



## HOMEOPATHIC PRACTITIONER

Suitable for all complaints including:

- Allergies, hay fever, coughs, colds
- Anxiety, stress, exam nerves, headaches,
- Fatigue, insomnia, digestion
- Musculo-skeletal pains, first aid, sports injuries
- Teething, colic and childhood problems
- .....and many more

Homeopathy is a gentle and effective drug free system of complementary medicine. It has been practised world-wide for over 200 years and is suitable for all ages and conditions. All consultation bookings and enquiries are welcome.

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Catherine Fuller  
D.Hom, BA(Hons)

## Is something troubling you?

*Everyone has times in their life when they feel overwhelmed by problems or they are experiencing difficult or painful feelings.*

*Counselling may help if you are having difficulties with:*

- ❖ Feelings of unease or anxiety
- ❖ Relationships
- ❖ Low self-esteem
- ❖ Depression
- ❖ Bereavement and loss
- ❖ Sexuality
- ❖ Divorce or separation
- ❖ The effects of abuse or domestic violence
- ❖ Work stress

*If you feel the need to talk to someone confidentially about your concern, whatever it may be, counselling may help you.*

*If I am not available when you call, please leave a message saying when you can be contacted and I will get back to you as soon as possible.*

**Jane Mather**  
**Counsellor**  
**Dip Couns, Member BACP**  
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