 – 1pm

\$75.00 (includes a comprehensive information packet)

**Sister Rosalind School and Clinic of Therapeutic
Massage, St Paul, MN**

Please call: 651 – 554 – 3010 to register

Alternative Horizons LLC
Seeds of Change Seminars – Minneapolis - November
Help one another!

Flower Essences for the Massage Therapist

Sally Tamplin B.Ed. [hons] DSH. PCH. MARH BFRP NCBTMB

Flower Essences for inner calm.

When we feel fulfilled, happy and positive we tend to enjoy better health. In the 1930's Dr. Edward Bach, a medical doctor and bacteriologist created 38 flower and plant based formulas that can help us to manage the emotional demand of everyday life by bringing negative attitudes and feelings back into balance and perspective. By helping to restore and maintain emotional balance the Bach remedies free the body's own healing functions and help to promote overall wellness.

- **Come and learn how to take care of yourself, your clients and your family using flower essences**
- **You will learn how to identify important Bach and Australian Bush essences to help the following situations:**
 - **Eating disorders**
 - **PMS and Menopause**
 - **Children's issues – lack of confidence, low self esteem, ADD, ADHD, autism and behavioral problems**

This seminar is presented by Sally Tamplin an experienced homeopath, registered flower essence practitioner and educator. Sally is a graduate of Sister Rosalind's School and taught reflexology for several years at the St.Paul campus.

Saturday November 29th

2.30 – 5.30pm

\$75.00 (includes a comprehensive information packet)

Sister Rosalind School and Clinic of Therapeutic Massage, St Paul, MN
Please call: 651 – 554 – 3010 to register