

**Nutrition**

Aim for 5-6 servings of fresh vegetables (especially leafy greens) and 2 of fruit a day. Pumpkin and sunflower seeds for snacks. Fish 3 times a week. Decrease sugar and white flour foods, dairy, fried and fast foods and caffeine.

**Supplements**

A good multi mineral and multi vitamin.  
B complex to decrease sebum.  
Vitamin C to fight infection.  
Vitamin E to prevent scarring.  
Vitamin A and Zinc.  
Probiotics and Omega 3 fats (fish oils).

**Clean skin****Massage****Steam**

Use a tea tree or witch hazel wash twice a day. Gently massage the skin when drying. Apply tea tree cream/witch hazel gel after washing. Gentle steaming followed by a tea tree face pack for deep cleansing 1-2 times a week.

**Natural skin remedies**

Calendula, camomile and lavender can be added to water for washes or steam inhalations or creams. Dead Sea soap products, toothpaste, and garlic or lemon juice on spots with medicated concealer.



**Aromatherapy Oils**

Massage

Body Rub

Bathe area using distilled water with 2 drops of lavender, 2 of juniper and 2 of cajuput added. You can put tea tree direct on spots with a cotton bud to stop infection. Having a massage will help relaxation and stress release. With a loofah or dry towel can rub chest, shoulders and back to stimulate circulation

**Bach Flower Remedies**

Tissue Salts

To help with adolescent emotional problems - wild oat and walnut. Crab apple for embarrassment/shame. Gorse for feelings of hopelessness. Calcarea sulphur 4 tablets every hour for first 2 days, then 4 times a day until improvements (between 2 - 4 weeks)

Water

Exercise

Drink at least 8 glasses of water a day. Regular outdoor exercise is important.

Psychology

Change patterns of thoughts to avoid harmful, unhelpful, negative and false thoughts. Don't forget - you notice them more than other people. You are more than a skin. Stay relaxed about it.



# The Clover House Solution

331M – Ian, Aged 13



**Behaviour – Anger – Bullying – Acne –  
Sugar Addiction - Hyperactivity - School**

## The Problem

Ian was impulsive, lost his temper easily and found it hard to keep still. He had been excluded from school twice for fighting, was underachieving, didn't do his homework, was not eating his packed lunches and had trouble making friends.

## Our Solution

**Creative Imagery:** Our therapist used a variety of techniques to help Ian. A 'rewind' of two occasions when Ian was bullied, aged 4 and 7, helped him to detach any negative emotions. He was also helped to 'reframe' his disruptive behaviour at school, helping to see it in a different light. An image of a lioness was used to help him build his confidence.

**Aromatherapy:** Ian was initially unresponsive to massage; he just looked at the floor and didn't make eye contact. Our therapist persuaded him to allow Mum to give him a back massage and told him to take regular breaks when using a computer to prevent back injuries and RSI.

**Nutrition:** We persuaded the family to reduce their sugar intake and to give up sweets. Mum and Ian took away a selection of handouts to help them improve their diet and were encouraged to eat healthier snacks, such as nuts. Ian was also prescribed multi-vitamins and fish oil to improve his concentration.

## The Results

The family noticed a change straight away – Ian was happier and his spots began to clear up. One month after finishing treatment, Mum said **“Ian is getting on better in school and with other children... he has matured. Clover House gave us practical advice and moral support... Ian got a lot out of the focused attention during the three therapies, especially as his views were taken into account.**

**The Clover House Solution – Natural Healing for Children**

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