



## Homeopathy for a Healthier and More Vital You

*Masha Rosen CHom,  
Certified Homeopath*

- Do you or somebody you love suffer from **poor health**?
- Do you have to **take toxic medications** in order to keep yourself going?
- Have you **tried it all** and it still there is no improvement?

Discover how homeopathy can **help you regain your health and vitality.**

Masha Rosen is a certified classical homeopath specializing in women's health. It is Masha's passion to educate others how to achieve optimal health in a natural, gentle and holistic way. Masha is an energetic and engaging speaker. Her information-packed presentations provide practical advice on using natural supplements, homeopathic remedies, and making life style and dietary changes to promote health and vitality. Masha motivates and inspires her audience to make right choices to reenergize, achieve optimal health and well being.

Some of Masha's most popular presentations are:

### **Get Rid of Cold and Flu Naturally**

Discover simple, natural, and gentle ways of preventing and healing cold and flu, using homeopathy and natural supplements. Homeopathy has a long history of successfully treating acute respiratory viral infections. Homeopathy supports the body's natural curative mechanisms and can lead to a gentle and rapid resolution of cold or flu. Homeopathic remedies are safe, effective, and easy to use at home. During this informative presentation you will:

- Explore the reasons of why we get sick with cold and flu
- Learn how to prevent getting cold and flu with homeopathic remedies
- Discover what natural supplements will help you overcome cold and flu quicker
- Find out how to successfully use homeopathic remedies to significantly shorten the duration of cold and flu

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## The Holistic Way of Going Through Menopause

Menopause is a time of change. For many women it brings up a slew of unwanted symptoms and difficult questions about healthcare choices. Masha will share her expertise in helping women navigate the challenges of menopause and keep healthy for life. In this information-packed session participants will:

- Learn about simple lifestyle and dietary changes that help to reduce unwanted symptoms
- Discover holistic healthcare choices for menopause
- Explore natural solutions for osteoporosis
- Find out how to use homeopathic remedies to alleviate hot flashes, night sweats, insomnia, and mood swings.

*"Masha's workshop opened my eyes to homeopathy. I liked her idea of a "toolbox" of 3 remedies for cold and 3 remedies for flu, along with a couple of general, immune boosting remedies. All these remedies are available at Whole Foods and that made stocking up on them easy. I have used a few remedies, and they have worked for my family."*

**- Jenny Murkes**

## Rejuvenate, Revitalize, Detoxify.

We live in a heavily polluted world. Our bodies struggle with the toxicity we accumulate throughout the lifetime. The detoxification products available on the market are not individualized and may cause dangerous side effects. During this presentation you will:

- Find out why we need to detoxify ourselves and what are the symptoms of toxicity in the body
- Discover how to lighten up our body's toxin load by using healthy diet, natural cosmetics and housecleaners
- Identify lifestyle and diet that promote toxin release throughout the body
- Explore individual detoxification program using phytochemicals and homeopathy

***Book Masha's presentation today to have happier and healthier tomorrow.***



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