

Humans beings are not  
simply sets of physical  
symptoms to be resolved.

A holistic approach to health and wellness embraces the belief that human beings are whole and comprised of body, mind, and spirit. Within that viewpoint is the understanding that whether “well” or “ill”, we are in need of wholeness on every level.

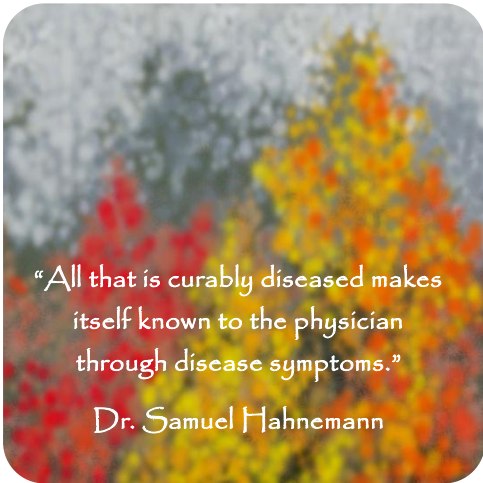
The natural world contains a vast array of medicinal substances used around the world to heal our suffering. When used appropriately they are safe and gentle, acting at deep levels to stimulate our natural ability to heal on every level.

At Second Wind Holistic Care, I use carefully selected homeopathic and vibrational medicines to help my clients achieve the most complete state of wellness possible.

It's important to recognize that sometimes extension of physical wellness, and therefore physical life, is not possible. Each of us, as human beings, are required to reconcile with the fact that we cannot and do not live forever.

In these cases, I give the utmost consideration to my client's desires for achieving a balanced state of acceptance and serenity during end-of-life and the dying process.

I offer workshops, discussion groups, and private coaching in a compassionate environment where family members and care providers can holistically explore personally-held beliefs, attitudes, and concerns about death and the dying process in order to heal and transform as they assist patients and loved ones through this profound rite of passage.



*“All that is curably diseased makes  
itself known to the physician  
through disease symptoms.”*

*Dr. Samuel Hahnemann*



## Valerie Lovelace

I am the owner and founder of Second Wind Holistic Care and a classically trained homeopath. I am a 2006 graduate of the School of Homeopathy, Devon, UK foundation course in classical homeopathy and continue to receive advanced training and professional development through on-going studies and clinical workshops.

I received formal training in Anatomy & Physiology and Pathology & Disease for holistic practitioners from the Alternative School, Devon, UK.

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