

Complementary Healthcare

Aroma HealthCare also offers a range of powerful natural therapies for men and women, aimed at detoxifying the body thereby improving the immune system, restoring good health and promoting well being. These include:

- ◆ A pathogen cleanse programme – to help rid the body of parasites, accumulations of chemicals and harmful bacteria.

- ◆ A liver cleanse programme based on a North American Indian recipe – to flush the liver of toxins, parasites and cholesterol that left untreated could form gallstones and other complications.

Lung, bowel and kidney cleanses available.

- ◆ Food Intolerance Testing ~a unique service where analysis of a person's blood can be used to identify food intolerances. Also available are heart and allergy tests.

Workshops and short courses available on request.

Home visits for all treatments also available

Contact Miriam for further details
Find out more or book online at:
www.aromahealthcare.net

Miriam Drugan trained at the Belfast Institute of Further & Higher Education where she was awarded Diplomas in Aromatherapy Massage and Swedish Massage recognised by the International Institute of Health and Holistic Therapies.

Miriam later gained a Diploma in Nutrition, accredited by VTCT. She is also a qualified practitioner in Indian Head Massage and Reiki. And trained to perform Ear Candling. Miriam is a member of the Federation of Holistic Therapists and is bound by a strict code of ethics. You can be assured and confident that you will be in the hands of a highly competent professional during your consultation.. Miriam teaches a variety of workshops and short courses in the field of health and self development and is a Member of the Institute for learning.

For further details visit

www.aromahealthcare.net

Miriam Drugan MIGHT, FHT

25 Priory Close, Hethersett

Norwich NR9 3HZ

Tel: 01603 811486

Mobile: 07881 945114



Nutrition Therapy

*Giving You the Best
Naturally*

Nutrition Therapy

Many people assume that the modern diet is perfectly adequate and that we can get all of the necessary vitamins from our food. Research shows that due to intensive farming and the use of artificial chemicals and pesticides our food is not as nutrient enriched as it once was and that many of us are suffering deficiencies of nutrients such as vital vitamins and minerals. This can lead to us feeling generally unwell and in the long term, may contribute to serious illness.

What is Nutrition therapy?

Nutrition is the science that examines the link between an individual diet and their levels of health. Nutrition therapy combines food and supplements to encourage the body's natural detoxification process, rebalances any vitamin / mineral deficiencies and restores healthy digestion.

Nutrition therapy analyses the elements of a diet that may be missing and devises a special diet to rebalance the deficiencies.

Nutrition therapy can help

- ◆ Allergies
- ◆ Anxiety
- ◆ Arthritis
- ◆ Blood sugar problems
- ◆ Candida
- ◆ Digestive problems
- ◆ IBS
- ◆ Insomnia
- ◆ Infertility
- ◆ Menopause
- ◆ Migraines
- ◆ ME
- ◆ PMS
- ◆ Skin problems
- ◆ Sinus
- ◆ And many more

Nutrition Consultation

Before the consultation you will be sent a Personal Nutrition Questionnaire which should be completed as fully and honestly as possible.

You will also be asked to complete a typical 3 day food diary. During the first consultation these will be discussed in detail.

Advice will be given on any necessary changes to be made and supplements to be taken.

At Aroma Healthcare we offer an holistic approach to health and advice on stress management and exercise is available.

Cost: £30 for 1 hour

*Your Health is your
Greatest Asset*