

Have you been trying the same approach, on several occasions and the result remain the same? Are you tired of feeling how you're feeling and want to make the change? Do you want to identify the cause of your symptoms? Then Angharad Evans, Natural Therapy treatment may be the answer you've been looking for.

ANGHARAD EVANS

AIDING YOU BACK TO HEALTH WITH NATURAL THERAPIES



Who are you and what do you do?

I am a fully qualified allergy and nutritional therapist for over two years. My goal is to provide personalised allergy and nutritional therapies to aid the body back to health.

How do you achieve this?

This involves non-invasive assessment and an evaluation of environmental contaminants that may cause/exacerbate a physical illness. I then provide comprehensive treatment to enable my patients to lead a healthy life, without needing to rely or reduce the need for traditional medication.

Where are you based?

My surgery is based in the heart of Penarth where I offer treatment in a professional, friendly and private environment.

What conditions do you treat?

I have experience of treating a variety of physical conditions through non-invasive investigations and pragmatic allergy and nutritional therapies. The list of conditions are included on my 'Conditions' webpage, however, this is not a comprehensive list and I welcome any potential patients with concerns to contact me to discuss their condition further.

There is no obligation to make a booking by contacting me, I would encourage any potential patients to discuss their needs with me and we can agree next steps. If I feel my treatment would not be suitable for your condition I can recommend alternatives.

What does the treatment entail?

The treatment will involve an initial two hour consultation which is held in my private surgery. This consultation will entail a non-invasive physical assessment, a discussion about your symptoms and an evaluation of the personal and household products that you use.

This will enable me to accurately diagnose your condition and formulate a treatment plan that is tailored towards your needs and takes into account environmental factors.

The medical profession focuses on symptoms, this typically ignores the cause of a condition which can be exacerbated or caused by toxins from our life style and habits. I believe in adopting a holistic approach to healing - by assessing my patients and identifying the toxins which are affecting them.

I offer a natural solution to their condition to promote long term health.

What are your qualifications?

I studied Allergy Therapy at Prestberries Holistic Centre, Ledbury, Gloucestershire where I achieved an Allergy Therapy Diploma (distinction). I also have a Diploma in Nutritional Therapy with Alternative Training in Stroud.

Is the treatment suitable for children and babies?

Yes, my patients have included babies, toddlers, children and teenagers - and I have successfully treated their conditions. Like adults, many physical conditions can be attributed to toxins, especially as minors are more susceptible to the negative effect of these factors.

With over 20 years as a classroom teacher, I can engage with children of all ages to diagnose and develop an effective treatment schedule. Please see my review page for testimonials.

"I am committed to providing a personalised, holistic treatment."

How does the process work?

My personalised treatment involves active collaboration between me and my patients. I will provide you with clear and straightforward instructions, but you will need to show commitment and determination. I will support you throughout your treatment, but you need to be dedicated to changing your habits (diet, lifestyle, behaviour) in order to restore your body back to health.

Whilst we may live in an era of immediate results, our body does not work like this. My treatment will take time and effort. If you're prepared to make changes, then this therapy is right for you. If you're not prepared and want to take a pill and carry on doing what you're doing, then no this therapy is not for you.

My treatment is a lifestyle change that will restore you back to health, not a quick fix that will not address the cause of your symptoms.

Does allergy and nutritional therapy actually work?

Put simply, yes it does! There is extensive research that has shown the effectiveness of allergy and nutritional therapies in treating an array of common physical symptoms.

However, this treatment entails patients taking responsibility for their health by making changes to their habits, you cannot simply take a passive approach. For allergy and nutritional therapy to work, patients need to show commitment and determination. My patients need to take on my advice and encouragement and commit to the changes if they are to see positive results.

If you're willing to take action, I am here to coach and guide you through to health.

How much will the treatment cost?

In order for me to make an accurate diagnosis and create a tailored package of treatment I recommend my patients make 3 initial appointments, with a fortnight between each session in order for my patients to allow my treatment to take effect. Further treatment costs will be discussed on a case by case basis.

I am committed to providing a personalised, holistic treatment for my patients to recover in the quickest time possible.

Visit my website for further information angharadevans.cymru

How do I make an appointment or discuss my needs?

If my treatments are of interest to you or if you would like additional information, simply contact me by e-mail evansangharad@icloud.com or call me 07739 210291

I can treat a variety of physical conditions through bespoke natural treatments.

- Irritable Bowel Syndrome (IBS), bloating & digestive issues
- Gall Stones
- Arthritis, Gout & Raynauds Syndrome
- Thyroid issues
- Chronic Fatigue Syndrome (CFS) & Fibromyalgia
- Endometriosis & Premenstrual Syndrome (PMS)
- Eczema
- Wheat intolerance
- Lactose intolerance
- Anxiety
- Diabetes
- Generally unwell

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