

Homeopathy Workshop

Absolutely Free!

- ◆ Are you concerned about the side-effects of many medicines?
- ◆ Looking for safe, gentle and effective alternatives?
- ◆ You *can* improve the health of yourself and your family with homeopathy.



Fran Sheffield,
homeopathic educator
and practitioner,
will present two
new workshops
during June, 2007

In a relaxed and friendly environment you will watch a documentary, see a slide presentation, and have your questions answered. Learn what homeopathy is, what it can treat and what it can do for you. Workshop 1 examines the homeopathic treatment of health problems in mothers, babies, and children. Workshop 2 discusses the homeopathic treatment of vaccine damage and prevention of contagious diseases.

Workshops will be held at *Greenacres*, Glenning Valley (near Berkeley Vale). Select from morning or afternoon sessions on either Fridays or Saturdays. Friends are welcome. Group numbers are limited so do book early to secure your place. Map available - please ask.

**Reserve your workshops by
phoning 4388-9262**



Fran Sheffield has qualifications in nursing, midwifery, education and homeopathy. Fran has been on the faculty of NatureCare College, Australasian College of Natural Therapies, and Health Schools Australia. She has lectured at the Sydney College of Homoeopathic Medicine and for the Australian Homoeopathic Association. Fran headed the steering committee that led to the introduction of the postgraduate module of Homoeopathy into the University of Technology, Sydney. She is keen to see greater community access to the health benefits of Homeopathy and currently lives and practices on the beautiful Central Coast.

Workshop 1 Mother and Child (22nd — 23rd June)

- Who, What, Why, When & How?
- Pregnancy issues • Mastitis
- Morning sickness • C—Section
- Baby Blues • Sleep problems
- Teething • Nappy Rash • Colic
- Cradle cap • Diarrhoea
- Ear infections • Rashes • Fevers
- Allergies • Bites and stings
- Rashes • Burns • Bedwetting
- Colds & Coughs • Childhood fears and clinginess

Workshop 2 Homeopathic Immunisation (29th — 30th June)

- Vaccines—Are there risks?
- Homeopathic treatment of contagious diseases
- The “how and when” of homeopathic immunisation for children, travellers and pets
- Prevention of meningococcal disease and golden staph
- Treatment of vaccine damage

See over ⇒

Frequently Asked Questions

1. *Are the Workshops really free?*

Yes. You pay absolutely nothing. For those who want to take Homeopathy further we have books and remedies for purchase but the main purpose of each Workshop is to provide information and increase awareness. We want you to feel comfortable about not spending a cent on leaving.

2. *Why would somebody offer something like this?*

We would like to see Homeopathy used more widely and believe that education and information is far better than advertising. As a result over a 1000 people have attended one of our Workshops during the last three years to learn about the health benefits of Homeopathy.

3. *What times do the Workshops run?*

You can choose from 3 different times each week.

Friday or Saturday morning: 9.30am - 12.00pm, or *Friday afternoon:* 1.00pm - 3.30pm

4. *Can I book into one Workshop or do I have to do both?*

You can do either. Workshop 1 does contain introductory information that helps you to better understand the following Workshop.

5. *I am a practitioner of another therapy. Can I do the Workshops and will they be helpful to me?*

Of course you can! Other therapists have done the Workshops and have enjoyed them enormously.

6. *What will I learn and what will I be able to do at the end of the Workshops?*

First, you will learn what Homeopathy is, how it works, and for what it can be used. Second, you will learn how to use homeopathic remedies to treat simple traumas and acute conditions for self and family. Third, you will learn when you should see a Homeopath rather than self-treat and what professional treatment entails. Fourth, you learn about homeopathic immunisation and the treatment of vaccine damage and how you can provide safe protection for your family.

7. *I am nervous in new groups. Will I be expected to talk in front of other people?*

Sit back and relax or join in – it's up to you. The Workshops have been specifically designed so all can take part at a level they feel comfortable. Nothing is expected of you.

8. *Can my children come?*

Babes in arms are OK. Children over 12 are OK (and usually find it interesting). In-betweens are best left with a carer.