

PHYLLIS SPEIGHT

TRANQUILLISATION: THE NON ADDICTIVE WAY



Tranquillisation The Non Addictive Way

Maryon Stewart



Tranquillisation The Non Addictive Way:

Tranquillisation Phyllis Speight, 2011-06-27 In this book Speight helps people find another way of dealing with anxieties grief stress and many conditions for which tranquillising drugs are so often prescribed There is little doubt that addiction to tranquillising drugs has caused considerable concern amongst sufferers This booklet will bring new hope and enable many to obtain relief by means of remedies that deal with the cause of the trouble and thus eliminate the need for drug therapy

Homoeopathy For Emergencies Phyllis Speight, 2011-08-31 This small book has been written to enable those with no knowledge of homoeopathy to apply the remedies in emergencies and injuries These are safe and have no side effects and if well chosen to match the patient's symptoms they can produce amazing results The emergencies are listed in alphabetical order and I have tried to include anything that can develop quickly and needs prompt attention In some cases a doctor should be called but even so help may be given pending his arrival

A Little at a Time Mary English, 2015-11-27 Are you interested in helping recover your health with less drugs and more natural treatments Have you ever wanted to use an alternative approach to health Would you like some real life insight into homeopathy the gentle form of medicine A Little at a Time Homeopathy for You and Those You Love offers Guidance on the sort of conditions you can safely treat at home an explanation of what the whole person approach is suggestions tips and recommendations to help you feel more confident with treating your symptoms

Homeopathic Pharmacy E-Book Steven B. Kayne, 2006-01-31 This 2nd edition gives every health professional and pharmacist the broad information they need to dispense and counter prescribe homeopathic methods with confidence Designed as both a complete source of initial information and an everyday reference Homeopathic Pharmacy provides detailed information on the procedures principals and applications that are essential in the practice of homoeopathic medicine It describes the application of homeopathy for both general situations such as first aid dentistry sportscare and petcare and for specific situations such as allergies infections and teenagers problems Details procedures relevant to pharmacists and other health professionals including manufacturing dispensing and counter prescribing Outlines the theoretical principles of homoeopathic prescribing Describes the application of homeopathy for both general and specific situations Provides easy to use reference tables for 60 common remedies and the symptoms related to their prescription Critically reviews important research papers and provides a guide to designing research tools Discusses the legal status of homoeopathic remedies Gives an account of the historical development of homeopathy in Europe and beyond Contains practical information such as homeopathic pharmacopoeias methods of preparation of homeopathic medicines nomenclature for potencies dosage forms and interpreting dispensing and pricing prescriptions Covers new developments in pharmacy Section on research expanded and improved taking a more evidence based approach Fully updated legal section incorporates legal status in the USA Canada and Europe

Coughs & Wheezes Phyllis Speight, 2011-08-31 The author Phyllis Speight remembers having pneumonia when she was four years old and suffering chest colds for many years before being introduced

to homeopathic treatment long standing effective remedies In Coughs Wheezes she guides us through the details of forty of the most important remedies for respiratory troubles chest colds coughs bronchitis and asthma In addition the book contains instructions on how to find the correct remedy potency and dosage make homeopathic treatment accessible for everyone

A Study Course In Homoeopathy Phyllis Speight,2011-09-30 Some years ago Health Science Press issued a correspondence course in Homeopathy It proved invaluable to students providing a sound background of training in Homoeopathy At that time graduating students sought a Diploma or Certificate or other recognition of their new qualification However it was felt that a Diploma could not be awarded as such a document would have no official recognition in either the alternative or orthodox medical world and would therefore be of little value to the student When the correspondence course was discontinued the remaining stock was sold as a book with the test papers cancelled This work proved to be exceptionally popular In view of the guidance that this book offers to the seriously interested student of Homoeopathy the course has been revised by Phyllis Speight This book contains twelve essential lessons and their corresponding test papers Specimen answers at the end of the book will enable students to compare and evaluate their knowledge **Homoeopathic Remedies For**

Children Phyllis Speight,2012-03-31 This is a simple and clear description of how homoeopathy works with particular reference to children s complaints A short section addressing itself to parents is followed by the introduction of the correct remedy selection and an idea of what homoeopathic remedies mean with a list of twenty five regularly required medicines used in the homeopathic pharmacopoeia *Cruising Through The Menopause* Maryon Stewart,2012-08-31 Published research now supports the fact that menopausal symptoms can be overcome without having to resort to HRT and in a way which still offers protection from both heart disease and osteoporosis in the long term Despite this the alternative approach is not widely known and is certainly not widely practised Over the last thirteen years the WNAS has pioneered an exceedingly simple workable and enjoyable programme to help alleviate symptoms of both the perimenopause and the menopause no matter how severe This includes making specific dietary changes including adding to the diet those foods that are rich in phytoestrogens taking nutritional supplements moderate weight bearing exercise and a regular relaxation programme *Cruising Through the Menopause* explains this programme clearly and also describes the pros and cons of taking HRT so that women everywhere can make informed choices about how they wish to tackle the menopause It also includes numerous menu plans as well as over 80 delicious recipes Tranquillisation Phyllis Speight,1990-01-01 **Forthcoming Books** Rose Army,1996-06

Uncover the mysteries within Explore with is enigmatic creation, Embark on a Mystery with **Tranquillisation The Non Addictive Way** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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