## Tackling the menopause naturally

**CHESHIRE Natural Health has** created a special Treatment Plan to help support women through this often difficult

The Clinic wants all women to become more aware of the impact of the menopause and to take steps to

boost their energy.

Tracey Turton (pictured), Clinic
Director at Cheshire Natural Health, "The menopause is a natura says: The menopause is a maioria, part of every woman's life and should be prepared for, not dreaded.

"Sadly many women do

many women do terrible menopausal experience symptoms that can be extremely debilitating. We want to show women they are not alone and that there is a natural way through this difficult time.

Hormone imbalances can have a huge impact on a woman's life and many are disinclined to undergo hormone replacement therapy (HRT), preferring a more natural approach." Hot flushes and night sweats are

two well-known and common physical symptoms of this temporary normonal imbalance. Periods may become irregular, heavier or lighter

before they stop entirely.

The 'Menopause Naturally' treatment plan starts with a free confidential consultation with Tracey to discuss symptoms, wellbeing and lifestyle. A programme is then designed for the client using a



combination complementary therapies Bowen Acupuncture; Treatment: Homoeopathy; Hypnotherapy Herbalism: Medical Nutritional Therapy; Relationship therapy;

Reflexology.

Each client on the Menopause Naturally treatment plan is an individual and therefore each treatment will be individual. Most women seeking treatment for unpleasant menopausal symptoms will find that their symptoms are greatly alleviated by our natural therapies.

information more www.menopausenaturally.co.uk or call Cheshire Natural Health at Stretton on 01925 730123



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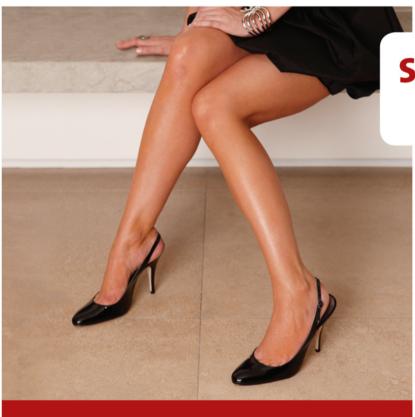
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## At our Free Party Legs Information Evening

our expert Consultant Surgeons will explain how we can help you to get pretty legs for the party season.

step into

the party season

## Free Laser Varicose Vein Information Evening

## Tuesday 6 October 7pm

At our information evening you can find out about EVLT – endovenous laser therapy – a quick, minimally invasive procedure, which closes the varicose vein with no scarring and which takes less than an hour.

To book your free place, or for further information, call

01925 215 029 or email

cservice-ch@spirehealthcare.com www.spirehealthcare.com/cheshire



Spire

Cheshire Hospital

Fir Tree Close, Stretton, Warrington, Cheshire, WA4 4LU