



Natural Health News

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FEEL ENERGIZED • MOTIVATED • AND SYMPTOM FREE WITH
HOMEOPATHY

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WELLNESS AND HEALTH

Welcome to the first issue of Natural Health News

Note from Tamara:

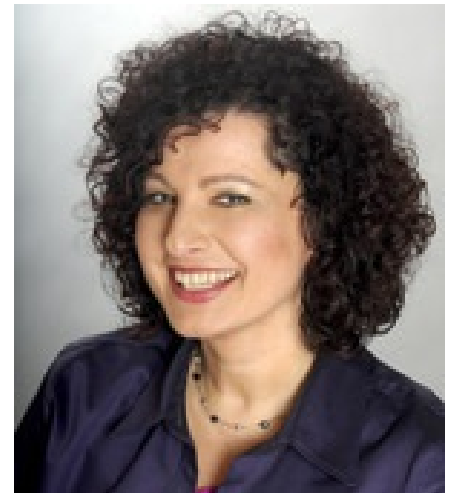
If you're one of my existing clients or patients, you'll know that for over 16 years I've brought remedies to encourage good health and wellness to as many individuals as possible and built a happy and busy homeopathic medical practice with great clients on this premise.



Homeopathic medicine treats the whole person—exploring the complexities of your nature to analyze the mental, physical, emotional, and personality influences on your health—and this newsletter will help the process, bringing new information, tips, and links to your inbox. I will also be pleased to answer any questions on symptoms or other concerns.

First Aid Kits for Cold & Flu Symptoms

A number of everyday issues can be addressed with self-directed



Taking home some remedies for the holidays?

Ask the expert— Tamara recommends three *must haves* to get you through the holiday season.

Holidays mean families. And, sometimes, families mean stress. If this rings a bell (jingle!), there's a remedy for that...



1) THE RESCUE REMEDY FOR

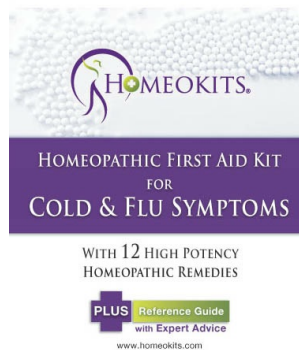
home treatments. This was my inspiration for developing the Homeopathic First Aid Kits for Cold & Flu Symptoms.



Others in the series (and coming soon) include the Travel Kit, Children's Kit, the Ultimate First Aid Kit, and Pregnancy and Childbirth Kit.

Treat you and yours... and beat cold and flu

It's the perfect time to take care of you and family/friends with my just-launched Homeopathic First Aid Kit for Cold and Flu Symptoms. This fantastic kit will make a caring present under someone's tree(!). It comes complete with a black wallet pouch and 12 remedies of 80 high potency pellets each. It also features a colourful, easy to grasp chart of symptoms, treatment remedies, and everything needed to keep you and yours well and symptom-free.



Mini-course in meds

"I like to say this is more like a mini-course in homeopathic medicine than a health treatment. The comprehensive reference chart is an excellent guide to practically every symptom and issue you might experience, how to 'gather' them, pick the right remedy, and when, how much and how often to take, and when to stop.

GREAT STOCKING STUFFERS OR FOR YOU Remedies include everything from Belladonna to Bryonia to symptom explanations, triggers, and everything you need to know to get well soon.

It's \$100 for clients (+ HST) and \$130 for non and we deliver in Canada and the US. [Order from Tamara](#)

More information @ www.homeokits.com

Great for quick and natural relief from:

- high fevers
- chills

FAMILY DYSFUNCTION

If you're already anticipating running into situations, people, or obsessing about encounters that raise your blood pressure... take a bottle of this remedy to the party.

FAMILY STRESS

Any time you feel agitation, anger, or frustration rising, or any uncomfortable or stressed-out feelings, put a few drops under your tongue. You cannot overdose on this... and you'll probably enjoy the holidays a lot more than you think you will.

2) ACONITUM NEPELLUS FOR PREVENTING COLDS

Taken at the first sign of a cold coming on, this remedy can prevent the cold or flu from settling in.

"Before I get a cold, my eyes burn upon closing or I feel tired, before any of the other cold symptoms show themselves. This is when I know to take Aconite to prevent it."

Tamara

3) NUX VOMICA FOR HANGOVERS

Who, me? "A great remedy for hangovers and over indulgence in general. Take one pellet before bed when you've consumed alcohol and suspect you may not feel your best in the morning. And/or take one when you wake up to reduce a hangover's effects.



- headaches
- throat, ear and sinus troubles
- body aches
- coughs
- digestive upsets
- and more!

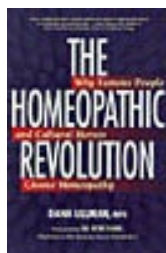
“Treat yourself and your loved ones, and friends, and even pets (see story below!) to good health.”

The Royals Do It

The Royal Family often turn to homeopathy and have done for centuries according to Dana Ullman in *The Homeopathic Revolution—Why Famous People and Cultural Heroes Choose Homeopathy*. Not only was the Queen Mother, who lived to 101, a firm believer—apparently she swore by Arnica—but Queen Elizabeth II is said to be a long time patron of the Royal London Homeopathic Hospital.

Royal support

The connection goes back to Queen Adelaide and through the lines to King George V and VI (the George depicted in The King's Speech) and his wife, The Queen Mother, and his daughter, Queen Elizabeth II. Prince Charles also campaigns actively. For the rest of the story on celeb and Royal users and why, read the [Dana Ullman](#) piece.



WHAT WAS THE QUEEN MOM'S FAVOURITE HOMEOPATHIC REMEDY?

Arnica, a yellow flowery herb grown in Europe and N.A. most used to boost immunity, fight inflammation, accelerate healing and combat infection according to a UK study and, says the Queen's homeopathic



Tamara writes regular features for *Vitality Magazine*—a *vital* read from the November issue if you're facing life or transitional stress—from all the variety that life tends to throw at us— is [Homeopathic Medicine for Help in Embracing Life's Changes](#).

In September, Tamara wrote about [Homeopathy for Addictions](#)—Whether's it's cigarettes, alcohol, or heroin. Very informative and tells exactly what you need to know on the subject. TO SEE [MORE OF TAMARA'S ARTICLES](#).

CALL OR [EMAIL TAMARA](#) TO ORDER FOR GIFTS AND TO BE A CARING SANTA OR GIFT CERTIFICATES FOR SOMEONE YOU'D LIKE TO HELP FEEL WELL AND BE WELL (OR TO BOOK AN APPT.)

According to the Daily Telegraph, Dizzy Gillespie said:

“There have been two great revelations in my life. The first was bebop, the second was homeopathy.”

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OR study and, says the Queen's homeopathic physician and clinical director of the Royal London Homeopathic Hospital [Dr. Peter Fisher](#), Arnica has been used by homeopaths for more than 200 years. It's particularly good to treat swelling and bruising. (Apparently the Queen Mom liked to use it for pets, too!).

For more information on homeopathy, certain remedies, or to make an appointment, please contact [Tamara](#) or see www.Tamarader-Ohanian.com

UNTIL NEXT TIME:

“Please [email](#) or call with questions or to order—or to have a look at a HomeoKit when you're in for a treatment. If it's your first appointment, allow two hours so I can do a full exploration of what ails you, and why, and determine how to remedy the situation.” *Tamara*



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www.homeokits.com and www.TamaraDer-Ohanian.com

by www.kathleendavies.ca



**Happy Holidays—and
if I don't see you
before 2014, Happy
New Year and all the
very best!**

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