

PREPARING FOR WINTER

2010 - 2011 Lecture Series



Getting ready for winter with a strong immune system

- * A powerful way to prevent coughs, colds and 'flu is a strong defence system.
- * Natural remedies to boost our immune system. Do they really work? How do they work?
- * Do they also work to prevent and heal viral infections?
- * Living with the seasons - the link between our external and internal environment.
- * Lack of daylight can lead to depression.

- * Natural remedies to lift the spirits in place of pharmaceutical anti-depressants.
- * Let food be your medicine and medicine your food; foods which lift the moods.
- * Special lamps for SAD.
- * Other therapies.
- * Mental/emotional aspects - understand what happens in nature in winter and you understand yourself.
- * Learn self help techniques to 'lift the spirit.'



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The Exchange
Sturminster Newton
16th November 2010
6.30 pm - 8.30 pm

Admission £1