



SAILING THROUGH MENOPAUSE WITH HOMEOPATHY

Presented by Miranda Castro, CCH, FSHom

February 23, 2008 • 9:30 am—5:00 pm

A Saturday Seminar

Venue: The Lotus Pond
6201 W Lynn Road
Tampa, FL 33625

Homeopathy has successfully been helping women with menopausal symptoms for 200 years. Homeopathy is both safe and effective: women can help themselves with well-selected remedies many of the annoying complaints *including*: hot flashes, fatigue, mood swings, sleep disturbances, heart palpitations, hair loss, lack of libido, flooding etc.

This seminar will be practical and fun: Miranda Castro has been using homeopathy to help women through menopause for 25 years. She is a popular teacher who is much appreciated for her accessibility, humor, and common-sense approach. Her infectious enthusiasm and passion or empowering people to heal themselves is always inspiring.

- ▶ Learn how and when to use homeopathy during this life transition.
- ▶ Review the principles of safe and effective home prescribing.
- ▶ Become familiar with 20 homeopathic remedies and their indications for many of the common but debilitating complaints of menopause.
- ▶ Examine some of the fears and myths surrounding this natural, but sometimes, challenging process.
- ▶ Tips for building heart and bone health and more.
- ▶ Learn which symptoms are beyond the scope of home-prescribing.

It will be held at the Lotus Room's beautiful new retreat in North Tampa.



Miranda Castro is a British homeopath and Fellow of the Society of Homeopaths (UK) who has been practicing homeopathy since 1982. She is author of *The Complete Homeopathy Handbook*, *Homeopathy for Pregnancy, Birth and Your Baby's First Years*, and *A Homeopathic Guide to Stress*. She moved to the US in 1994 and lives in Gainesville, Florida. www.mirandcastro.com

Cost: \$75.00 (\$85 at the door)
Register Online
www.yogalotusroom.com

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