

What is Holistic Health/naturopathy?

- Considers the person not the condition
- Looks at imbalance rather than 'disease'
- Combats the conditions which allow these issues to arise e.g raising your immunity to prevent disease
- Supports your body to heal itself rather than attacking 'the invader'
- Learns to look after your body rather than giving that over to 'experts'
- Empowers rather than depersonalises

If, like me, you've been through the current medical system and wondered why you still don't feel better then it could be the answer.

This is based on natural medicine (naturopathy) which respects the body as a self-healing mechanism if given the right materials and messages. Too many of us put up with poor health without understanding that whatever label you've been given for it the answers lie within you. By taking charge of your nutrition, your self-care (exercise, good-quality sleep, etc) and your mind (restructuring your thoughts and healing past traumas) most chronic conditions can be substantially improved or removed. I start with an assessment of where you are in life, what issues you have and then I provide an individualised programme of treatment which may use any/some of the following;

Massage – a wonderful way to reconnect with your body and give it incredible relaxation and stress and pain relief. This is one of the best ways to begin to heal by giving yourself the gift of touch.

Nutritional medicine – helps to support your healing by undoing years of depletion. I use both food and supplementation where necessary. I am a particular fan of juicing for revitalising yourself at a cellular level. See my leaflet on *optimum nutrition* for more information. I may also suggest detoxification processes – see my leaflet on *detoxification*.

EFT/Hypnotherapy – this takes on the power of the mind to help support the other treatments. All of us have inadvertently downloaded our understanding of the world from the time when we were children. Most of us have never re-evaluated the beliefs we carry from this time. EFT (Emotional Freedom Technique) is a way of dealing with phobias, cravings and minor emotional issues and is a wonderful skill that you can learn yourself for self-care. Hypnotherapy is a profound clearing out of the mind of all the detritus that you've allowed to build up from erroneous beliefs and emotional experiences. It is based on entering a relaxed state and allowing your subconscious to make changes in collaboration with the hypnotherapist.

If you're intrigued, if you somehow know you're not living life to the full in great health and want to find out how you might improve then go ahead and book a consultation (free 20 min phone consultation with hypnotherapy). You have nothing to lose and everything to gain.

Issues I deal with:

- Stress, anxiety, depression
- Weight loss/maintenance
- Self-esteem issues
- Fatigue, CFS
- Hormonal problems
- Cravings
- Phobias
- Allergies
- Auto-immune conditions