



Greetings!

I trust you've enjoyed our glorious Summer and sensationally warm Autumn? It's been a while since my last newsletter, as we've had a very busy summer here both at Nature's Pharmacy and Herbcraft Academy. We've been out and about at various festivals with our Sacred Healing Garden space and the Herb Walks and Talks. I've also had lots of fun at my Herbcraft workshop days.

The Herbal Retreat we ran in the Bahamas in July was idyllic. Delicious vegan food, daily yoga, turquoise sea and white sand ... and of course, swimming with the wild dolphins was a dream come true – certainly for me! I hope to offer this trip again in 2016, so if you might be interested, do let me know.

With the nights drawing in now, I am looking forward to a little free time during the winter months to work on my book, which is coming along nicely and I hope to have published by next Spring. As I write, there are still roses in my garden, and the last of the berries are hanging on to feed the birds in preparation for a cold winter ahead, so I've heard?

Just counted in my diary... and there's just five weeks left before Christmas! Are you getting ready? I always find it a bit crazy that in some places, even before the end of October, there are signs of the festive season already visible – it seems to get earlier every year?! I simply love the stillness that comes with Nature's retreat underground ... and the opportunity to catch up with family and friends that I don't often see throughout the year.

Here at Nature's Pharmacy, we have one last event before the end of 2014, at the OBOD Winter Assembly in Glastonbury on Saturday 6<sup>th</sup> December. Anyone in the area or who is attending as a member or friend of OBOD (Order of Bards, Ovates and Druids), please stop by and say hello at the Town Hall. It will be a delight to see you! We will have our usual hand made [natural skin care Gift packs](#) on sale, as well as some herbal remedies, teas and of course, our ever popular [Green Stuff](#) powerful nutritional concentrate. We will also have [Detox Kits](#) and [Winter Booster Kits](#) available for keeping you well this season and for starting the New Year off with a cleanse ... after the excesses of food and drink from the festive week!

If you are still wondering what to get for a dear friend, family member or wish to treat yourself ... why not give the gift of knowledge? Our [Herbcraft® home study course](#) will make a perfect present – packed with information on nearly 100 herbs of the British Isles and Europe, alongside many other natural healing modalities and techniques to take care of your health on all levels. Payable in monthly instalments, this affordable 12month course is a must for anyone wanting to learn more about natural herbal medicine and alternative therapies for personal use. It will be on **Special Offer of 10% off** the usual retail price of £395, making payments only £30 monthly from today - Friday 21<sup>st</sup>

November - until the Christmas. You can enrol monthly or purchase the box outright at this [link](#). Go on .. treat yourself! Get closer to Nature in 2015 and open up a new world by 'Working with Nature through the Seasons'.

Next year I hope to work more with [Reconnective Healing®](#) and [The Reconnection®](#), as well as continue to offer [Reiki Healing and Attunements](#) (using the traditional Usui and Shamballa methods) from my countryside home here on the Essex/Hertfordshire border. If you are interested in either, do get in touch. Healing, in whatever form it takes, is a powerful energy, and can work wonders for any ailment. I also offer a rather special session of [Chakra Balancing](#) combining Healing and the use of Crystals to re-align your energy centres within the body. Everyone that leaves after a session, tells me they are more focussed, calmer and happier, especially those who suffer from stress in their lives. I highly recommend it! The usual [Personal Lifestyle Analysis](#) are also available, helping you get back on track with a clearer goal towards a healthier, happier you in 2015 .. so perhaps this is something you may benefit from too? Please [contact me](#) for further details or visit the [website](#) to book an [appointment](#).

Lastly, enrolment is now taking place for the new [Herbcraft® Diploma Course](#) year starting next April in Cambridgeshire. If you have an avid interest in Herbal Medicine and Wholistic Healing, and wish to practice this professionally, this course is for you! It's a two to three year course encompassing twelve attendance weekends for the 'Foundation' (with home study in-between) and four 'Advanced' days with all the support and mentoring to give you the confidence to work with the public. Whether you are already a practising therapist and wish to add Herbcraft to your practice or you simply wish to embark on a new journey to help yourself and others, this course will enable both. The Herbcraft Diploma is accredited by the **Association of Natural Medicines** in the UK and will qualify you as a Herbcraft Practitioner upon completion. Again, we are offering an early bird discount of 20% on the Foundation (that's a saving of £560!) until the end of January 2016. To secure your place you can pay your deposit [here](#). Again, if you have any questions or require dates for 2015-2016, do get in touch personally.

So, before I close, please note that **Nature's Pharmacy & Herbcraft Academy will be closed from Monday 22<sup>nd</sup> December and re-open on Monday 5<sup>th</sup> January 2014**. Last orders before Christmas will be despatched first class on 19<sup>th</sup>, but make sure you get any urgent orders in before then, in case we need to make them up for you.

Oh.. and attached is a link to an [article](#) I recently wrote for the ANM Winter Journal about keeping well this Winter. Hope you find it helpful?

May I also take this opportunity to thank you for your custom over the past year, wish you a wonderful festive season, however you celebrate, and look forward to continuing to serve you next year!

Many blessings ....

*Melanie and the Crew*