



Dear patients, colleagues, friends:

As the coronavirus challenges our body's defenses and changes the way we live, it is a good moment to pause and dedicate some time to our health and well-being, strengthen our immunity and create more balance in this physical temple where our thoughts, feelings, and soul reside.

Homeopathy offers a perfect way: it is safe, non-invasive, non-suppressive and gentle; it supports harmony and well-being on the physical, emotional and mental level, and therefore strengthens our immune system and our overall resilience.

Homeopaths across the world are collaborating and sharing information on the best possible remedies to prevent and treat coronavirus symptoms. For those of you who are already on your homeopathic constitutional remedy, this is the best prevention. For others, maybe it is the right moment to consult with a homeopath and have it prescribed for you.

But for all of us, it is important to learn what are some of the best homeopathic remedies to prevent the contagion and what are the ones that we can efficiently use in case we fall sick so our symptoms are as mild as possible and we bounce back to health with ease. It is also a good moment to order these remedies; homeopathic laboratories in Europe are now already overwhelmed and unable to process orders on time. Let's act timely.

This coming Sunday, we'll be holding a webinar on

**HOMEOPATHIC PREVENTION AND TREATMENT IN CORONAVIRUS TIMES
4-6 PM EST, SUNDAY, MARCH 29, 2020**

Please, click [here](#) to register. The cost of the webinar is 30\$.

As medical science has known for centuries, for illness to occur not only the presence of a pathogen is needed; the illness will develop only in a host susceptible to the pathogen. Our bodies and minds, their natural defense and overall balanced functioning are crucial at the time of a potential infection.

Let's take this opportunity to learn and grow, and emerge healthier and stronger!

Yours in health and well-being,
Natasha Despotovic, CCH, RSHom(NA)