

A NATUROPATHIC APPROACH TO COLDS AND FLU





Hi there,

Thank you for downloading my naturopathic support for colds and flu ebook. As Autumn and Winter approaches and people start to get the snivels and sore throats everyone goes into emergency fear alert over coming down with a cold or the flu and even start queuing for flu vaccinations in an effort to avoid suffering one. In this e-book I want to explain to you a different view point on colds and flu, from a naturopathic perspective rather than one you probably know, which is a modern medicine way of looking at them.

I love the old naturopathic advice I have written about in here, actual ways to improve the health of the body to shortened the length of a cold or the flu and to support your body in times of feeling run down. This approach doesn't suppress symptoms like modern day medicines but aides the body in achieving what it is actually trying to do which is have a good clear out of mucous and toxins. I will explain this too. So please read on and find out ways to help you if you have the flu, ways to avoid getting them in the first place or at least shortening them and also thoughts on why getting them is actually a natural beneficial event.



TO YOUR HEALTH



“CATCHING” COLDS

Let's have a look at what a cold is first or maybe what it isn't! Our modern day thoughts of “catching” a cold stems from Louie Pasteur the creator of antibiotics, it is called the “Germ Theory”. It is generally thought that cold and flu bugs float around, probably from another person that sneezes on us and then we “catch” their cold.

There is another story that runs parallel to this that is less known and concerns the “terrain” that the bug invades. The terrain basically being your body and your state of health that you are in right now. Are you fit and healthy or generally unwell and run down? This might be from stress, eating poorly, smoking, having late nights etc. Your terrain (or you) is affected by your lifestyle choices, majorly your diet.

Bechamp another doctor who actually worked with Pasteur was the main investigator of this differing terrain theory and there is actually a book called “Bechamp or Pasteur?”.

The truth is that if we are healthy, eating well, drinking well, breathing well, exercising appropriately etc then our immune system will readily fight off any bug that we “catch” and we won't get a cold. On his death bed Pasteur is meant to have given weight to this contradictory side by saying something along the lines of “The germ is nothing the terrain is everything”. Proving this to be true is the fact that not everyone, even in the same family, all gets the same cold or flu. In fact many of you must have noticed that even sleeping in the same bed with your partner sometimes only one of you will get a cold.

From this we can learn that the best defence for all disease prevention, including the flu, is to be healthy in the first place. Having said this we must remain practical and still listen to Pasteur as he was a clever chap, if you aren't healthy then having someone sneeze in your face isn't going to help!



THE DIRTY POND ANALOGY

The dirty pond analogy explains the bug and the terrain idea really well. Let's take mosquitos as the bugs that are circling a dirty pond which is the terrain. Mosquitos love a dirty pond! If you come along and kill all the bugs you get some temporary relief because the bugs are gone (antibiotics maybe in this analogy). The problem is the water in the pond is still dirty and because mosquitos love dirty water they just come back again. This is just treating the symptoms rather than looking at correcting the cause. Correcting the cause would be cleaning the water and then making sure it doesn't get dirty again. Now the mosquitos don't come back because the water / the terrain / your body is clean and healthy. There are many ways of detoxing and cleansing your body and then basically eating well and having a healthy lifestyle is what you should do to keep yourself clean and mosquito / bug / illness free.

SO WHAT IS THE FLU OR A COLD?

I am now going to introduce to you a different view point of colds and flu and I don't think you would have heard them before and they are fascinating. These concepts were observed over thousands of years by natural doctors before x-rays, blood tests or swabs were around and unfortunately they have been lost to us in favour of modern medicine and pharmaceutical methods.



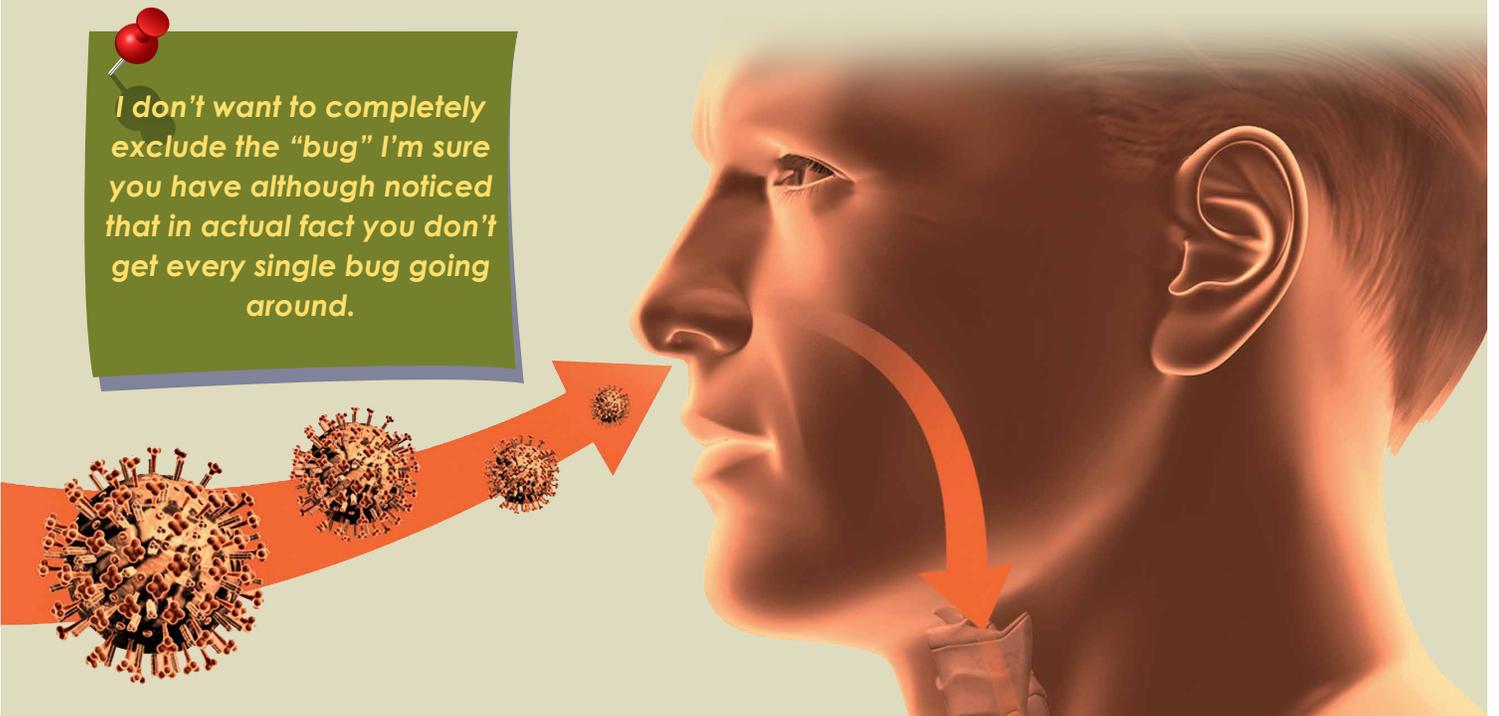
THE CHANGING OF SEASONS

Have you ever noticed that we get colds with the change of season and change of temperature? It is generally thought that we "catch" colds, they are passed between us at these times. But in naturopathic thinking it is more to do with the effects of the change of temperature on our physiology than the flu bug germ being spread around. Have a read and I will explain myself.

In the body we have organs of elimination, these are the organs that detoxify us and keep toxins and germs out of us. They are the bowels, kidneys, lungs, liver and skin. The skin is always mentioned as the largest detoxification organ actually, toxins coming out in our sweat when we have a fever. The skin is also often recruited when the other organs are weak or tired and need help.

So what happens when the weather changes and we get colder? Our skin actually constricts and shuts down and sends blood deep into us to keep us warmer. But what it also does is remove the skin as an eliminatory and detox organ and puts further stress on the other internal organs. The organ that has been observed for centuries as the next to take on the heavier elimination process is the lungs. I think you'll agree with this as it is the phlegmy, chesty coughs that everyone gets in the winter is it not?

I don't want to completely exclude the "bug" I'm sure you have although noticed that in actual fact you don't get every single bug going around.



So what if you have really been looking after yourself, eating well, plenty of fruits and veg, maybe supplementing yourself because of a modern, busy lifestyle? Well in this case your body may have been on top of all detoxification processes and has successfully eliminated illness as you carry out your daily life without you even knowing.

When the skin shuts down and drives the toxins deeper to the lungs they can actually handle it well and they continue to eliminate effectively and you don't get an well or you just have a mild phlegmy cough without feeling overly ill. If you are more toxic or generally of a weaker constitution you might have a nasty cough that lasts for weeks and puts you in bed feeling awful. They are many other factors of course but I'm keeping this simple with the basic principals.

Your cough will also last especially long if you use suppressive medications to help ease symptoms. The lungs are trying to clear toxins so if you take something to stop yourself coughing you are just driving the toxins back in! As gross as it may be it is better to cough and splutter the phlegm up and spit it out. Better out than in they say.



If you let this process happen and your body expels or detoxifies all its waste then you go into winter nice and clean and your body will gently start to accumulate toxins again. Probably around Christmas! You may also have a natural clean out in spring because of the temperature change causing a natural shift that creates a detoxification again.

Can you start to see a cold as something natural? As the seasons and temperature changes your body is set up to automatically have a clean out. If you are generally healthy and look after yourself then the colds you get will be a "good cold". And by good cold I mean one that lasts maybe 3 days, is fairly acute in nature but goes as fast as it comes.

Ideally, to really precipitate a "good cold" you should be looking after yourself in that time too. This means eating well, probably a little sparser than usual, using broths or soups to rest your digestion, resting more to conserve energy, dare I say taking a couple of days off work! To those of you that are employed that probably sounds fantastic, those that are self-employed it seems ridiculous!

You can also use skin brushing which opens the skin pores to eliminate better and have Epsom salt baths which also help drag toxins out through the skin.



Remember if you suppress your symptoms with medication the clean out won't happen. There is another factor that suppresses colds too and this is a big one.... STRESS. What lots of busy people do is just power on through with medication and coffee forcing the cold to be suppressed by adrenalin. And this will work but unfortunately you might have stopped the cold but the toxins have just been accumulated for a later date.



Effectively your body says:

“Okay, you have stopped me doing what I want to do to improve my health and I've tried and tried so now I'm going to put that on the back burner for now, but next time you are going to get it twice as bad!”

It's really common for people to get the flu when their stress levels decrease at weekends or on holiday. As their adrenalin decreases the body has the opportunity to do what it wants and have a detox.

So here you have a more natural explanation of colds and flu, or a “**natural seasonal detox**” as you might like to call it now.



The principles of fasting are based in the teachings of early naturopaths like Hippocrates & Tilden and this is how I was taught at The British College of Naturopathy and Osteopathy. You will naturally feel like reducing your food intake when ill and old school naturopathic advice is to do just this. Which is basically listening to your body.

By eating less you are resting your body from the digestive burden of food and allowing it to concentrate on recovery from illness. You can eat lighter foods that are easier to digest like soups and broths. The classic naturopathic broth to aid recovery is called the Potassium broth and the ingredients are below. Make this up and take throughout the day.

Fasting is not applicable to all people and should only be done under the supervision of a qualified practitioner. It is actually used less these days, as we are considerably more toxic than our predecessors were. Our food, water and air are full of chemicals that we ingest and our bodies have no choice but to separate them away and store them where they can cause the least damage to us. It is possible, in fact the whole idea, is that fasting stimulates these toxins for excretion. However, if someone is very toxic they can become quite ill from this process. Not so desirable, as I am trying to help you not make you feel worse. So for this reason fasting is practised less and are other methods are used, particularly the use of supplements to support the patient through detoxification. To put this into a modern diet perspective I have seen many patients feel ill when on calorie restriction diets for weight loss, which is a bit like fasting. Research has shown that when dieting toxins increase in the blood stream as the fat cells that have stored them safely are broken down setting them free.



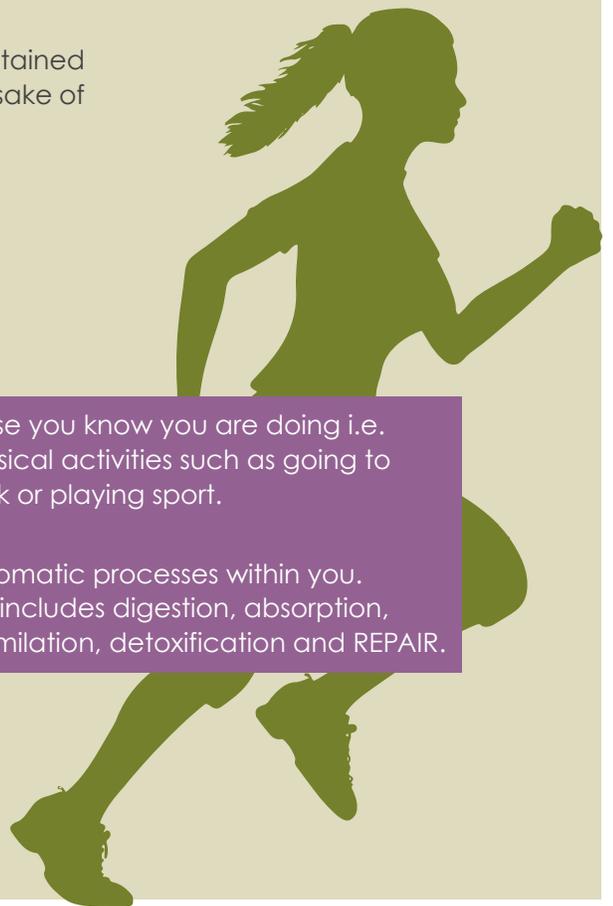
Saying this I am going to explain why fasting works as it demonstrates nicely how the body works.

FASTING

To help understand fasting we need to look at the energy contained within us that we obtain from food and drink. We can say for the sake of simplicity that we utilise this energy in two groups of activities.



- 1 Those you know you are doing i.e. physical activities such as going to work or playing sport.
- 2 Automatic processes within you. This includes digestion, absorption, assimilation, detoxification and REPAIR.



There are obviously millions of other functions such as your heart beating, breathing, thinking etc. However, your bowel uses a major portion of your energy reserves, especially after eating.

This is where fasting comes in. If you restrict your food intake when you are ill then all the activity and energy used by your stomach, small intestine, large intestine, liver and kidneys that would normally be used in dealing with food is spared. This energy can then be redirected and used to REPAIR you from whatever illness you have.

In fact this is a procedure that the body naturally puts in action. You may have noticed your appetite decline when you are poorly. Your throat even becomes sore to discourage you from eating.



As your body goes into action to start repairing itself you might find elimination symptoms cropping up such as a headache, sweating, fever, diarrhoea as stored toxins are expelled. In naturopathic terms this is called a "healing crisis" and they are good news as your body is having a clean out!



FEED A COLD, STARVE A FEVER - NOT WHAT YOU THINK IT MEANS!

You may have heard the phrase
“Feed a cold and starve a fever”.

This is very commonly misunderstood, as nearly all people would interpret this as suggesting to eat more when you have a cold, usually on the assumption that food will strengthen you. For a better comprehension of the sentence and how it was originally intended it could read like this:

“If you feed a cold you'll end up having to starve a fever”.

What this phrase is really saying is, if you have a cold and you feed yourself you'll become worse. So the motto from this old saying is actually to reduce food intake to rest the digestive system. For instance, if you have the beginning of a cold you might restrict yourself to drinking soups and broths and drinking a lot of mineral water for a couple of days. In this way the cold finishes it's natural cycle properly and you haven't suppressed it into a more extreme fever.





BATH TUB THEORY

A nice way of illustrating how toxins accumulate in us is by picturing a bathtub, with its plug in and overflow valve open. The bath is you. The water that fills it up is the toxic material that affects us everyday. It might be smoking, processed foods, exhaust fumes, alcohol, sweets, cakes etc.. Over time the water /toxins rise in the bath filling it up until at some point it reaches the overflow valve and starts gushing out. Great! This is a healing crisis, your body is detoxifying itself of all the rubbish it has stored and the bath level goes down.

But here comes the potential problem and common mistake. Many people will now reach for medications to suppress these "illness" symptoms because we are all taught they are bad. Or maybe they just power through, continuing to work hard which suppresses the illness too. Now the overflow valve is blocked the symptoms go away. But with the overflow valve blocked the toxins start rising up again until eventually they overflow right out the top of the bath. You now have a chronic disease state such as chronic fatigue syndrome, M.E, glandular fever, arthritis etc.. That's when you begin to really pay attention to what your body is telling you - often too late.

MYTH : DRINK LOTS OF ORANGE JUICE TO HELP GET RID OF A COLD

I really like this tip as it goes against common knowledge. Lot's of people eat oranges or drink orange juice when they have a cold or the flu, which is a virus. They drink it in the thought that the vitamin C will boost their immune system. Orange juice is highly alkalisng as it contains lots of potassium. Oranges do taste acidic but once digested in the body they are alkalisng, like virtually all fruits and vegetables. This is the interesting bit, viruses thrive in an alkaline environment, so if you are alkalisng your body with lots of oranges juice you are fueling the virus! What you need to do is actually acidify your body and acidic foods are meats, so you may well be better off eating a steak. As with all things about the human body there are slight variations on this just to complicate things but they can be answered by finding out your "Metabolic Type". Read more about Metabolic Typing here.

<http://www.theperrymount.com/therapies/therapies/metabolictyping.html>



GUT HEALTH

Around 75% of our immune system is in our gut so you would do very well to look after it as a way to keep your immune system strong. One of the easiest ways to do this is to take a probiotic, although there are many, many other products that help bowel health in various ways. A high quality probiotic I recommend is called Ultraprobioplex ND available from Nutri on 0800 212 742. Otherwise there are many other probiotics available and we also stock a great range at The Perrymount. Probiotics are really helpful for children and I have a section for children coming up.

The health of the bowel can be quite complex, probiotics are the first go to supplement to get a balance of good / bad bacteria established which is super helpful. However, there are many other conditions that need specific targeted supplements or foods to help, like reflux, irritable bowel, inflammatory bowel, candida infection etc. I personally use a device to help me understand what problems are occurring, where they are occurring and what needs to be used to help. This device is called the Avatar and is an amazing, non-invasive way of determining the energetic health of your internal organs. You can learn more here:

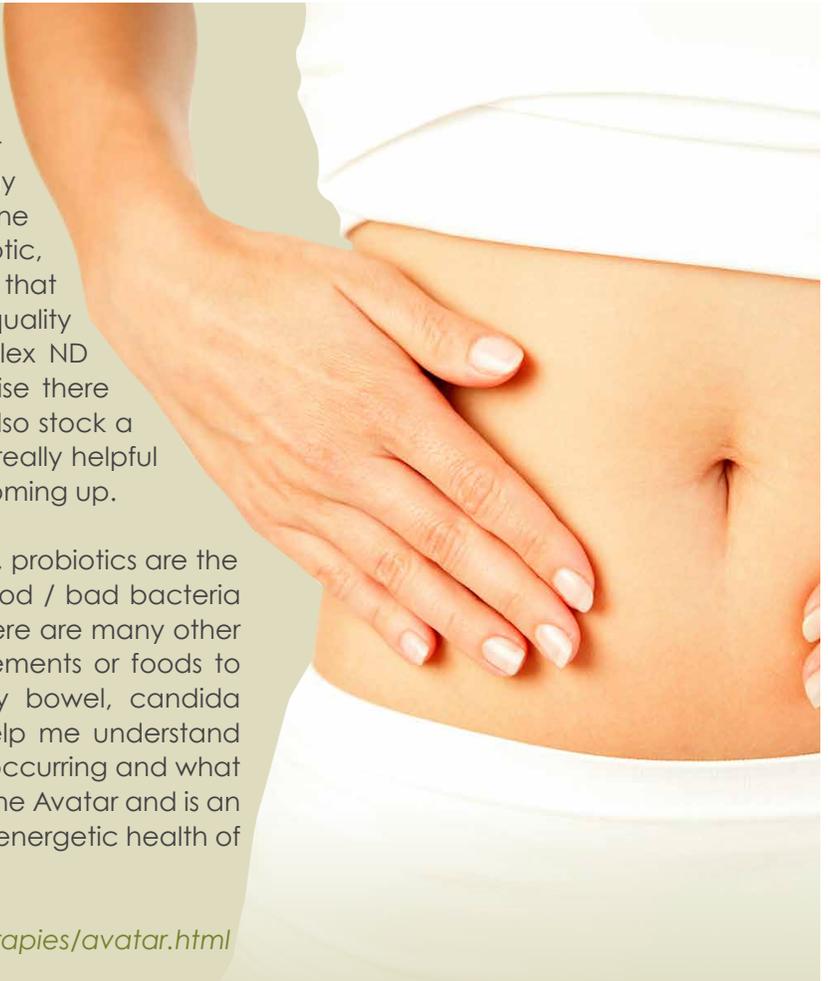
<http://www.theperrymount.com/therapies/therapies/avatar.html>

CHILDREN'S HEALTH

When it comes to children we are slightly more limited on what we can use to help them in terms of supplementation compared to adults. Most herbs and supplements are not really suitable for the youngsters, they are either too strong or simply the capsules or tablets are too big for them to take. However, probiotics are super effective and safe and can be used with babies and children to gently help them through times of possible infection or when they are run down in general. We stock a lovely children's probiotic at The Perrymount Clinic which is in an easy to take liquid form.

Children virtually always get ill via the gut first or at least show gut symptoms very early on, like constipation, diarrhoea, loose stools or tummy aches. Obviously probiotics target the bowel very quickly which is another reason they are so helpful for children.

I also use Juice Plus+ gummies to support children's health as they taste great and are a superb product that works really well with a huge study of positive effects to back their effectiveness. If you as the parent takes the Juice Plus+ capsules regularly you can actually receive the children's gummies free which is an amazing offer. If you are interested in this then please email me on christian@theperrymount.com.





Children can be supported through colds too and just like adults prevention is better than cure. If your children are eating well then the main support for them to be strong during a cold is there already. I would say there is no way you could fully prevent a child getting a cold, their immune systems are so responsive that they are having a go at defending against everything going. The plus side though is that children get ill quickly but get better quickly too and they usually get better in a really positive way in that they have a big clear out of toxins and mucus.

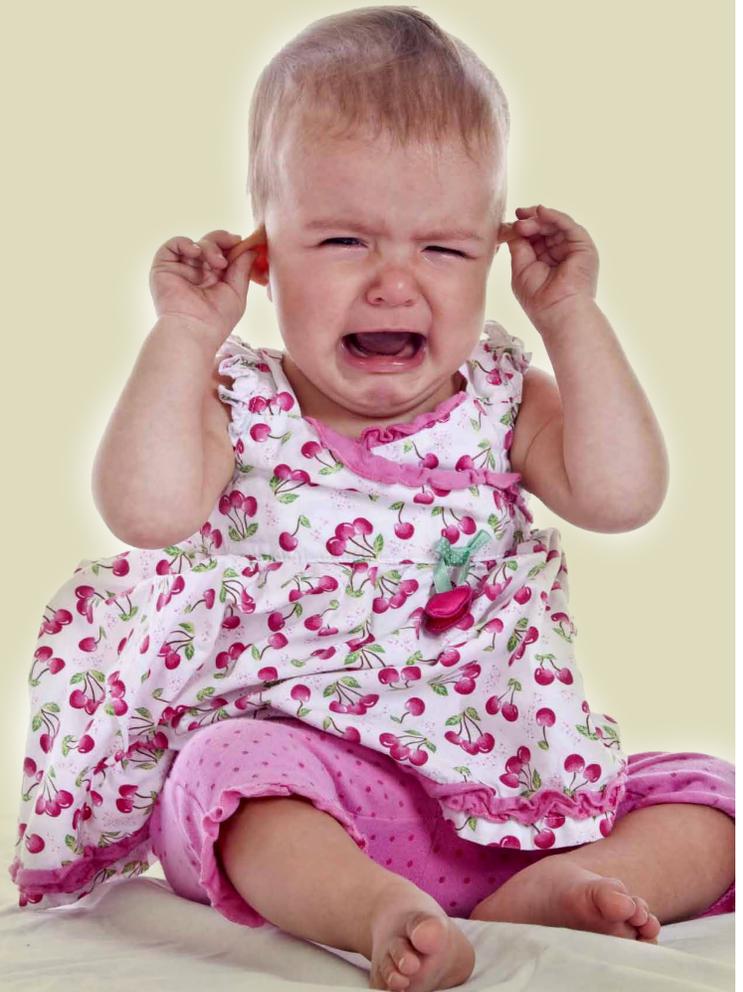
A very common scenario in children consulting me at The Perrymount is that they have suffered recurrent infections that have been treated numerous times with antibiotics. Maybe they have had recurrent ear infections or throat infections. These children I would have on probiotics, the Juice Plus+ gummies, looking into improving their diets and be using some cranial osteopathy to support them too. In ear infections it's often very helpful to reduce dairy intake. If you are now thinking "oh dear my child loves milk, cheese and yogurt" then they definitely should decrease dairy!

Antibiotics are perhaps one of the most common medications prescribed to children and they work in the short term by killing the bug that has caused the infection and illness. But antibiotics wipe out the "baddy" bugs and all the other "goody" bugs too. The good bacteria is especially prevalent in our bowels, I have also said that 75% of our immune system is in our bowels. Can you see a problem here? The antibiotics that help the initial illness are at the same time knocking the child's immune system defences for the future.

This is so common and personally irritates me actually! I see children who are run down into an illness they can't get out of who have had many, many antibiotics which are making them seriously worse for their future health. I'm not saying they are not needed at the time but you MUST replenish their friendly gut bacteria after the antibiotic use and then build them up with good eating and maybe a vitamin supplement to stop them continually spiralling downhill because of excessive antibiotic use. Children LOVE to get better, their bodies have a huge amount of healing power in them waiting to be given the chance to work. All that needs to be done is to remove the obstacle that is blocking them getting better. This is actually another naturopathic term "removing the obstacles to cure".

I have a page on toddler health where I explain this in a video which you can watch by clicking here:

<http://www.theperrymount.com/toddlerhelp.html>





VITAMIN D

Vitamin D has plenty of research behind it showing low levels in many diseases and also it's association with colds and flu. Vitamin D has been found to be deficient in up to 80% of some populations that have been tested. I would rate this Vitamin as one of the most important to take for all year cold, flu and general health support. The supplement you take should be Vitamin D3. Did you know that every single cell in the body has a receptor site for vitamin D and thyroid hormone? These are the only two chemicals that this holds true for, showing just how important they both are.

However, unless you have had a blood test showing you are low in vitamin D and need extra I would only prescribe vitamin D along with other nutrients or use a multi that has vitamin D in it, such as Nutri 1-a-day which is a super high quality multi available from Nutri on 0800 212 742. Using one specific nutrient to stop a cold is a bit like prescribing a drug to stop a cold. We all need ALL the nutrients for good health but vitamin D is being found more and more to be deficient across the population which is why it is being shown as so beneficial to be supplemented. I would always advise therefore a multi with Vitamin D and perhaps a top up vitamin D through winter, like Nutri's Vitamin D.



VITAMIN C

Many people go for high doses Vitamin C at times of colds and flu and it MAY help you, but it may not. As with foods all vitamins and minerals are like this, they can go one way or the other, especially in high doses. You won't be able to tell if high dose vitamin C will work for you unless you know your Metabolic Type. It is also dependent on whether the vitamin C you take is an acid or alkaline form. It can be quite complicated so just be aware that if you are taking high dose Vitamin C it might not work. This is the along the same lines as the orange juice myth above.

As mentioned with the Vitamin D I would preferentially use a multi or Juice Plus+ initially as your base supplement and then add on top of this extra Vitamin C through winter for more protection.



SOS ADVANCE

I love this stuff for clearing the early signs of a cold, like the sore throat. I gargle with it to sort my throat out and then take double dose to help clear the cold quicker over the next 3 days. We sell this at The Perrymount. I also triple my dose of Juice Plus fruit, vegetables and berries and this little protocol never fails me!

JUICE PLUS+

I have mentioned Juice Plus+ a few times so far so I had better explain briefly about it. Basically, the product is fruits, vegetables and berries that are juiced and then dried so the water and sugar is removed. This then only leaves the 10's of thousands of beneficial plant nutrients left which can fit into a capsule. Simple. Juice Plus+ has been around for over 20 years and is one of the most scientifically researched nutritional products on the planet.



This is the main reason I personally use it and recommend it. On top of this there is masses of research showing that the more fruit and vegetables we eat, ideally over 8 per day, has massive health benefits. When you take Juice Plus+ and eat well you will attain this, which virtually no one does. In addition you will get a spread of 26 different fruits, vegetables and berries, which is far, far better than from just a few.

I mentioned that Juice Plus+ is backed by research and that is why I specifically mention it in this ebook as it has studies showing it improves the immune system and shortens the length of colds.

To read more about this great supplement click here:

<http://www.theperrymount.com/juiceplus.html>



ADRENAL FATIGUE

If you are catching recurrent colds and infections and the colds you have last longer than 2 - 3 weeks or you at least notice that your colds last longer than everyone else's than you may have adrenal fatigue. There are many other related symptoms of adrenal fatigue, but the main one is constant tiredness that has been precipitated by long term stress. Much can be done to help fatigue and adrenal fatigue but it is too extensive to go into in this ebook. If you think this sounds like you then it is best to call the clinic and speak to Christian to discuss treatment options. **Our number is 01444 410944.**

HOME REMEDIES FOR COLDS AND FLU

On to the old school naturopathic home remedies for colds and flu!

Use the Potassium broth OR Immune juice, not both. The heating tea can be used before bed with the other remedies.



Potassium Broth

a great rejuvenator when recovering from child birth

- 5 medium sized carrots with tops
- Few sprays of parsley
- Handful of spinach
- Onions
- Asparagus
- Potato peelings
- Outside lettuce leaves
- Tomatoes
- 3 Garlic cloves

Wash and chop the organic vegetables. Simmer in one quart of water for 30 minutes. Strain and drink the essence. Can be refrigerate, but should be drunk as soon as possible.



IMMUNE JUICE

In a blender place:
one cut up organic lemon (rind, seeds, everything) and
one peeled organic orange or ½ grapefruit.
Add enough water to blend. Puree on high for 2-3 minutes.

Strain juice and return to blender. Add 1/4 to 1/2 tsp. cayenne pepper and 1-3 cloves of garlic and 1/2 tsp. of horseradish. Puree for another minute, then drink. You could use this three times per day if really under the weather.



BONE BROTH

Get a whole chicken including the bones. Place it in a stock pot or slow cooker and cover with filtered water. Add a tablespoon of apple cider vinegar. I add a pinch of chilli flakes to add a little kick. Cook for 12 - 24 hours. After remove the chicken meat and bones keeping the liquid broth. This is absolutely packed with nutrition. Drink 1 or 2 cups of the broth per day. It will keep in the fridge for a week. This is super delicious!



GINGER HEATING TEA

Place 4 slices of fresh ginger root and one chopped scallion (green onion) in a saucepan with one cup of water. Bring to a boil and simmer with the pan covered for 5 minutes. Strain, add honey to taste. Drink while hot.

This tea is meant to make you sweat to detoxify the body. It is well know in both natural and orthodox medicine circles that heat (having a temperature) activates our immune system and kills off invading bacteria and viruses. This is why the body goes into a fever, it does it on purpose and it is there to help us. Hippopcrates is quoted as saying "Give me a fever and I can cure anything". So drink this tea, get in bed to keep warm and let the flu sweat out of you!



ONION CONGESTION RELIEF

For a stuffy, congested nose. Chop one yellow onion and place in a small bowl. Drizzle about 1 tablespoon of honey over the chopped onion. Go to bed and place the bowl as close to your head as safely possible (on night stand or next to your pillow). This will help you breathe freer during the night.time.

Watch out, you will wake in the morning smelling like an onion! So make sure you set the alarm for shower

WET SOCK TREATMENT

Use at first signs of cold or flu

Materials needed: Foot bath of hot water

- 1 pair of thin cotton socks soaked in cold water
- 1 pair of dry thick wool socks

Procedure: Soak or spray feet with hot water for 5-10 minutes. Dry. Dip cotton socks in cold water, wring out and put on feet. Pull dry wool socks over the top of the cotton socks. Go to bed with socks on.



How it works: This is known as a "heating compress", meaning that it's up to the body to heat the cold wet socks. The body does this by dramatically increasing blood circulation which also activates the immune system. This is the best treatment for early onset of a cold or flu, and works even better with Ginger-Scallion tea. During the night you may wake to find your feet nicely warm and the socks dry. If you do just take them off and go back to sleep. This is really easy to do and well worth a try. Because it increases circulation it is not advised for those with circulatory or heart problems.

SUMMARY

FLU PREVENTION

- Be healthy! Eat well, drink well, breathe well, move well. Make sure you know what eating, drinking, breathing and exercising well is. You may need to consult a professional for help with these.
- For prevention I would suggest a good multi vitamin / mineral containing vitamin D3 and probiotics that could be taken through winter. Ideally, I would use Juice Plus+ as this is a natural dried, encapsulated fruit, vegetables and berries supplement backed by loads of scientific research. There is more information available at this webpage

<http://www.theperrymount.com/Eat-More-Veg.html>

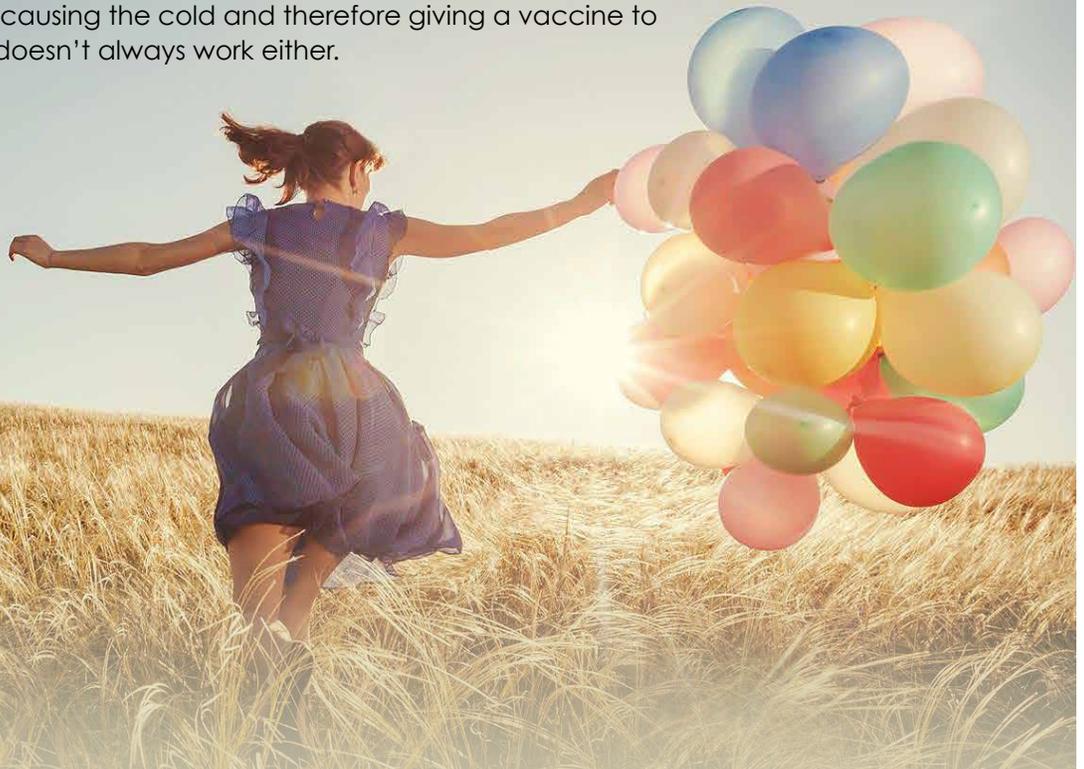
IF YOU HAVE A COLD / FLU

- Take time off work to rest, and when you start to feel better take an extra day off and rest on that day too. Colds and flu will stay with you for longer than they should if you get back to work too soon before a full recovery has taken place. A little extra rest may prevent the flu turning into a 3 week cough / runny nose etc that just lingers on and on.
- Try some of the Naturopathic remedies suggested in this report.
- In general eat less. Eat soups and broths that are easily digested.
- Drink plenty of fluid, water and the broth and drinks suggested above.
- Get some fresh air during the day and some movement, just walking, will help circulate fluids around the body for detoxification.
- If you get a fever then don't suppress it. Let your immune system do it's job.



FINAL WORD

I hope you have learnt something from my e-book on colds and flu, maybe you can view a cold in a different way now? There has never been a cure for the common cold, perhaps this indicates in a way that nature is too powerful for us to stop? Or that we haven't invented something to stop the change of season! Or that it isn't always a bug causing the cold and therefore giving a vaccine to immunise against that bug doesn't always work either.



There is another way and it's not about never having a cold again, its definitely about prevention and looking after yourself first and if you miss a season because you are stronger then great, but if you catch a cold and it doesn't come to much then that is great too.

I have read a research paper where they purposely spray a flu bug into volunteers noses, they did their best to give everyone the flu. Guess what? They couldn't give everyone the flu! Even by spraying it right up their noses they didn't "catch" it. I see around 50 patients per week. How many of those are walking in with different sniffs and bugs? And I certainly don't catch every single cold that comes in. It just doesn't completely work that way. Now if I was really run down, stressed, tired, not eating well (not taking my Juice Plus) then it might be a different story.

If you like the information in the e-book I have written lots more with more on the way. Most are free downloads available from my clinics website www.theperrymount.com and I have specialist baby health e-books available from www.thehappybabyproject.com.

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Disclaimer

The advice in this report does not not replace a consultation with a health professional and is intended for informational purposes. If you have any questions please contact the clinic on 01444 410944