



Safe and gentle support for pregnancy, childbirth and beyond  
 Since homeopathic remedies contain minute doses of specially prepared substances, unwanted side-effects are avoided, making them safe to use during pregnancy or when treating infants. At Helios we have a wide range of remedies, vitamin and mineral supplements to support you through every stage of your pregnancy, labour and postnatal symptoms. Our qualified homeopaths are on hand to offer their expert advice for you and your baby.

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**HELIOS**  
 HOMŒOPATHY  
*A passion for healing*



*Sally Hayes C.B.P.*

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The body is a complex and amazing mechanism, with each of its systems, cells and atoms in constant communication. Unfortunately, the stresses of everyday life can compromise these lines of communications or overload the energy circuits. The BodyTalk System provides a simple and effective form of therapy that allows the body's systems to be re-synchronized so they can operate as nature intended – and effectively respond to injury and illness.

● Do you own clothes you never wear?

● Are you facing a life change and feel in need of a boost?

● Would you like to update your look but don't know how?

**Making the best of yourself is easy when you know how...**

for more details...  
 call Bridget Kelsey  
 01732 804485 07789 892967

[www.syntonyimage.com](http://www.syntonyimage.com)  
 bridget@syntonyimage.com

Colour & Style Analysis will give you simple guidelines to choosing colours and shapes of clothes which work for you, every time giving great results! No more confusion, no more expensive mistakes!



**Gift vouchers available!**



**The Organic Health Shop**  
 10 High Street, Tunbridge Wells  
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An extensive range of organic food and drinks ●  
 Vegetable box scheme ● Organic baby food ●  
 Vitamins, minerals & supplements ● Organic pet foods & supplements ● Organic natural cosmetics, skin & hair care products ● Aromatherapy oils & burners, candles & incense ● Earth-friendly home cleaning products & natural paints.



**Natural remedies and supplements for pregnancy**