

Join Us
for the

EASY HOMEOPATHY Seminar

with Fran Sheffield



SEMINAR 1

Basics and First Aid

9:00am-11:00am (Wed or Sat)

Homeopathy is great for first aid situations - it's quick, easy and effective. Learn how to use it for bruises, sprains, strains, shock, cuts, scrapes, puncture wounds, bites, stings - and, our favourite, the pain of a finger jammed in a door! This session also covers when homeopathy was discovered, how it differs from conventional medicine, and how to use the remedies.

SEMINAR 2

Cough, Colds & More

11:15am-1:15pm (Wed or Sat)

Homeopathy relieves everyday sicknesses quickly and safely. Learn how to use it for problems such as earaches, colds, aches, hay fever, infections, hangovers, indigestion, motion sickness, food poisoning, nausea, vomiting, and more. Find out how the remedies are made, what they are made from, and when and how to give a dose.

SEMINAR 3

Emotional Issues

2:00pm-4:00pm (Wed or Sat)

Homeopathy brings balance to the way we think and feel. Along with troubling physical complaints, it also relieves jealousy, anxiety, temper tantrums, fear, depression, grief, lack of confidence and other emotional issues. It's also one of the best therapies for children with behavioral problems and learning difficulties. The whole family benefits.

Seminar notes and complimentary take-home remedies (value: \$85.50) included.



MORE ABOUT FRAN

Fran Sheffield (MHlthScEd, MAAPH, AROH Reg) is a homeopath with 25 years experience in clinical practice and homeopathic education. She has qualifications in Nursing, Midwifery, and Health Science Education and is the senior homeopath and educator at Homeopathy Plus. Fran

has been engaged at state and national levels in homeopathic curriculum design and delivery, and the mentoring and supervision of homeopathic students and practitioners. She has also presented at national and international conferences as a keynote and invited speaker, and regularly runs community workshops on how to use homeopathy for friends, family and pets.



Breakers Club at Wamberal
Wednesday, 5th June, 2019

Mingara Club at Tumbi Umbi
Saturday, 15th June, 2019

Cost: \$25 per seminar OR
\$60 for the three seminars.

To Book or find out more information visit:
<https://homeopathyplus.com/seminars> or call +02 4304 0822

FREQUENTLY ASKED QUESTIONS

Can I book into one Seminar or do I need to do all three?

You can do just one or two of the Seminars, but we recommend that you come for the first one as it contains introductory information important for understanding Seminars Two and Three.

I am a practitioner of another therapy. Can I do the Seminars and will they be helpful to me?

Of course you can, and you would be very welcome. We can provide you with a continuing education certificate. See below for what you will learn.

What will I learn and what will I be able to do at the end of the Seminars?

First, you will learn what homeopathy is, how it works, and what it can be used for. Second, you will learn how to use homeopathy to treat simple traumas, acute problems, and emotional upsets for yourself and family. You will also learn how to dose and when it is best to see a qualified homeopath rather than self-treat.

What is provided with the Seminar?

Seminar notes and complimentary take-home remedies are provided at no extra cost so you can try as you learn (Complimentary remedies valued at \$85.50). Please bring your own pen and paper for additional notes you may wish to make.

I'm nervous in new groups. Will I be expected to talk or contribute?

Sit back and relax or choose to participate - it's up to you. The Seminars have been designed so that people can interact at the level they feel comfortable.

Can my children come?

Babes in arms are OK, children over 12 are good (and often find the Seminars interesting) but restless in-betweens won't enjoy them and are best left with a carer.

What about food?

Morning tea is provided after Seminar 1 and we break for lunch at 1.15pm after Seminar 2. Bring a packed lunch or purchase from one of the food outlets at either venue.