

AN ALTERNATIVE APPROACH



Influencer
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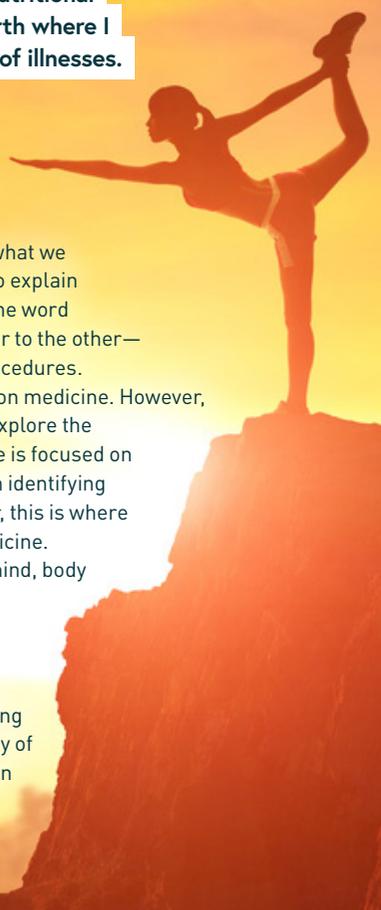
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Being diagnosed with Mixed Connective Tissue Disorder led me to discover the Hilary Newman Clinic, where I embraced the power of natural remedies. Within months, I no longer needed medication to manage my illness. I was inspired by this treatment and re-trained as an Allergy and Nutritional Therapist. I now have a clinic in the heart of Penarth where I offer bespoke treatment to patients for a variety of illnesses.

What makes alternative medicine different to what we know as Western medicine? Here I attempt to explain the difference with examples—and I stress the word difference, since not one approach is inferior nor superior to the other—especially when considering emergency and surgery procedures.

When I fell ill, I was dependent on a raft of prescription medicine. However, after years, diligently taking this medication, I began to explore the alternatives available. The western approach to medicine is focused on compartmentalising the patient's body and disease when identifying the issue, location and providing a prescription. However, this is where the difference lies between western and alternative medicine.

Alternative medicine centres on the whole person: mind, body and spirit, and the balance that flows between each. This concept has its origins in the founder of Greek medicine, Hippocrates. He coined the term *physic*, whereby, for an individual to maintain health and prevent ill-health, they need a clear understanding of the whole person, by looking at a variety of factors including their diet, exercise, quality of sleep, the impact of their environment, their detoxification abilities and an understanding that any disturbances to an organ would impact the whole body at some level.



Here are two extremely popular alternative approaches to western medicine:

AYURVEDA

Ayurveda is a 5000 year old way of life, and if you have travelled throughout India you will have seen numerous practitioners. Balance is key, according to Ayurveda practices. They believe that if there is imbalance and disharmony in any part of your life then it can cause imbalances in your micro-biome, your internal environment. Following this principle, Ayurveda looks to promote health, prevent ill-health and reverse disease through lifestyle, diet, yoga, breathing, meditation and herbs. It is a personalised and holistic approach to health.

CHINESE MEDICINE

Chinese Medicine doesn't separate the body and mind, it treats the person as a whole person. It believes that illness is due to Yin and Yang being out of balance. Yin and Yang are polar opposites, yet are interdependent and transforming. If one is weak, the other is strong, they balance each other and transform into each other. For example, if you feel hotter in temperature, or over-active - then it is likely you have become more Yang and are not held in check by Yin. Balance needs to then be re-established: diet, herbal remedies, acupuncture, massage therapy, tai chi, Feng Shui, Qi Gong (breathing/movement exercises) are the options a practitioner can use.

These are just two examples of alternative medicines. My journey back to health took me on a journey whereby I tried different approaches, until I found that one that suited me. Maybe it's time for you to try a different approach, one that best suits your body as a whole.



Allergies, Parasites & Nutritional Therapy
Angharad Evans
Allergedd, Parasitiaid & Therapi Maeth

I am a fully qualified therapist based in the heart of Penarth where I offer treatment in a professional, friendly and private environment.

I offer a natural solution to various conditions to promote long term health, including IBS, CFS, PMT/menopause, anxiety, intolerances, diabetes, aches and pains, fibromyalgia, endometriosis, weight loss, migraines and many more.

Contact me to discuss your needs.

Cynigaf wasanaeth gwbl ddwyieithog. Cysylltwch â fi er mwyn trafod eich anghenion.

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