

▶ HOMEOPATHIC FIRST AID ◀

Treating everyday complaints and illnesses at home

**THURS 1st NOVEMBER, 10:30am – 12pm &
THURS 8th NOVEMBER, 10:30am – 12pm
at Bridport Literary & Scientific Institute**



Come and learn the basic principles of homeopathy and how to safely and effectively treat common first aid situations and everyday complaints and illnesses in babies, children and adults.

- ▶ Homeopathic remedies are made from natural substances - mainly plants and minerals.
- ▶ Homeopathic medicines are not tested on animals.
- ▶ They can be used in conjunction with medicines prescribed by your doctor.
- ▶ They are gentle and don't have any side effects.



Over two sessions we will focus on:

- ▶ Understanding the principles of homeopathy.
- ▶ Remedies that can be used in the treatment of everyday illnesses.
- ▶ How and when to prescribe homeopathic remedies.
- ▶ Which situations and illnesses can be safely treated at home and when you need to seek other help.



The course will be run over two sessions by **Helen Lucey, DSH RSHom PhD**. Helen is a qualified homeopath who practices at Bridport Complementary Health (bridportcomplementaryhealth.co.uk) and also has a clinic in Bath.
www.helenlucey.com



The cost for the whole course is £10
You can book your place through Eventbrite:
bit.ly/2NQiy6X