



Katherine Armitage

My healing journey is a living testament to the power of natural therapies. Chronically sick and filled with antibiotics as a child, in very poor health in my 20s, I began my road to recovery using homeopathy and Yoga, discovering the healing properties of food, optimum nutrition, energy healing and naturopathy along the way. I bring these many years of personal experience and study into the consultation with you.



"I am absolutely sure the contribution you have made to my path is beyond anything I could ever have imagined. I think you have given me the tools to continue for many more years of service, when I feared I was finishing my time here."

- Constance Redgrave, London



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MLCHom

"I had no idea how powerful Homeopathy is:
I have cancelled my operation."

- TS London

"Thank you for all your help. For 15 years colds always used to go to my chest; this year I have avoided all that."

- JM Chichester

"I came to the Detox Retreat feeling heavy with very blocked sinuses, nagging toothache and a shoulder pain, I'd had for two years, made worse by a car accident. By the end of the week I was free from all of my symptoms."

- Barbara Albutt, Yorkshire

Your Investment: Adults / Children

One Hour £40 / £30

Concessions £25 / £20

Half Hour £25 / £20

Please note: Consultations cancelled without 24 hours' notice will be charged for in full.

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STUDIO & CLINIC



Homeopathy

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What is Homeopathy?

It is a powerful alternative system of medicine based on the principle of similars, 'like curing like', which differentiates it from orthodox medicine, or 'allopathy', which uses 'opposites' in the form of pharmaceutical drugs.

For example, we use 'apis mel', a remedy made from bee sting, as a cure for soreness, redness or swelling (the kind of symptoms you would get if you were stung by a bee) occurring in any part of the body. This might be in painful arthritis, a sty or even the after effects of a black eye. I individualise, finding a remedy that is a good match for each person's unique symptoms.

- 🌸 Safe and gentle - no toxic side effects.
- 🌸 Treats people as individuals.
- 🌸 Heals gently from within.
- 🌸 Holistic - treats the whole person.
- 🌸 Economical, environmentally and vegan friendly remedies.
- 🌸 Works with animals and plants as well as humans.

What is Different About Homeopathy?

Homeopathic remedies, from plant, mineral and other sources, are 'potentised' (made more powerfully energetic) by diluting and shaking them many, many times. This distinguishes them from herbal medicines, and reduces toxic effects, so they can be used safely, even in pregnancy, by babies and if you are on other medication.

Naturopathy

Looks at the main causes of physical, mental and emotional ill health: Environmental, technological & personal toxicity, deficiency and stress. It is a system of alternative medicine based on the theory that disease can be successfully treated or prevented without the use of drugs, by natural techniques such as fasting, healing, diet, exercise, plant medicines, homeopathy, body electronics & many other modalities.

Katherine often uses a pendulum for diagnosis and remedy selection in consultations.