



Naturopathic

Health Care Centre

NEWSLETTER

April 2018

13 Hazelwood Rd, Hazelwood, Pretoria, 0081 ~ 012 460 9216, ~ office@nahcc.co.za

Connecting with your baby: The Nervous System is the key to connect with your little one, building a healthy relationship.

Come and join Drickus Blom for an informative talk on:

1. Connection and bonding and why it is important
2. Learning the basics of the Nervous System
3. The benefits of great connection
4. Tips on how to connect with your little one.

To meet our team of professionals please visit our website: www.nahcc.co.za

or visit us on facebook

Place: Naturopathic Health Care Centre, Hazelwood

Time: Tuesday, 24 April 2018. From 10h00 till 12h00



Drickus Blom is a Craniosacral Therapist, TRE Provider and Massage Therapist

DJB Wellness Therapy was founded in 2013 by Drickus Blom to bring an alternative way to healing and wellness. Using the body's natural healing abilities, we facilitate your process and ideally create a new way of Being in this busy, stressful and sometimes overwhelming world.

<http://www.djbwellness.co.za>

ENTRY R50.00 ~ PLEASE BOOK YOUR SEAT

PRINCIPLES CONCERNING THE USE OF HOMOEOPATHIC MEDICINE

- Absorption of homoeopathic medication occurs through the mucous membrane of the mouth and should not be taken with any food or drink.
- Avoid brushing teeth, chewing gum and smoking for 20 minutes before and after taking medication.
- Substances such as caffeine, peppermint, camphor and Vicks reduce the efficacy of homoeopathic medicine and therefore products containing these substances should be avoided while on homoeopathic treatment. It should not be stored in the same place either.
- Drops can be taken directly on the tongue or can be diluted with a little water. Never use a metal spoon. Plastic or glass may be used.
- Tablets and powders must be dissolved in the mouth and should not be touched by hand or get in contact with the skin.
- Store medication in a cool place and avoid direct sunlight.

WE ARE IN THE PROCESS OF CHANGING SERVICE PROVIDER.

If you cannot get through on our office number, please phone us on: **072 093 0044** or send us an email on: office@nahcc.co.za

MEETING/ TRAINING/ COACHING ROOM AVAILABLE:

Perfect for Pilates classes, yoga classes, sound therapy sessions, workshops, small training groups, small meetings & coaching sessions.

Size: 4x7m R250.00 per 4-hour timeslot. Timeslots are as follows:

1. 8am-12am
2. 1pm-5pm
3. 6pm-10pm

The room is situated at Nr.13 Hazelwood Rd. Room has a separate entrance, welcome area and bathroom

For more information: 012 460 9216/ office@nahcc.co.za