

Tania Sellwood, ND
The Natural Wellbeing Centre of Romsey

Talks, Workshops and Courses Available



Naturopathy – Understanding your Body

Learn to read your own body signs and signals of health

Talk – 45 mins – 1.5 hours or One Day Workshop

This is a great introduction talk or can be held as a workshop if time permits. Useful health promoting information is provided in a fun and interactive environment which leaves each member of the audience understanding what all the different shapes, dots and ridge on their nails and tongue indicate. If time permits, a brief introduction to reading the markings on the Iris can be included. Always, Tania aims to help each person go home knowing how to make positive steps towards their own health improvement through better understanding of 'What their Own Bodies are Saying'.

This is the best introduction to Naturopathy and its approach to Natural Health Care and will be enjoyed by all.

This subject is also available as a **One Day Workshop** which allows time for each identifier to be discussed in more detail and for every participant to work through their own health and wellbeing concerns gaining a full knowledge of the treatment protocols required.

Medicine – 'It's Growing all around You'

Learning to recognise the healthful properties of the culinary herbs together with some traditional remedies growing in your local hedgerows.

Talk 45 mins – 1.5 hours

We all use herbs in cooking for their delicious flavour. After this talk you will be able to incorporate them, for their medicinal health benefits as well as their flavours. Common hedgerow herbs will also be included.

An interesting, lively and seasonal talk providing you with inspiration to garden, cook, wander the country lanes and care for your health in a tasty and natural way.

Food as Medicine

Food is the best medicine you can give yourself

Talk – 45 mins – 1.5 hours

From the time of Hippocrates it has been known that Food is better for you than medicine. Knowing what the right foods to eat can be a minefield. During this fun and informative talk, Tania will give you simple guidelines of knowing what foods would be best to form the basis of a healthful diet. Emphasis will be placed on any specific health concerns the group has; ie. Arthritis, digestive etc.

Everyone will go home knowing a little more about what foods to choose and the benefits to natural good health and vitality for doing so.

Natural Approaches to Arthritis

Easing the aches and pains, the creaks and groans

Talk – 45 mins – 1.5 hours

Many people suffer from a variety of aches and pains and a reduction in mobility from arthritis. During this interesting and informative talk you will gain an understanding into the underlying causes of inflammatory disorders. We will look at the diet and certain foods to limit and others which should be consumed as beneficial medicines, a variety of herbal remedies and other supplementary treatment options available, naturally. Prevention of the onset of Arthritis will also be discussed.

Insomnia – How to Get a Good Night’s Sleep, Naturally

Talk 45 mins – 1.5 hours

We have all missed a night’s sleep here and there, but for those that have sleep difficulty on a regular basis, life can become a little challenging. A good night’s sleep is vital to providing quality heal and repair of body tissues and rejuvenation. During this informative talk you will learn the best patterns for getting to sleep and maintaining sleep throughout the night. Soon you will be bouncing out of bed each morning, fully rejuvenated and ready to face the oncoming day.

Natural methods and remedies to assist healthy sleep patterns will be covered and you will have opportunity to identify any specific personal concerns you may have.

Healthy Weight Management

Eat yourself healthy

Talk – 45mins – 1.5 hours

This talk is valuable for anyone interested in gaining, or maintaining a Healthy Weight.

It’s not about forgoing Chocolate and the odd glass of wine....it’s about taking the time to understand the bodies nutritional needs and how to get a balanced diet for each one of us. Know how to start eating ourselves to a healthier weight and wellbeing.

Identifying common triggers for weight gain and how to overcome them and looking at the impact that stress plays in inhibiting the body to lose weight.

Whilst I can’t guarantee that you will come away being any lighter in kilos, I can assure you that you will go away with a greater insight into ‘where the weight has come from and what is holding you back from being able to lose it’. Inspiration and motivation to get you to the health and vitality that you would like to have.

Women, Hormones and the Menstrual Cycle

From Menarch to Menopause

Talk – 45mins – 1.5 hours

An earlier menarch, better nutrition, less pregnancies and a longer life expectancy mean that today’s woman will have many more periods in her lifetime than her ancestors did. An average woman will have approximately 480 periods!

During this talk the menstrual Cycle will be discussed from Menarch to Menopause and will provide information on how diet, lifestyle and stress impact on the ease and regularity of the cycle. Common signs of Pre Menstrual Syndrome and their treatment options together with advice on a healthy transition through the Menopause. The talk can be tailored to suit the age/interest of the group.

Skin Health from the Inside Out

Talk – 45mins – 1.5 hours

Maintaining healthy skin is vital to our wellbeing. Skin concerns are one of the highest concerns presenting in clinic today. During this interesting talk you will learn the importance of feeding your skin healthily from the inside out. About being able to read the signs showing on the skin to their imbalance and what treatment options, including herbal internal remedies and herbal creams to assist in the symptoms of imbalance, whilst ensuring you gain knowledge into how diet, lifestyle and stress play their role.

All skin concerns will be discussed.

Stress and its Impact on Health

Talk 45 mins – 1.5 hours

Stress is something we seem to take for granted, and forget about it's negative impact on our health.

This talk will outline how the natural stress response works. Where it's adaptation phase may not be responding accurately and what you can do to bring calmness and tranquillity to your days.

Sometimes it may be a remedy that is required, either herbal or nutritional, others it may be about learning some technique of relaxation. All will be covered during this informative, fun and very beneficial talk.

Men's Health

Talk 45 mins – 1.5 hours

Essential for all men. Also for women who wish to learn more towards helping the health of the men in their lives. This talk is probably the first time you will have had to really learn about your own body systems. How your reproductive system works, what is the prostate, why does it have problems in later life. And most importantly, what can you do to prevent the onset of disease and maintain a healthy full functioning genito-urinary system and continue to enjoy sexual intimacy into your latter years. Delivered in a professional and fun manner, where all participants will be able to identify themselves within the context whilst comfortably not feeling vulnerable or embarrassed.

Flower Essences and Emotional Wellbeing

One day Workshop

Flower Essences are the natural way to relieve stress, feel calm, to bring vitality and clear thinking back into your life. During this informative, interactive and fun day, you will learn the individual flower essences and their unique healing properties; how to make your own flower essences and discover it's healing benefits. Be introduced to the Bach and Australian Flower Essences with the primary focus on the individual Australian Flower Essences and how they can safely be incorporated into your healthcare programme.

Introduction to Aromatherapy

One Day Workshop

This introductory one day course will give you a brief history of Aromatherapy and teach you how to recognise a quality essential oil. As well as learning about the properties of the individual oils themselves you will also learn how to use them safely and successfully in your everyday life. This will be followed by a look at some common ailments and how they can be treated with oils, before participating in a workshop on making and using a hand or foot cream or body scrub. At the end of the course you will be able to take this home with you for your own use or as the perfect gift for someone special.

Introduction to Herbal Medicine

One Day Workshop

This course will introduce you to the History of Herbal Medicine and how and why it has been used for hundreds of years leading through to its wide current day usage and application. You will then explore a selection of seasonal herbs, learn about a range of common ailments and how they can be treated. Each season will present with a different selection of herbs to be covered and topical ailments.

As this course is seasonal, please check when booking which season is being covered.

Iridology – What the Eyes Reveal

One Day Workshop

There are over 160 markers of health visible within the human iris. Come along for a one day introduction to iridology and begin to see the signs within your own eyes – and find out what to do about treating them. This will be a fun and informative day where you will leave having an understanding of your own health and its requirements.

Massage for Friends and Family

One Day Workshop

Have you ever wished that your partner was able to give you a really good massage, to ease the stress and tension in your shoulders; to help you recover after a workout etc. Well this is the day for you – and for them!

During this one day course, participants will learn some basic Massage techniques which can easily be used at home with your friends and family.

How to Read your own Body Signs and Signals of Health

One Day workshop

Useful health promoting information is provided in a fun and interactive environment which leaves each participant understanding what all the different shapes, dots and ridges on their nails and tongue indicate. Also with an introduction to the markings on the Iris of the Eye we are able to put together a 'person picture' to gain an understanding of each individual person's health patterns and concerns. Always Tania aims to help each person go home knowing how to make positive steps towards their own health improvement through better understanding of 'What their Own Bodies are Saying'.

Diet and lifestyle approaches are an integral part of this day.

More information and bookings:

Please contact Tania Sellwood directly:

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Tania is a confident and dynamic speaker who enjoys speaking to groups from 6 participants to several hundred. Workshops are limited to approximately 12 participants to ensure each person gains the maximum benefit for their investment.