

## The Consultation



-An in-depth case history is taken which covers all your main presenting complaints as well as a systemic top to toe review of the all the main bodily systems

-Diet, lifestyle and current supplement review

-Iris, tongue and pulse analysis, blood pressure check as necessary

-Food intolerance testing to highlight food and drink triggers that may be hindering your health

## THE TREATMENTS

Initial Consultation	90 min	£75
Follow-Up Consultations	60 min	£50
Herbal Medicines*	From £ 12 a week	
Food Intolerance testing from £199/100 foods tested*		

\*Payment for herbal prescriptions and food intolerance testing to be made directly to Rachel

## PACKAGES

Initial Consultation (1 x 90mins) plus 2 follow-up consultations (2 x 60mins)	£155 Saves £20
Block of three follow up consultations (60min x 3)	£135 Saves £15

*Cancellation policy: 24hr notice or the full amount will be charged. Please contact Rachel directly to cancel / re-arrange any appointments made. Payments to be made at Lanes Reception.*



# Herbal Medicine & Naturopathy

with Rachel Boon BSc (Hons) Dip Herb, Dip Nat



**For further information or to book a 15 minutes complimentary telephone consultation please call**

**07807 695576**

**[info@harmonyherbs.co.uk](mailto:info@harmonyherbs.co.uk)**

## Meet the Therapist

Rachel has been in practice as a community medical herbalist and naturopath since 2005 where she relishes her role in helping others to help themselves, through optimising their diet and lifestyle whilst supporting them with plant-based remedies, such as tinctures, teas, powders and oils.

Rachel trained at the prestigious College of Naturopathic Medicine, London and enjoys working both in clinics and the local community as well as on detox retreats in the UK and abroad.

Rachel treats people from all walks of life with many varied, chronic and acute health conditions.

She most regularly and successfully treats:

- ⤴ Women's problems: Menopausal complaints, endometriosis, painful/heavy or absent periods, PMS, PCOS and fertility concerns
- ⤴ Digestive disorders: bloating, IBS, constipation/diarrhoea, colitis, heartburn, reflux
- ⤴ Skin and joint conditions: acne (vulgaris and roseacea), eczema, psoriasis, arthritis
- ⤴ Immune imbalances: cold sores, impetigo, allergies/intolerances, hayfever, ME/CFS
- ⤴ Mental and emotional imbalances: Anxiety, depression, bipolar, insomnia
- ⤴ Respiratory complaints: asthma, recurrent bronchitis, wheezing, sinusitis, excess phlegm

Almost EVERYONE can benefit from seeing a Naturopath and Herbalist. We all have room for improvement in our diet and everyone has imbalances that can be corrected through nature's generous bounty of medicinal plants.

## Naturopathy

Naturopathy is an eclectic system of healthcare, which encourages the body's own natural self-healing mechanisms using a combination of nutrition, fasting, exercise, sunshine, water, fresh-air and rest. Naturopaths frequently have a special interest and Rachel's is herbal medicine, detoxification and plant-based nutrition. All consultations with her will benefit from this combined approach.

Naturopathic principles:

- Treat the individual as opposed to the disease label
- Treat the underlying cause of the body and / or mind imbalance as well as the symptoms
- Recognise that every person is unique and will respond in their own way, in their own time
- Remove any dietary/emotional blockages to healing whilst providing the body with the raw materials it needs heal effectively. Prevention is better than cure so Naturopaths seek sustainable, long-term solutions for lasting good health



## Herbal Medicine

Rachel trained as a Western Herbalist but also draws from Ayurvedic and Traditional Chinese Medicine principles, dispensing herbs from all three modalities. Rachel's strength is in using the consultation to build a picture about the individual's current state of health and their constitutional strengths and weaknesses. She then turns this wealth of information into an individually tailored treatment plan. This is bespoke medicine at it's best and no two patients ever get the same naturopathic advice or herbal treatment.