

Tackling the menopause naturally

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

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, says: "The menopause is a natural part of every woman's life and should be prepared for, not dreaded."

"Sadly many women do experience terrible menopausal 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 hormonal 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 of the following complementary therapies: Acupuncture; Bowen Treatment; Homoeopathy; Hypnotherapy; Medical Herbalism; 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.

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

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

01925 215 029 or email

cservice-ch@spirehealthcare.com
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Fir Tree Close, Stretton, Warrington, Cheshire, WA4 4LU

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.