

# Alex Barnes



HOMEOPATH & WELLBEING COACH

## Homeopathy

- Energy-based medicine
- Natural & safe with no side-effects
- Stimulates the body's healing ability
- Addresses the cause
- Considers mental, emotional & physical symptoms
- Prescription bespoke to you.

## Wellbeing Coaching



- Life Coaching
- Health Coaching
- Bespoke programme
- Goal setting
- Action steps
- Accountability
- Cheerleader
- Tackle limiting beliefs
- Overcome barriers
- Habits that stick.

## Get in touch

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