



BTTI Autumn Zoom Series

'Good Vibrations'

Getting through the winter – Naturally

FREE SEMINAR

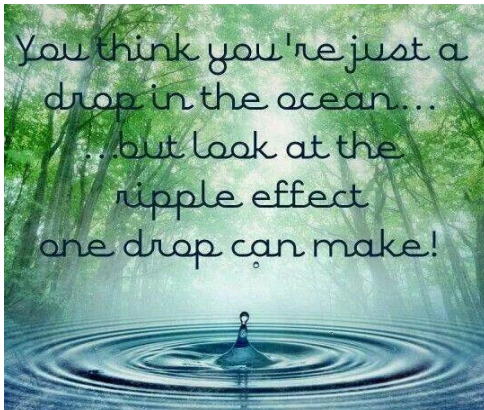
Zoom Meeting ID: 847 4212 1493

Passcode: 436820

Sunday 31st October 2021

10.00am (GMT)

Eoin MacCuirc & Ronan Benson



Seasonal changes affect your Health

Reasons for sickness during season change - The weather itself does not make you sick; the viruses do. Rhinovirus and coronavirus are the two main viruses that cause the common cold. These viruses multiply rapidly during seasonal shifts, thus resulting in an increase in the number of people catching a common cold.

In addition, your body performs its functions at a certain temperature. During a change in season, your body is forced to re-adapt itself, thus making it highly susceptible to viruses and infections.

As far as winter is concerned, you are more vulnerable to catch flu. This is because the influenza virus thrives and proliferates at a higher rate when the air is cold.

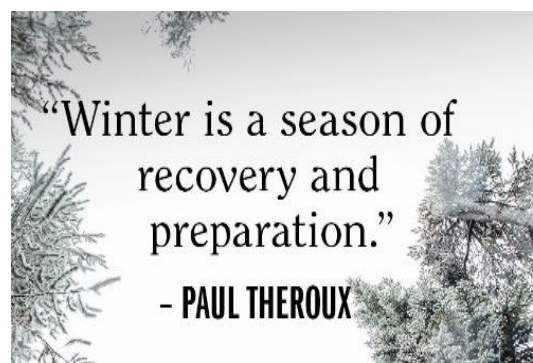
Extracted: www.kotakgeneralinsurance.com/consumer-education/hea

Autumn and winter are times when our immune system is most challenged. Shorter days give us less sunlight, this can impact on both our physical and mental health as 'our body clocks/circadian rhythms - rely on the cyclical nature of the day. With children going back to school bringing home viruses, also as the temperature drops, we are more susceptible to infections and for some arthritis pains increase.

In this presentation Eoin & Ronan will cover simple 'Vibrational Medicine', solutions to help you manage these changes.

Topics included:

- Creating good vibrations - Reflection
- Holistic solutions
- Simple Homeopathy
- Natural ways to help yourself
- Biologically based practices
- Natures Garden – Herbs
- BT&T can help too!



Contact

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