

Homeopathy Tip – Stress and Sleep

I've been asked by Boiron, a world-class homeopathic manufacturing pharmacy, to give a series of my homeopathy tips. This one focuses on stress and sleep solutions.

Women are particularly susceptible to stress as they juggle careers, child rearing and household responsibilities.

Stress and sleep issues go hand in hand. Too much stress can make all of us anxious and tense, thus leading to sleep problems.

In the coming weeks, future videos will feature more helpful tips on other Boiron homeopathic medicines that can help ease fever, coughs and colds, and allergies.

Please pass this on to anyone you know. Everyone will benefit.

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', followed by a period.