

# Home

*“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”*

*– World Health Organization*

## **Your naturopath**

I am a fully qualified Naturopath, Nutritionist and Herbal Therapist dedicated to educating and empowering people to reach their health goals and improving their quality of life. I help tired, stressed out and frustrated people gain clarity on the changes they need to make to gain optimal vitality.