

KNOW-HOW

To Live Pharma-free and Flourish with Homeopathy

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Clinic

Constitutional Care



Do you need help with a chronic or recurring health issue?

Are you suffering mentally and emotionally?

Are you having difficulties conceiving?

If you would like Mary's help please [contact her](#).

A three month Constitutional Care Plan with Mary can help you return to health, rapidly, gently and permanently. You can either meet with Mary at her downtown office in the Santa Barbara, California or work with her over the phone.



Mary works in downtown Santa Barbara, California and long distance via Skype and phone.

Below some of Mary's clients share their experiences of working with her, both in person and long distance.

A BARRAGE OF HEALTH ISSUES

"I was looking for a homeopath to help me with my health issues, but never considered online/distance therapy. I bought a Homeopathy Basic Remedies Kit and went online to learn more about the kit. I was impressed with what people were saying about how Mary helped them quickly recover from their ailments. I have had 22 diagnosis as to what's wrong with my health. I've had two surgeries on my right

hand and was considering surgery for my left.

Before that came about, I was diagnosed with kidney tumor and had to go through so many tests. I continued to have problems and was getting so frustrated with

the barrage of health issues that I decided to call Mary for an appointment. That was the best health decision I ever made. I am hooked!

I am free from severe nagging daily headache and neck ache. I am able to sleep well now without my mind going 100 miles an hour all the time. I am no longer afraid of being touched. My urinary frequency stopped. My bleeding stopped as well. All those body aches that come and go are gone. The benefits are endless. I call this my personal miracle. Thanks to Mary. She's the best. She's very kind, patient, knowledgeable, professional, thorough."

Violeta West, FL

PROSTATE PROBLEM

"I was skeptical about trying homeopathy for my prostate problem. As you know I had three prostate operations over the last 25 years and once again my symptoms, decrease in flow and awareness of retention, were indicating that surgical intervention was inevitable and imminent. After taking your recommended remedy the symptoms disappeared. I am relieved that surgery is no longer considered and I can continue with my active lifestyle."

Pat M., USA

ENDOCRINE PROBLEMS & EXHAUSTION

"When I came to Mary for help, I was looking for relief from chronic health issues that had been plaguing me for years. Since I have taken the remedy I have seen dramatic improvements in my physical symptoms. I was struggling with endocrine issues, and exhaustion was a big issue for me. The word 'constitutional' is such an apt description for the healing that took place for me. It has felt like my life force has been ramping up, like my energy has been filling up from the roots. I really have a sense of what 'life force' means now. It's actually quite trippy to experience, and I still feel improvements every day. I expected to have improvements with my physical issues, but what has been wonderful and amazing has been the changes in my overall well-being. I've experienced deep-seated emotional and psychological issues being completely released, a sense that I've not only returned to my 'old' self, but to something so much more whole than where I've ever been. I just finished with my three-month constitutional treatment, and I am continuing to see more progress and healing everyday. I also want to say Mary's competence, compassion, and insightfulness makes her so great to work with. I am so glad our family has found such a fabulous resource for our health and well-being..."

Skye Coddington, San Luis Obispo, CA

DEPRESSION, ANXIETY, A.D.D., SINUS & DIGESTIVE COMPLAINTS

"I can't even begin to tell you how amazing my life has become only eight months after my first visit to Mary Aspinwall's office. My symptoms were depression, anxiety, attention deficit, sinus headaches, digestive problems, aches and pains. Wow, what a list! I am happy to say that with Mary's homeopathic treatment and my utilizing the resources she provided me with, all of my symptoms have become almost completely non-existent in a very short time.

At 53 years old I have never been happier, healthier or more energetic about life and what it has in store for me. I would like to thank Mary, for her gentle kindness, understanding and amazing healing abilities.

Lots of love,"

Susi, Carpinteria, CA

(P.S. Many congratulations to Susi who also managed to successfully quit smoking – something she had been wanting to do for a long time – Mary.)

GANGLION CYST

"Mary, I went to get an MRI on my hand a few days ago. Today I went in to see the doctor (to discuss the results.) He said that the cyst is gone. (YAH, HOORAY !!!!!) There is only a little fatty deposit on the spot where the cyst was which will probably go away in time. I wanted you to know and thank you for your help. Have a great new year. Mine is starting off awesome."

Christy Allcroft, Oregon

PTSD & INJURIES FROM A DOG BITE

"I want you to know I sincerely appreciate your kindness and compassion when you treated me after I was bitten by a dog. Your remedies were spot on and your written instructions were perfect. I am so very grateful."

Rachel Gately, Santa Barbara, CA

CHRONIC FATIGUE SYNDROME

"Mary Aspinwall made both my introduction to Homeopathy and my constitutional remedy, supportive and well-informed. Mary and I began working together just over four months ago, she was always accessible and introduced me to many supportive practices that I incorporated into my own healing process. Both she and the constitutional remedy she provided me, acted as a safety net on my path to healing from chronic fatigue, allowing me to rebound softly when I pushed myself too far. Now, after three years of living with chronic fatigue and the array of emotional and spiritual frustrations that accompanied it, I finally feel the worst of the chronic fatigue has cleared. I am able now to come into a place where I can positively incorporate all the lessons learned from my long-term struggle with illness and the whole healing process. Thank you Mary for your pivotal role in this!"

Margaret, California.

ANGER, DEPRESSION & MULTIPLE SCLEROSIS

"When I came to see Mary I had suffered optic neuritis that progressed into Multiple Sclerosis (MS) where I developed some numbness in

my fingers. Prior to this, I had been betrayed by family members in a business venture. I was unemployed and seeking work in the worst economy since the Great Depression. I also suffered from depression and anger.

Talking to Mary and taking the remedy allowed me to shift mentally from a feeling of anger and pent-up frustrations to a point of view that is calm and grateful for life. Mentally, I have never felt better in my life.

Physically I cleared all of the minor symptoms of the MS episode and I am working on the last two, I am sure they will pass at some point. I would absolutely recommend homeopathy. My doctors wanted me to start on a MS drug with a potential side effect of guess what...OPTIC NEURITIS!!! I thought this was ridiculous, my left eyesight was impaired and by taking the MS drugs I was risking further eye problems?!?! It made no sense, so I sought alternative solutions.

Homeopathy helped me regain joy in life and I think anyone who could be helped by homeopathy should keep an open mind and give it a try."

Thomas Perna, Maryland.

DEPRESSION

"Mary Aspinwall helped to save my life. I had fallen and fractured my left thigh and upper arm, and dislocated my left shoulder. For me, at age 88, this was considered a very serious situation. My chiropractor...suggested I talk to Mary, knowing she had helped other patients. I did so. After considerable conversation, Mary suggested I take a specific homeopathic pellet. Wonder of wonders! The next morning, the depression was gone, and did not return!"

Margaret H. Canning, Oceanside, CA

HOT FLASHES

"My hot flashes came on very suddenly. I was at the age where I was expecting them and thought it was something you just have to go through. I didn't want to take drugs and then I had heard [about Mary's](#) work. I had a session with her and lo and behold after taking the remedy I had just one more hot flash and absolutely none since.. It was simple, painless and effortless. I don't even think about hot flashes now. I am 100% satisfied and looking forward to even more improvements in my health. Now I am able to live my life without having to experience these things we are told we must endure. There is no need to suffer. Homeopathy really works."

Sandy Johnson, Monticello, MN

EMPOWERED

"In just three months all of my complaints have improved. I am 90% better. I feel much more at ease with myself. Because of our discussions, I also know when I need to repeat my remedy, so now I can manage my treatment myself, although I know Mary is always there if I need more help. It has been a really positive experience."

Jollie Carlson, Washington State

ANEURYSM

"Three years ago I suffered a ruptured aneurysm... The bleed in the brain, as a result of the rupture, was causing migraines, the most severe cluster headaches I've ever experienced. I was suffering blinding headaches, light-headedness, over sensitivity to noise and light and the most severe anger outbursts and depression... My neuro-surgeon told me to expect to live with migraines and pain forever. Mary offered me hope – I had three consults over the telephone with her. Although the first remedy she gave me helped, it was when she fine tuned her choice and gave me a second remedy that things really changed. Two weeks after her second choice remedy, it was like a switch had been turned off, no headache, no anger – in fact joy and happiness. Mentally and physically everything changed overnight. I would go as far as to say it was miraculous."

Allison O'Shea, Bantry, Ireland

ALLERGIES AND SINUSITIS

"For more than 25 years I suffered from debilitating nasal/sinus allergies that left me feeling as though I had a heavy cold 7 days a week. My GPs offered numerous prescription drugs that offered no relief and left me feeling drowsy and frustrated. This all changed after just one consultation with Mary Aspinwall. Her calm, sympathetic and professional approach put me immediately at ease and after just one treatment the change was incredible. It has now been 6 months since my consultation and I have total relief from my symptoms. I would encourage anyone to give homeopathy a try."

Alyson Thomas, Malaga, Spain

HEADACHES & VOMITING DURING PREGNANCY

"I had very bad headaches every day, sometimes lasting for 24 hours. Half the time they would make me vomit. My headaches got worse when I became pregnant. I sometimes didn't sleep for three or four nights in a row. I took painkillers, but they didn't work and anyway I was reluctant to take them while I was pregnant. I took the homeopathic remedy Mary suggested and it worked in just ten minutes. Now I have no headaches. I can brush my hair without pain. I can sleep. Recently I was in a very stressful, upsetting situation, so I took my remedy again. In half an hour I felt relaxed and the headache I thought was coming just disappeared."

Hortencia Magdaleno, California

JOINT PAIN

"It was quite apparent that after I took the homeopathic remedy Mary prescribed my regular headaches ceased. My severe knee pains also disappeared and whenever they reappeared I just repeated my remedy and they went away. The twitching in my eye stopped too. I would recommend anyone to try Homeopathy rather than taking pharmaceuticals – it really works!"

Makay Fouchi, California

NIGHT TERRORS

"My daughter had been suffering for years with night terrors – the only name we could call it as the doctors had no idea what it might be –

and I took her to see Mary, more to talk then because I expected a result. Within two weeks the panic attacks were GONE! And as long as she takes her remedy every few months they stay away. My daughter was 17 and had no expectations that she could be helped, before seeing Mary. We both now actively advocate the benefits of Homeopathic treatment.”

Grainne Hyland, Co. Cork, Ireland

TEMPORAL ARTERITIS

“My headaches were so terrible that they would stop me in my tracks. It was very painful, especially in my temples...like sharp ice picks. I couldn't think or remember anything. I was diagnosed with Temporal arteritis (inflammation and damage to blood vessels that supply the head area) and put on steroid medication, but the headaches continued. In desperation I had a homeopathic consultation with Mary. My body was so overloaded with medicines and toxins. I also used to have terrible food cravings, but now I'm eating really well and it is easy! Now I have no pain and I'm able to remember things again. I have already halved my steroid medication, with my doctor's help, and I plan to be off it very soon. At the same time my thyroid medication has been drastically reduced, because since starting homeopathy treatment my test results are great. I will be off it completely in a month. Homeopathy is so wonderful and so simple. How can one pill help so much?!”

Lynda Fjerstad, Texas

EXHAUSTION

“Originally I was a little daunted by the idea of a telephone consultation, however Mary's professional yet warm and friendly approach made it really easy and effective. The recommended treatment has had a fantastic effect on my energy levels and general well being as well as curing me of an increasingly irritating annual hay fever allergy, an added benefit that I wasn't expecting. Mary also recommended a treatment for housewives knee which was almost instantly effective and saved me the trouble of the physiotherapy course that my GP had recommended.”

Julie Page, London, England

ANXIETY AND POOR SELF ESTEEM

“I consulted Mary a couple of years ago as a last resort, having been suffering from crippling anxiety, self-doubt and various physical ailments. I say 'as a last resort' because I didn't believe that homeopathy worked. My friend dragged me in to see her, and I was too depressed to argue. To my surprise, Mary had a no-nonsense attitude. She was very supportive and encouraging, took plenty of time to listen to me and offer real and constructive advice, and what's more, the remedy she gave me worked like a dream. In fact, I have been feeling so well since then that I haven't needed to make another appointment.”

This client has asked to remain anonymous

GALLSTONE COLIC

“As a medical doctor, I was always taught (and believed) that homeopathy was ineffective and unscientific. However, personal experience changes all. Some years ago I developed abdominal pain which was severe and debilitating. I knew that this was likely to be due to gall stones but I did not want to have surgery or other invasive treatments. I went to see Mary in some pain after a week of little sleep. She asked me lots of questions which had little to do, I thought, with my presenting symptoms and gave me the little white homeopathic pills at the end of the consultation. I went home more in hope than expectation, yet within half an hour the pain was easing and after an hour it had gone, never to return. In addition, my general health improved with more energy and a more relaxed state of mind. Do I have gall stones? Probably, do I need to have surgery? Definitely not, as I am well, with no symptoms and an improved level of health. Thank you to Mary and homeopathy!”

Dr Stephen Gascoigne M.B., Ch.B., C.Ac., Dip. CHM

Mary was the editor of Stephen Gascoigne's excellent reference work:

“The Clinical Medicine Guide”

“I highly recommend Mary Aspinwall as an experienced and accomplished homeopathic practitioner.”

Jeremy Sherr, FSHom, Founder of Dynamis School of Advanced Homeopathic Studies

More [testimonials](#) here.

[Coaching](#)

Mary offers coaching if you are generally in good health and would like some help finding an acute remedy, preparing for birth or foreign travel or learning more about your kit.

[Clients share their experience of coaching with Mary.](#)

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