

How many of us put up with health problems that stop us living life to the full? Society's attitude to chronic conditions, and to the ageing process, sends the unspoken message that we should just accept illness and pain as part of life.

ANGHARAD EVANS



Angharad Evans has heard it all before. Twelve years ago, her busy life as a departmental head in a secondary school changed when she became very ill. She was diagnosed with Mixed Connective Tissue Disorder, a potentially fatal illness where your immune system attacks your own body. Medication helped, but the side-effects were brutal. After months of dragging herself into work, using all her free time to rest, she “hit the wall” and took a year off to travel.

“I just knew there must be another way,” she tells Cardiff Life/Vale Life. Once she got home, she visited a holistic therapist, whose tests revealed that her body was infected by parasites including Lyme disease and toxoplasmosis. Scary stuff – but Angharad learned that her health problems could be cured through diet and lifestyle changes.

“I walked into that treatment room with what I feared was an incurable disease, and I walked out knowing I could get better.”

Although a full recovery took years, it started with that moment. She was inspired by the experience to quit her high-flying job and retrain as an allergy therapist and nutritional therapist. The philosophy that drives Angharad is that many of the health problems we write off as incurable can be helped if you take the time to investigate the cause. Her first session with a new client lasts two hours, so she can explore their medical history and lifestyle in depth before testing for pathogens. “It’s like peeling an onion – you identify what’s causing a symptom, but then you need to investigate the cause itself.” For example, a runny nose might be caused by an allergy, but rather than recommending antihistamines, Angharad would explore why the allergy developed.

You leave with a “prescription” of significant dietary and lifestyle changes. “It’s not a quick fix. You’ve got to be prepared to make long-term changes to the way you live.”

The hard work pays off. Angharad’s website (angharadevans.cymru)

shares glowing testimonials from people who’ve found the treatment life-changing. She helps people with all sorts of long-term conditions: IBS, gallstones, eczema, chronic fatigue syndrome, arthritis, psoriasis, allergies, Fibromyalgia, unexplained aches and pains, a many more

The idea that most health issues can be fixed through diet and lifestyle is pretty radical – but the results speak for themselves. Angharad’s challenge is: once you realise you have more control over your health than you think, are you ready to get better?

“I couldn’t accept being ill forever... I just knew there must be another way.”



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