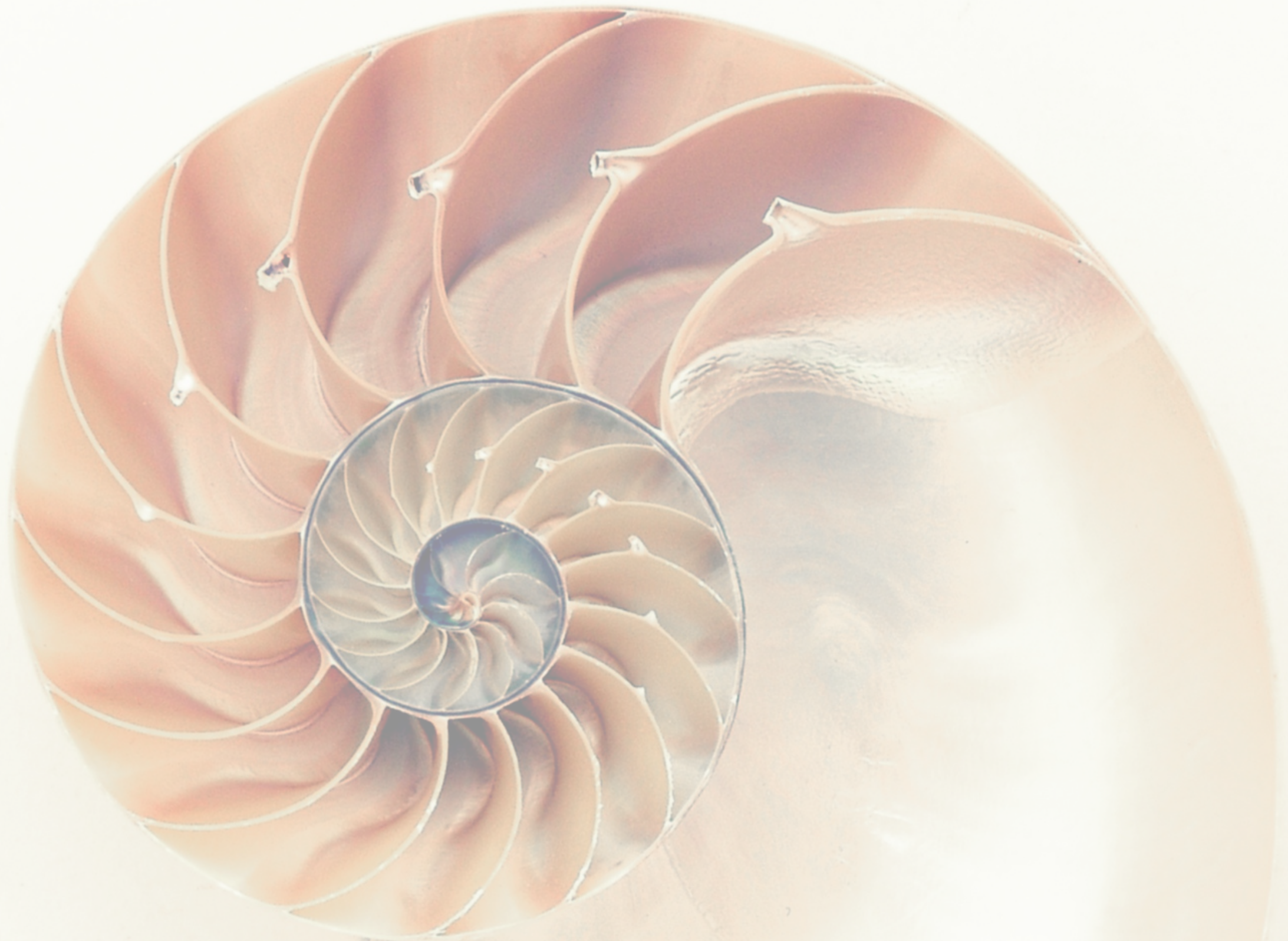


# Holistic Health and Healing Consultations



CONSULTATIONS AVAILABLE FOR ADULTS, CHILDREN  
FROM BIRTH THROUGH ADOLESCENCE, AS WELL AS  
FAMILY GROUPS TO ADDRESS AND SUPPORT:

- + ACUTE AND CHRONIC ILLNESSES
- + PREVENTATIVE HEALTHCARE
- + PRENATAL, LABOR, BIRTH AND POSTPARTUM
- + EMOTIONAL WELLBEING
- + BIOGRAPHICAL UNDERSTANDINGS OF HEALTH AND SELF-DEVELOPMENT
- + PARENTING SUPPORT FOR HEALTH, DEVELOPMENTAL, & BEHAVIORAL CONCERNS

CONSULTATIONS ARE AVAILABLE BOTH REMOTELY AND IN-PERSON  
IN STEPHENTOWN, NY AND GREAT BARRINGTON, MA.

*Anthroposophic medicine is informed by Rudolf Steiner's indications for understanding health and illness, and how we can perceive and support our health needs by understanding the meaningfulness of illness, our constitutional tendencies, nutritional needs, therapeutic supports and more, towards health, well-being and deepening our work in the world.*

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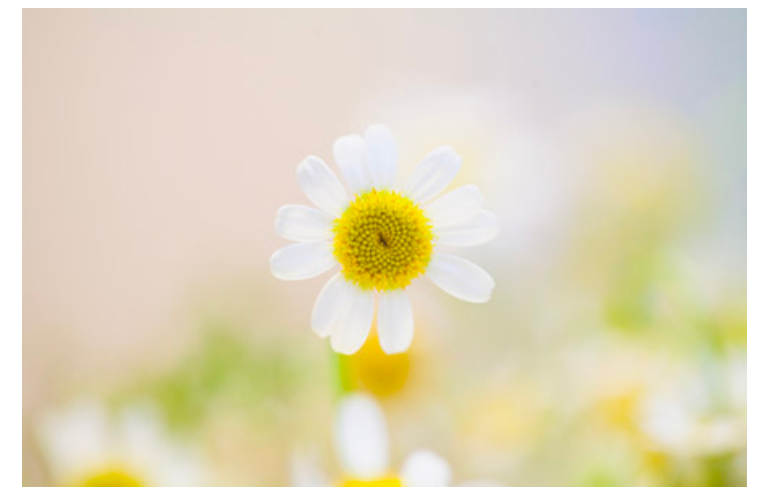
Sarah is a trained homeopath and complementary health practitioner working with adults, children from birth through adolescence, family groups, and teachers, in their role supporting the children in their care. Rudolf Steiner's indications for the health and well-being of the individual underpin her practice, in which consultation and conversation, anthroposophic remedies, and therapeutic external applications, support individuals with day-to-day acute ailments, developmental and behavioral challenges, as well as chronic illnesses, and life questions. Sarah has completed training through the New York School of Homeopathy, the School of Homeopathy in Stroud, England, and the International Post-graduate Medical Training in Anthroposophic Medicine. She has also completed years of individual mentorship and supervision from various homeopaths, an anthroposophic homeopath, and anthroposophic medical doctors.

# Therapeutic Baths & Compresses

## at Sun Heart Farm in Stephentown, NY



**Compresses, footbaths and nutritional baths** were encouraged by Rudolf Steiner to support healthy child development, as well as to prevent and treat illness at any age. Plants and other natural remedies are applied over the skin to specific organs and body parts to bring balance and harmony through the body's own healing capacity.



They are administered by health practitioners as well as at home by those who wish to care for themselves and their family with anthroposophic therapies. One of the benefits of administering a remedy via the skin is that it bypasses the organs of metabolism and can be very beneficial in cases where the processes of metabolism may be an obstacle to healing.

Simple but powerful, these applications are used for such things as:

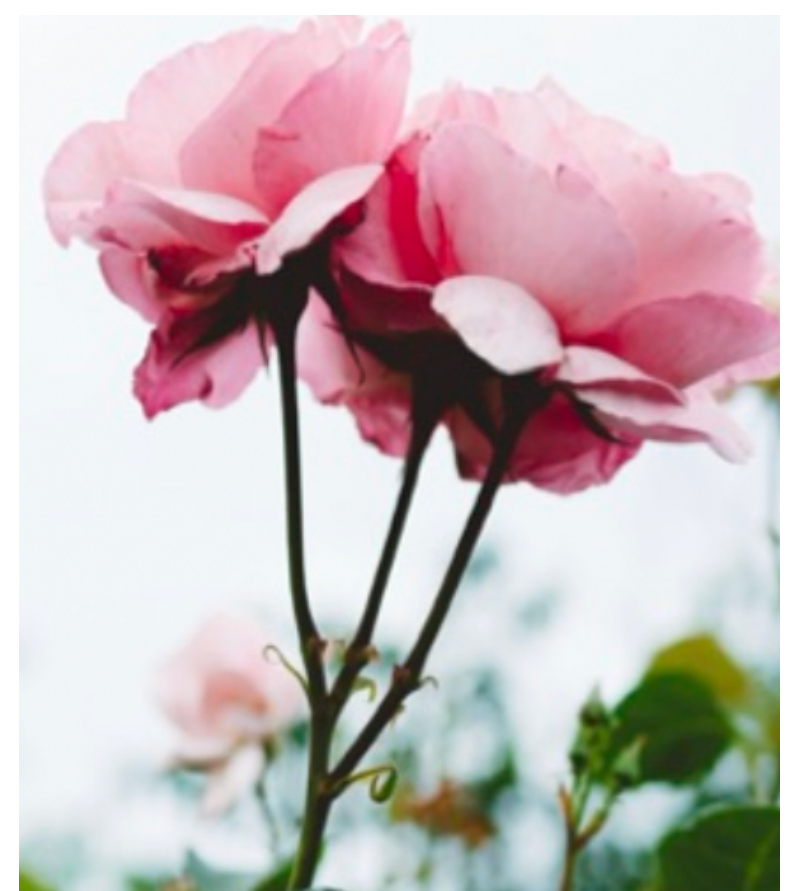
- Fever, coughs and colds
- Bloating and constipation
- Insomnia, anxiety, panic attacks and general tension
- Difficulty waking and lethargy
- Sensory processing disturbances
- Detoxification and rehabilitation
- Eczema and asthma



**Oil Dispersion Bath Therapy** is used as a complementary therapy in anthroposophic medicine to harmonize body warmth and thereby stimulate the body's own processes towards maintaining health and is useful for such things as:



- Recover from burn-out, jet-lag, fatigue and stress
- Calm the nervous system and regulate breathing rhythms
- Aid metabolism and encourage warmth distribution
- Increase the flow of lymphatic fluids
- Improve recovery alongside treatments for cancer
- Maintain circulation, elimination and vitality
- Promote deep sleep



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