



## **DISCLAIMERS**

I am not a medical professional. Information on this website and any given to you in our session/s is not a substitute for medical advice, diagnosis or treatment. I will be looking at your diet and lifestyle then giving guidance and ideas to improve your health naturally. The therapies I offer can work alongside medical treatment. They are not a substitute for any medical treatment already being received. Natural therapies can help stimulate your own body's natural healing ability. I truly believe in the information that I share and follow the same guidelines myself. I always suggest that clients seek advice from their GP and/ or any other qualified healthcare provider before undertaking a new health regime.

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