

Help for Holiday Dilemmas



Over Come Anxiety



Enjoy a Good Night's Sleep



Ease Digestive Disorders



Burns & Cuts

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Over Coming Anxiety

- Dealing with Crowds
- Over Extended and Hurry
- Worries about Finances
- Guests Staying at Your Home

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Over Coming Anxiety

- Breathe
- Rescue Remedy
- Homeopathic Remedy Gelsemium

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Breathing

1. Spine straight - stand, sit or lie down
2. Place the tip of your tongue behind and just above the top of your upper front teeth, mouth closed.
3. Breath through your nose 4 counts
4. Hold breath 7 counts
5. Open mouth, exhale slowly and completely to a count of 8

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Rescue Remedy

- Bach Flower Essence
- Comes in Spray or Drops
- Put a Few Drops in a Bottle of Water
- Sip Water Throughout the Day
- Drops on Skin
- Inhale Scent from Bottle

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Gelsemium

- Stress Accompanied by Great Exhaustion
- Fears Heart Will Stop
- Can't Keep Eyes Open
- Diarrhea from Anticipation or Bad News
- Copious Urination
- Put 3 pellets of in water. Stir and take one spoonful. Repeat every 15 minutes for 2 hours. Stop as soon as you feel relief or in 2 hours if there is no relief.

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Insomnia

- Why we get Insomnia during holidays?
- Herbs for Insomnia
 - Passionflower
 - California Poppy
- Flower Essences for Insomnia

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Why Insomnia During Holidays?

- Stress
- Use of Stimulants — Coffee or Black Tea
- Alcohol
- Erratic Hours During Holidays
- Overeating

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Herbs for Insomnia

- In my practice I use the following herbs as **a temporary sleeping aid:**
- *Passiflora Incarnata* — Passionflower
- *Escholtzschia Californica* — Callifornia Poppy

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Passionflower

- *Passiflora Incarnata*, use in tincture form
- Insomnia due to mental worry or overwork
- Take 30 drops before going to bed
- If you experience anxiety during the day, you may take 30 drops three times a day

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California Poppy

- *Eschscholtzia californica*, use in tincture
- Useful for difficulty falling asleep and interrupted sleep
- Take 50 drops if you cannot fall asleep.
- Take up to 150 drops per night

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Rescue Sleep Remedy

- Bach Flower Essence
- Comes in Spray or Drops
- Put a Few Drops in a Glass of Water
- Sip Before Going to Bed
- Drops on Skin
- Inhale Scent from Bottle

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Digestive Disorders

- Homeopathic Remedies for Holiday Problems:
 - Nux Vomica
 - Arsenicum Album

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Nux Vomica

- Your BEST hangover remedy
- Use it after overdoing alcohol or other stimulants the day before
- Feels very bad in the morning
- Chilly and Irritable
- Digestive upset with constipation

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Arsenicum Album

- NUMBER ONE remedy for food poisoning
- Weakness, accompanied by restlessness and anxiety
- Burning pains in the stomach get better from warm drinks
- Drinking only small sips of water
- Diarrhea and vomiting

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Burns & Cuts

- Burns & Cuts
 - Wash and Dry, Dress with Calendula Cream
- Bruises
 - Wash and Dry apply Arnica Gel
 - ★ Severe take Arnica orally & Go to ER

Professional Homeopathic Help for Anxiety, Insomnia, and Digestive Problems

- If you have a tendency towards
 - Anxiety,
 - Insomnia,
 - Digestive problems

You will benefit from a **professional homeopathic treatment**

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Professional Homeopathic Care

- The homeopath takes into account all of your symptoms and prescribes an **individually selected homeopathic remedy**
- The remedy **heals you from inside out** and you feel calmer, sleep better, and your digestion problems go away.

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Today Only Special Offer

- Schedule your initial consultation today, November 20th, and **save \$231**
- Holiday Rejuvenative Package – 3 automatic payments of \$157
- Includes:
 - Initial **2-3 hour homeopathic consultation**
 - **2 Follow up consultations** spaced 2 months apart
 - **Phone & e-mail support** for questions and acute conditions for 3 months
 - Gemmotherapy Detox Evaluation and Herbal Detox Formula.
 - Call Myra at 925-826-3858 Or Masha at 650-532-0517 to schedule your appointment

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Holiday Stress Reducing Kit

- *Rescue Remedy*
- *Gelsemium 30C*
- *Passionflower*
- *California Poppy*
- *Rescue Sleep Remedy*
- *Nux Vomica 30C*
- *Arsenicum 30C*

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Thank you for joining us today for Handling Stress During the Holidays

- This class is informational and not meant to treat or diagnose. This information or the use of Homeopathy should not take the place of professional medical care. If you or your child has a serious medical condition, seek immediate medical attention from a professional. If you have questions about your health, please consult your doctor.
- Masha Rosen and Myra Nissen practice homeopathy. We are not physicians. Homeopathy is an alternative and complementary healing art. As homeopaths in California, we conduct our practices in accordance with Sections 2053.5 and 2053.6 of the State of California Business and Professions Code that was provided for by 2002 SB 577.

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