

Bernal Homeopathy
Kathleen Scheible, CCH
406 Cortland Avenue
San Francisco, CA 94110
415-647-7919
bernalhomeopathy.com

2022 UNA Productions Benefits

Homeopathy is a holistic form of complementary medicine, utilizing nano-doses of natural substances to stimulate the body's own healing response. Typically only one remedy is needed at a time.

For more information visit bernalhomeopathy.com, and/or homeopathycenter.org (National Center for Homeopathy). You can also book a free 20 minute telehealth session with me to find out more.

To book an appointment with me, usually the best is to do so via my website online scheduler. You do not need to pay upfront, as you will be given a special rate. You can obtain the homeopathic remedy from me, as I typically stock them, or you can purchase the recommended remedy online or at a health food store, Whole Foods, etc.

Know that I follow HIPAA privacy laws, and do not share anything about your health with anyone.

Homeopathic Acute Care

Homeopathy can help speed healing from an injury, strain, cold, flu, or other self-limiting condition. Obviously you should seek necessary medical care when appropriate.

I offer free homeopathic acute care for UNA Productions artists and associates. I just charge for the homeopathic remedy, typically \$15.

This is a 25 minute appointment, in-person or telehealth (Zoom or phone).

Homeopathic Constitutional Care

This is working on the "terrain" of your health, where we review your health history and any areas of your physical, mental, emotional health that you'd like to experience more resilience with. Matching one remedy at a time to a whole person, over time you can typically have better health more often, becoming less susceptible to getting your chronic or intermittent symptoms (e.g. headaches, digestive disturbance, anxiety, insomnia, menstrual pain &/or PMS, allergies, eczema, asthma, etc.). Once you have improved, you typically do not need to continue the remedy. Sometimes a succession of remedies may be needed over a number of months.

This 60 minute appointment with homeopathic recommendation is offered to you for \$50 (normally \$225). In-person or telehealth (Zoom or phone).

Direct Link to my Scheduler

<https://bernalhomeopathy.setmore.com/>



Book now