

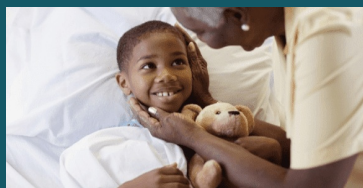
EMPOWERING BETTER HEALTH NEWSLETTER *Holiday 2020*

THIS ISSUE:

- **STOCKING UP: Health Support for the HOLIDAYS!**
- Quest for Vitality
- Building a Health Care Team
- Clearing the Chaos, Consuello Cassorti
- Future Highlights

STOCKING UP for the HOLIDAYS!

Stocking up with homeopathic remedies and immune boosting supplements can go a long way to keeping you and your family more comfortable this winter when colds, bacteria and viruses strike. Here are some **basic remedy 'must haves'** to keep on hand so you are ready to help lift and soothe some of those most uncomfortable symptoms quickly. For the use in these acute situations the remedies can be taken up to three times a day in 6c, 12c, or 30c. Remember to take them away from food and drink by at least 15 minutes. Water is the only exception.



CONGESTION

When it's hard to breathe, sleeping is almost impossible. **Influenzinum, Phosphorus and Hepar-Sulphurus-Calc** remedies can be used together or independent of each other for lung and upper respiratory infections. This includes runny nose, clogged ears, and colds that are 'breaking up' with lots of colored mucus release. Another over the counter remedy to take at the first sign of flu like symptoms with congestion is **Oscillocochinum**.



COUGHS

Coughs can be helpful when a cold is breaking up, but they can also interfere with rest. Identify the type of cough to select the correct remedy.

- **Bryonia:** Dry unproductive
- **Drosera:** Non-stop contd. fits
- **Ipecac:** Irritation & itching in the throat
- **Kali Bich:** Heavy cough with stringy mucus
- **Puls:** productive but dry at night
- **Spongia:** Hoarse & barking



SORE THROATS

Like coughs sore throats can have a broad range of symptoms. Match the most prominent symptoms to the remedy to bring relief quickly. Check with your doc if your sore throat stays too long.

- **Bell:** Bright red throat
- **Phyto:** Dark red & pain radiating up neck to ear
- **Merc:** white spots coat
- **Hepar Sulph:** Tonsils inflamed & with pus
- **Lach:** Left side only

Tried and true herbs can help to fortify and boost your immune system, as well as, bring relief should you come down with a bug this season. The best offence is a good defense, so give yourself peace of mind and be prepared to act at the first signs of discomfort.



OSHA ROOT

Congestion is one of the most uncomfortable challenges when trying to sleep. Osha Root is a lovely herb that can be found as an additive or straight up in herbal cough syrup. It can help with body aches, sore throats, pneumonia and bronchitis symptoms. Additionally, it can be effective to boost the immune system if you find yourself surrounded by family and friends with head colds and respiratory infections.



ELDERBERRY

Winter weather stirs up those runny noses, sore throats and coughs. Trying some Elderberry Syrup to help calm without dyes and chemical additives. Also known as Sambucol, it can be used to help boost the immune system before encountering those pesky germs. Having a cup of **warm tea with a little lemon, honey and ginger** is also very helpful and as an added benefit, inhaling the steam can help loosen dry or clogged nasal passages.



SLIPPERY ELM

When your sore throat feels so raw that nothing seems to give you a break, try Slippery Elm lozenges*. These can go a long way to soothing your throat with a gentle and safe coating. Allowing these to gently melt when taken at bedtime can be especially helpful. If you prefer something warm, **consider a ginger or manuka honey chew**. Letting the chew melt slowly while drinking a cup of warm tea can be quite helpful.

The QUEST for VITALITY!

Working with a Classical Homeopath is a health driven journey, but if you are willing, it can be quite transformative into a new life. What begins as a desire to solve a physical issue, may become a quest for true unencumbered vitality. Facing a few important questions become necessary in finding a way back to a better quality of health, and the clearing of a path to deeper transformations resulting in liberation and a lightness of being. This IS Vitality!

'How did I get here?' is quite possibly the most important question to show up when you are in the throws of a significant health challenge.

To answer this question honestly is to acknowledge a certain awareness emerging in you which realize there is usually not just one thing that brought you to this point. This result is likely the sum of many smaller unnoticed impressions, reaching a physical breaking point where you are now unable to deny, avoid or hide from the dire consequences of your current situation. At the root, usually buried deep, are old traumas leaving a lasting imprint on the physical body. This launches the development of unhealthy behaviors throughout your life in an effort to soothe this original discomfort. Identifying and lifting this impression or catalyst becomes what I call the 'Quest for Vitality'.

The list is long as you review the physical pains, discomfort, issues and conventional diagnosis that now haunt you. You begin to identify the deteriorating results of fatigue, depression, anxiety and stress that have taken their toll on your body, mind and emotional states. Where is the joy, the balance and drive you once had? When did it all start going wrong? As you take a long look in the mirror, realizing how different your quality of life has become, it baits this second more critical question:

Are you living or simply existing?

These questions may seem simple but they are far from unimportant. If you choose to Live your life I can promise it will be anything but existing. Making a commitment to be responsible for your own health and well being, and searching for answers and alternatives empowers you to make different choices in all areas of your life. As a Homeopath I support you through that Quest and help facilitate your own, unique and continued process of unwrapping the many layers that brought you to this place where we can begin. Are you ready to open up to a future that is different than your past?

Common Ailments



Deborah Holcomb, DSHomMed is the founder of Empowering Better Health, LLC and a homeopathic practitioner, writer and artist living in Columbus, OH.

She is committed to educating those interested in empowering themselves towards better health, and provides perspectives surrounding responsible nutrition, vitamin / mineral supplementation, classical homeopathy and other treatment protocols beyond the limitations of western medical methodologies.

Creating a Health Care Team!

What does it mean to 'build a health care team'?

Well it is personal, unique and means finding modalities and practitioners that are the right fit for 'you'.

A strong team consists of individuals knowledgeable in their field of expertise who respect your thoughts, listen to your needs and who are willing to work with you to develop strategies of which 'you' are comfortable. With these criteria in place you are empowered to make decisions and take steps for your own journey in healing.

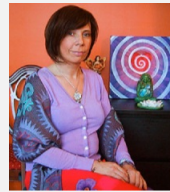
Physician heal thy self

means to empower yourself with trusted resources required to bring forth wise counsel.

Armed with a wide breadth of information then gives you the ability to navigate into action plans that are perfect for you. Your team can be a combination of conventional and alternative practitioners with a broad range of tools to support your specific needs. These individuals can also change over time, be replaced or refined as your needs change.

Here we will highlight monthly, a variety of practitioners and their resources which you may find worth consideration as you build your team.

CLEARING THE CHAOS - A Daily Practice



Consuelo Cassotti,
B.Sc
founder of
BalancEvolution

Consuelo is an international holistic practitioner, educator and author who works to positively impact families facing the world of autism.

Her unique approach includes working directly with both the parents and children to facilitate a stronger structure within the family dynamic instead of just focusing on the limitations of the child. In fortifying the broader situational picture, a greater and more sustainable future becomes obtainable bringing with it a larger capacity for flexibility and success.

For all the joy the holidays promise, this year in particular we are faced with more than the usual hustle and bustle that coincides with altered schedules and added pressures. Consuelo suggests a tiny but mighty morning meditation to set the tone and align you for a better approach and start to your day.

She suggests taking time throughout the day to "Listen, observe, and distance yourself from the dramas that surround you". Walking in the grass, listening to your body, and paying special attention to what you are feeling. Observing too any unhealthy habits you may have and opening your thoughts for considering what small steps you might be willing to take in changing them.

She suggests that if you awake tired in the morning, it may be because you have been processing or working as you sleep. This is a good reason to take 10 minutes in the morning to clear yourself with a meditation using a mantra or music. Tibetan bowls can be played daily to help clear emotions and things you have unconsciously or empathically absorbed from others. As a holiday gift, Consuelo has provided these 3 short but fortifying Tibetan bowl MP3's created just for you. Each is focused on specific frequencies to assist with your morning meditations. She encourages downloading and rotating through them, choosing one each morning to clear a path for a brilliant day. She hopes you will enjoy them!

1. Remembering your soul and the divine connection to your Source energy
<https://drive.google.com/file/d/1Flo2t0hFEOzmN3nCsmDhCSRxua-72ibu/view?usp=sharing>
2. Heart opening
https://drive.google.com/file/d/1RsOleUSOccfjqBICYtqKUzDPm4_yat7M/view?usp=sharing
3. 417hz Fortifying positive energy and bringing 432hz Harmony into your energy field
<https://drive.google.com/file/d/1c0F3m7y7wcaFPAE0OdESP5bAE6mhSVc6/view?usp=sharing>

If you would like to learn more about what Consuelo offers, please visit her web site

[Here](#)



Scheduling with us is EASY!

We offer half hour **Wellness check up's** for current clients in need of quick assistance for acute conditions including head colds, coughs, sore throats, ear aches, stomach aches, dental procedures, surgeries or injuries.

Simply click the **CONSULT** button to select a homeopathic session that is right for you.

CONSULT

Empowering Better Health, LLC Policy & Fees *NOTE: In making an appointment you are acknowledging our refund and cancellation policy. Per our cancellation policy, full payment or deposits are non-refundable but may be used towards a one time rescheduling when the rescheduled date is within 14 days of the original session date . The appointment must be rescheduled at the point of cancellation.

Future Issues

Look What's Coming next....

- The Importance of Fevers
- What's Next with Vitality
- Winterizing you Exercise Routine
- The Wisdom of Qigong - Ruth Myers
- NEW: Q&A



HAVE Suggestions for future newsletters?

HELP US HELP YOU!

Send us your questions, ideas or suggestions and you just may find we use them for future issues. Chances are if you have questions about certain subjects so do others.

We are here to help you in your search for better health.

IDEAS

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