

JUST JESS on HEALTH:



What's new in practice?

It has been a quite a year, and the “new normal” has undoubtedly affected us all in some way. I hope you and your families have somehow found the positive in all the difficulty that has fallen upon our world. May this festive season renew your faith, hope, happiness and health, leading you all into a successful 2021.

I am incredibly grateful to all my patients (old and new) for your continued support throughout my journey in private practice. I thought I would dedicate this article to some updates.

Counselling:

Please note I have just finished a course in establishing myself as a counselling practitioner. This has always been an important part of achieving health; not only on a physical level, but on a mental and emotional level too. This is now incorporated into our sessions together, allowing us to establish your optimal health.

New DNALysis panel - Growbaby:

The grow baby panel allows one to facilitate optimal maternal and fetal health. This allows us to create personalised dietary requirements, supplements and lifestyle interventions to assist health in key biological pathways for both mom and baby. This can be done as part of pre-conception preparation, or during the pregnancy.



First Aid Kits

A homeopathic first aid kit to have handy around the house/or when travelling for acute conditions. Medicines are gentle, yet effective and are not contraindicated in pregnancy.

Remedy:	Indication:
Injury complex	Sprains, strains and musculoskeletal inflammation.
Stings and Bites	For any nasty bites and stings (insect, bee, wasps, bluebottles, spiders).
Gastric complex	Nausea, vomiting and diarrhoea.
Colds & Flu complex	Runny nose, headaches, body aches and respiratory infections.
Hayfever complex	Allergic rhinitis, runny nose, sneezing and itching of the nasopharyngeal area.
Throat complex	Sore throats and tonsillitis
Panic Complex	Great for anticipatory or performance based anxiety i.e. exams, speeches,

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Kits will be available from practice in January 2021. Please shout if you would like further information about this.

Please note practice will be closing on the 21st of December 2020 and re-opening on Monday the 4th of January 2021. I will be available for emergencies. If you need a script refill please ensure you have notified me by the 10th of December 2020 to ensure timely delivery and collection.

Wishing you and your families a fantastic holiday!

Kind regards
Dr Jess



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