

# HOMEOPATHY CORNER

Keeping fit and healthy this Winter!



By Bev Nickolls  
For advice about homeopathy call 01934 631931



*treating him with a remedy made uniquely for his symptoms. The difference is remarkable. In just 2 months Charlie has lots more energy, a good appetite, and so much more confidence. He now attends preschool 3 mornings a week and thoroughly enjoys it! He still catches coughs and colds but is able to fight them off quicker and easier. I would recommend Bev and homeopathy without hesitation. Thanks to Bev I have my little boy's smiles and confidence*

**C**an homeopathy really help make my daughter stronger and less likely to catch things? It seems like she is always coming down with sore throats and colds since she started nursery.

- Heather Miles

**T**hank you for asking this Heather, as you are not alone in this concern! It can feel like this is non-stop in a child's first few months or years of mixing in groups with large numbers of young children. This generally has a positive outcome as they build up their immunity and become much more resilient to infections. However the experience of many people who use homeopathy is that it can strengthen your body's own powers of immunity and help you to have more energy and sense of well being so you are able to tackle infection from the strongest position possible. This can help tackle susceptibilities, that 'weak point' where it feels like your child is always getting a particular symptom like a sore throat or ear infection. I will let one of my clients explain this process and her experience in her own words.

## Jo Stokes & Charlie

*After being successfully treated by Bev at Weston Wellbeing myself, I decided to have her treat my 4 yr old son Charlie. He had suffered recurrent acute tonsillitis and respiratory tract infections since he was 18 months old. He was treated with several different antibiotics which took its toll on his immune system. Charlie was constantly tired, and spent many weeks off of preschool. His confidence also was affected.*

*Bev came to our home and did a detailed consultation with Charlie and myself. She started*

*back! Often individually matched homeopathic remedies can be taken in the future when your child needs a bit of a boost and a helping hand at the next transition stage and so on.*

Please check my website and facebook page for testimonies from parents in previous Mum's Diaries who have used homeopathy for supporting transition with their children.

*It is always recommended to seek the advice of your GP for any medical concerns. For details of Registered Homeopaths please consult the Society of Homeopaths.*

For more questions or to seek an individual remedy for your child please contact Bev on:  
**01934 631931**

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[www.westonwellbeing.co.uk](http://www.westonwellbeing.co.uk)

Recurrent infections?  
Eczema? Colic?  
Tummy aches or constipation?  
Sleep or teething problems?  
Boost your child's immunity naturally with homeopathy.

Self-help kits for labour/childbirth also available  
Bev Nickolls MA DSH RSHom  
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Specialist Parent & Child Clinics  
Weston-super-Mare area  
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