

There's really no better way of promoting a business or service than by word-of-mouth. Jayne Davies, 67 of Saron, Ammanford is more than happy to recommend Natural Therapist Angharad Evans of Penarth, after she helped her with her eczema which had plagued her since the age of three months old.

ANGHARAD EVANS



Why did you see the services of a Natural Therapist?

I was looking for a Natural Therapist because conventional medicine was not working for me.

How did you hear about Angharad?

Two people that I know well recommended Angharad and, when I realized that I knew her, I got in contact. It was important to me that I knew of her and that she had been recommended but I had no idea how her therapy worked at that stage.

I was desperate by now and as I had known Angharad since she was a child and knew her background I felt I had nothing to lose.

What was the problem you were seeking help for?

My issue is eczema, which first showed its symptoms when I was three months old. I believe I will always have it but hopefully now I will be able to keep it under control. During my lifetime it has appeared on most parts of my body from time to time but over the last three years it has come out all over my face, neck, chest and hands and it didn't matter how often I used the steroid cream and moisturizer given to me by my GP, it never cleared.

How many sessions did you have with Angharad?

I have had eight sessions between February and July of this year and I feel that my problem has been resolved, but I am not so naive as to think that it will not come back if I don't keep to the diet and not go back to see her around three or four times a year for check-ups.

How has this issue affected your life?

My skin was sore and itchy. It kept me awake at night. I was agitated and uncomfortable. At times I got quite depressed and irritable. I was embarrassed by my looks.

How are you now after working with Angharad?

I am back to myself again. The skin on my face is clear, which is very important to me, and there is no eczema on my body at all for the first time in years. I am realistic enough to realize that this might not always be the case but at least now there is something I can do if I get a flare up.

I have also benefited in other ways from the treatment. I sleep better. I don't have hot flushes anymore and I have more energy, plus I have lost weight and I don't have food cravings.

Was the treatment worth the money?

The treatment isn't cheap but it has worked and so I feel it has been well worth the money.

Did you enjoy working with Angharad?

Very much so. She has taken time to explain to me how the treatment works and, although it is not a conventional treatment, I completely understand how it works now. I have had to work hard with Angharad and the first few weeks were difficult because I had to change the way that I eat. I had to cut a lot of foods from my diet, but the funny thing is, I don't miss them at all. I am more than happy to recommend Angharad and her naturopathy to others and have already done so.

“I am committed to providing a personalised, holistic treatment.”



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 AngharadsNaturalTherapy