



SPECIAL INTEREST ARTICLES:

- ❖ HAIR ANALYSIS
- ❖ TINCTURES
- ❖ FAMILY REMEDIES

INDIVIDUAL HIGHLIGHTS:

- WINTER REMEDIES
- BEYOND GREENS
- FLOWER ESSENCES
- FESTIVE HEALTH

WE'RE ON THE WEB!

SEE US AT

[www.crossgates
bioenergetics.co.uk](http://www.crossgatesbioenergetics.co.uk)

&

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WINTER COMBINATION REMEDIES

Immune Enhancer: Build up your immune system to defend against colds and flu.

Colds & Flu: Use when everyone around you is coming down with a cold, or to move you through a cold as quickly as possible.

Arthritis: The cold damp weather can set off aches and pains.

S.A.D.: A combination for Seasonal Affective Disorder, you may not have been diagnosed with this condition. One cause can be that you are not getting enough natural daylight, especially if you go to work and come home in the dark!

Some First Aid combinations for anytime of the year:

Bumps & Bruises

Broken Bones

Wounds & injuries

HAIR TESTING – NEW OPTIONS

This is still our most popular form of therapy and there is no limit to the problems we can help, because the e-test and remedy help support your body's inbuilt healing system you can only go from strength to strength.

Many people are now choosing the option of the e-capsule, and we are getting increasingly positive feedback about how they feel the capsule has helped them. The e-capsule costs £26.50(+vat). Although they cost more than a 30ml Spray (£12+vat) you need never buy a remedy again, just return the capsule to us for reprogramming every three months to get the best benefit. The e-capsule emits the remedy to the person when it is within 3 inches of the body, so there is no need to remember to take your remedy!

Option 1 Extra Long – Was £127.65 Now 20% off £103.50
(includes 30ml remedy, vat + postage) 95 minute balancing programme + extra 45 minute targeting specific body areas. Report of imbalances & telephone consultation.

Option 2 Long Test – Was £103.50 Now 20% off £86.25
(includes 30ml remedy, vat + postage) Automatic Balancing programme - 95 minutes Report of imbalances & telephone consultation.

Option 3 - Health Scheme Test £45(ex vat) Total = £55.78
includes 30ml remedy, vat + postage. Automatic Balancing programme - 95 minute test. Includes a before & after scan showing problem areas & those requiring further monitoring (no telephone consultation.) This option is ideal if you have previously had one of the other tests & are happy with your progress. Please contact us if you wish to discuss which option to would be most suitable for you. Please note the prices are slightly different if you require or have an e-capsule.

HELIOS KITS

36 Remedy Kit : 18 Childbirth Remedy Kit
18 Travel Remedy Kits : 18 First Aid Remedy Kit

If you want to start using remedies for everyday conditions, having a kit is a great way to start building your confidence. All kits come with an instruction book.

36 Remedy Kit £38.12 + p&p



HANGOVER

We are heading for that time of year again when we all tend to over indulge a little!

We have a good combination remedy which helps with hangovers.

INDIGESTION

If you tend to suffer from indigestion why not ask us about our remedy. This is perfect for the festive season! Be prepared!

DETOX

After Christmas is a time we all begin to think about detoxing. Along with regular exercise and a healthy diet why not use remedies and tinctures. Contact us for more information.

**SPECIAL
OFFERS**

**BUY ANY 2
30ML
REMEDIES
CHOOSE A
3RD FREE**

**5 x 5
LITRES ACV
£48.66 INC
POSTAGE
(EX N.I &
HIGHLANDS)**

**VALID UNTIL
28TH FEB
2009**

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PIGS

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TINCTURES

Tinctures provide micronutrients for the organs of the body, these can be to stimulate a sluggish organ, help it detoxify more efficiently, or encourage healthier tissue in the process of cell renewal.

Did you know your body completely renews all it's tissues including bone tissue every 7 years.

This takes a lot of energy and correct maintenance to keep things working efficiently. Why then do we get ill? Factors such as nutrient rich food, good quality water, moderate exercise and balanced emotional life are important to keep our bodies well maintained.

If any of these factors becomes out of balance this puts extra pressure on the body to compensate trying to keep the status quo. Tinctures are really useful for short or long-term problems giving the extra food your organs need to keep them in balance.

Some of our most popular tinctures are detailed below.

Crataegus / Cactus	Heart tonic	5-10 drops in water 3 times daily (Long term)
Berberis / Solidago	Kidney tonic	5-10 drops in water 3 times daily (Short term)
Chelidonium / Carduus Mar	Liver tonic	5-10 drops in water 3 times daily (Long term)
Echinacea	Immune	5-10 drops in water 3 times daily (Short term)
Lobelia	Lung tonic	5-10 drops in water 3 times daily (Long term)

Some tinctures may need more time than others to act favorably. With all long-term tinctures it is worthwhile taking a two-week break every couple of months for the body to naturally detoxify. Echinacea should only be taken in short bursts either as a preventative or after flu.

HELP SUPPORT THE WHOLE FAMILY

Childbirth

Exhaustion, Strong contractions,
Pain/healing post birth.

Babies

Teething, Colic, Earache, Fevers, Nappy Rash, Colds.

Children

Colds, Flu, Tonsillitis, Acne, Warts, Hormones.
Emotional problems, e.g. bullying, grief, sensitive.

Family Remedies

Arnica (cream or spray)

Bruises, Injuries, Knocks, Bumps (For ALL the family)

Hypericum/Calendula (cream or spray)

Cuts, Grazes, Bites and Stings, Chapped skin,
Nappy rash.

Ruta, Rhus Tox, Arnica (cream or spray)

Sprains, Strains, Muscles, Tendons, Ligaments,
Rheumatic pains.

Urtica cream

Minor burns, Urticaria, Eczema, Psoriasis,
Stings, Allergy.

Symphytum

Once bones are set, helps promote healing.

Nux Vom

Stomach upsets, over-indulgence.

OUR HOMEOPATHS

Samantha Glossop MLCHom (2007)
Specialises in Energetic Hair Analysis. Sam runs all the tests & provides the follow up consultations when she can also advise on Supplements, Tinctures & Flower Essences.

Sue Best MLCHom (2000)
Sue is available to advise on Remedies, Tinctures & Supplements for many conditions. Sue has a fantastic knowledge of Flower Essences & can prescribe Essences for many conditions.

FLOWER ESSENCES

Woman Essence

Moods, PMT, Menopause

Emergency Essence

Panic, Distress, Fear

Adol Essence

Teenagers, moody, sensitive

Calm & Clear Essence

Rushing, worry, impatience,

Cognis Essence

Confusion, overwhelm, study

Confid Essence

Shy, low self-esteem, guilt

Relationship Essence

Pain, turmoil, resentment

Electro Essence

Drained, flat, computer work

Dynamis Essence

Loss of drive, enthusiasm

Solaris Essence

Fire, heat stroke, sunburn

UDO'S CHOICE : ULTIMATE BLEND

Scientists have given essential fats their name because the body must have them to survive, but cannot synthesize them from any other substance we eat so a direct food source is required. Great for keeping joints lubricated!

These capsules contain flax seed oil, sunflower seed oil, sesame seed oil coconut oil, evening primrose oil, soy lecithin, rice bran and rice germ oils this blend contains the essential fatty acids of 6, 3, 9, in the ratio 2:1:1 **£15.95 90 capsules (contain gelatin)**