



## **Professional Background**

### **Homeopathic Academy Southern California**

Classical Homeopath Certificate CHom

### **Bach Centre**

Bach Flower Remedies Level I & II  
Pets & Bach Flower Remedies

### **East West School of Planetary Herbology**

East West Course in Professional Herbology

### **University of Metaphysical Sciences**

Ministerial & Practitioner Certification  
Bachelor of Divinity  
Master of Divinity, Metaphysics  
Doctor of Divinity, Spiritual Counseling

### **California State University**

Bachelor of Arts: Major in Physics  
Minor in Business Administration

### **Practitioner Training**

Usui Reiki Master  
Holy Fire Reiki Master  
Tuning Fork Therapy®

### **Memberships**

American Association of Drugless Practitioners  
American Holistic Health Association  
National Pharmacy Technician Association  
International Center for Reiki Training

## **Practitioner's Guiding Principals**

### **As Holistic Health Practitioners We Shall...**

*...conduct our practice with vigilance, integrity and freedom from prejudice.*

*...be honest in our professional activities and communications.*

*...treat all our clients with respect and dignity.*

*...never guarantee a cure by spoken word or in writing.*

*...never interfere with an allopathic diagnosis, medication or dosage choice nor interfere with the treatment program of a licensed health care provider.*

*...at appropriate times, acknowledge the usefulness of conventional forms of procedures, tests and therapies.*

*...perform within our area of competence and provide referral to other practitioners if and when appropriate.*

*...treat all clients and their personal information in strict confidence. Client information is never disclosed to anyone without client consent.*

*...exercise discretion in our advertisements.*

*...honor the history and traditions of our chosen holistic profession.*

*...continue to seek a greater understanding of the theory and practice of our profession through personal and specialized development.*

Abridged from the CHC Code of Ethics



**Barbara J. Pickett** DD, HHP, CHom  
**Certified Holistic Health Practitioner**  
**Homeopathic Practitioner**

**Call/Text 562-208-8909**

**Homeopathy**  
**Bach Flower Remedies**  
**Usui & Holy Fire Reiki**  
**Tuning Fork Therapy®**

**Guide to Services**





### What is Homeopathy?

Homeopathy is a safe, effective system of natural medicine which has been used worldwide for more than 200 years.

### How does Homeopathy Differ from Conventional Medicine?

Homeopathy is based on the principle that "like cures like." This means, if a substance causes symptoms of disease in a healthy person, then it can help a sick person suffering from similar symptoms.

Homeopathy regards symptoms as the body's healthy attempt to restore itself to balance. A homeopath will choose a remedy that supports the symptoms rather than opposing or suppressing them, as in conventional medicine.

The chosen Remedy is intended to displace the original condition, after which the body releases both the condition and the Remedy, bringing the individual back to a state of harmony and well-being. While it is not Herbalism, Homeopathy uses Remedies prepared from well-diluted stock solutions akin to herbal tinctures.



### What are Bach Flower Remedies?

Bach Flower Remedies are a natural form of homeopathic medicine. They were developed by Dr. Edward Bach during the 1930's as the result of his research to provide effective, readily available remedies which promote the body's natural healing abilities.

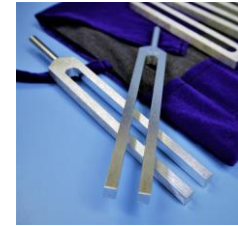
Dr. Bach, through his research discovered 38 flowers which cover negative states of mind from which we may all suffer. These 38 remedies comprise a complete system and each plant was specifically chosen for its ability to treat the mind.



### What is Reiki?

The word Reiki is made of two Japanese words: Rei which means "Universal Wisdom" or "Spiritual Wisdom" and Ki which is "Life force energy". Reiki Energy is administered by gentle touch or with hands slightly above the body. Reiki Energy assists the body's natural healing ability promoting Harmony between the Mind, Body and Spirit.

Reiki may help you to cope with Pain Management, deal effectively with Crisis and Stress and improve your Over-all Vitality.



### What is Tuning Fork Therapy®?

Tuning Fork Therapy® uses sound vibrations to clear blockages that may be impeding the body's natural flow of energy. The forks work in a manner similar to acupuncture but without the use of needles. They are non-intrusive and there is no touching or manipulation involved. The sounds flow through your body, the cells pulsate, resonate and interact with the vibrations, awakening their life energy, returning you to a state of harmony.



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