

By day I am a hairstylist; by evening a loving busy mother of four. By the summer of 2006, my health had deteriorated to the point where I could not breathe freely within my working environment and at home, I would be out of breath climbing one flight of stairs with my youngest child.

After my last child was born, I struggled with high blood pressure. Four prescriptions daily and monthly visits to my doctor were not helping. Along with the high blood pressure, I was medically diagnosed with Irritable Bowel Syndrome, Asthma, Perimenopausal Symptoms and Bladder Infections. The doctor did not have a prescription for the tightness in my chest and throat nor my constant fatigue.

One evening while reading my local Renfrew paper, I came upon a health article written by Susan Veale a Natural Health Practitioner at Wellness Natural Health Centre. Interested in her article, the next day I called her office; explained some of my conditions; listened to what she had to say about chemical toxicity and made an appointment.

At Susan's clinic, she explained through a series of tests, how various organs in my body were over loaded with chemical toxicity and the chemicals were playing havoc with my body's natural rhythm.

To cleanse and heal myself, I started by removing all the cleaning products in my home that contained petro chemicals and replaced them with natural cleaning products Susan recommended. I also began under Susan's guidance, taking nutritional supplementation specific to my body's needs. Weekly, in her clinic, we used homeopathy and organ detoxifying treatments. At the same time, I received something special; something Susan recognized I was missing. She gave me help with emotional issues, issues that were causing stress in my life. This help came from a special place to my special place.

At work, I began telling my clients of the positive changes in my health and life and I was amazed to learn that many other women are chemically affected as they could identify with the same symptoms I had experienced. Now, at work, I use as many chemical free products as possible as it is not only better for me but also for my clients.

Having been under Susan's guidance for six months, I am proud to say my blood pressure is normal; I no longer use blood pressure medication or puffers for my breathing; my other symptoms and infections have disappeared; tests show my minerals are normal; the heavy metals are gone and I am feeling good about myself. I now have the energy to enjoy my family.

Before meeting Susan, I remember asking my family doctor if herbal remedies or something natural could help solve my problems. His response was, "Herbs are for spicing up your food".

How wrong he was.

D. R.

Renfrew ON