

# Growing up green

## Plain Packs campaign launched

**35%**  
of 16-24 year olds  
in the South West  
smoke

**D**id you know that every year 340,000 children try smoking for the first time? The South West region has the highest number of 16-24 year olds who smoke at 35 per cent!

Some young people in this age range believe that some cigarettes are less harmful than others based on the packet design alone. Yet all cigarettes contain harmful toxins, tar and carbon monoxide.

Smokefree South West has launched the Plain Packs campaign to raise awareness of the dangers of glamorous and eye-catching packaging of tobacco products to children and young people. They say that plain or standard packaging would be less attractive, help strengthen the impact of health warnings and prevent the misleading use of colours to create false beliefs that some cigarettes are less harmful.

The tobacco industry will come out fighting against this campaign because in their own words packaging

acts as the 'silent salesman' in recruiting new young smokers.

The Government is consulting on the evidence surrounding the effectiveness of plain packaging on being an effective measure in helping to prevent the uptake of smoking in children and young people.

Smokefree South West wants parents, grandparents and carers to show support for their campaign by going to

[www.plainpacksprotect.co.uk](http://www.plainpacksprotect.co.uk) and adding their names to thousands who have already signed up.



## HOMEOPATHY CORNER

### Why I tried homeopathy...it's my first port of call

**A** mum from Worle has discovered that homeopathy can help her whole family. Shelley Bowers first turned to homeopathy after months of painful breastfeeding and persistent thrush.

She said: "We saw three different doctors as well as a lactation consultant in Bristol but six months later the thrush was still there and we were both in pain.

"Two weeks after a full consultation with Bev and taking the remedies she suggested, I could finally enjoy breastfeeding and the thrush disappeared.

"Ella is now 18 months old and Bev's remedies are now our first port of call when one of us is unwell.

"Ella has recently suffered with teething pain but one of the remedies instantly soothes her and allows her, and us, to sleep. She also had a weepy eye which kept coming back but after using my kit it has now gone for good.

"My husband has also really benefited from it with a remedy for his anxiety and a recent rather annoying fungal infection. I still don't have a clue how it works, but I'm thankful for my family it does."



**By Bev Nickolls**  
For advice about homeopathy call 07792 783713

**T**here are particular times in life when you may not want to turn to conventional medication.

A classic example is in pregnancy when women may not be able to take their regular medication for chronic conditions such as hay fever.

Between 15 and 20 per cent of the British population suffer

from pollen allergy symptoms, ranging from sneezing to itchy swollen eyes.

Some turn to homeopathy because they find anti-histamines don't work well or have side effects, others want an alternative to conventional drugs

or a longer term solution.

Breastfeeding also raises concerns about what can pass over into the milk. There is a growing movement of trying natural remedies such as homeopathy rather than risking side effects for children. Homeopathy is a system of medicine based on treating the individual with highly diluted substances given mainly in tablet form, which triggers the body's natural system of healing. Based on their experience of their symptoms, a homeopath will suggest the best medicine.

Registered Homeopath Bev Nickolls says it often starts working with one family member and then others choose it too. "I have had skeptical partners trying remedies for anything from insomnia to exam nerves and being pleasantly surprised by the results.