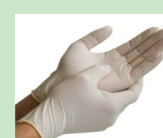
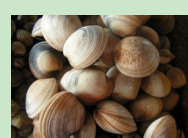
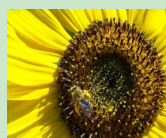
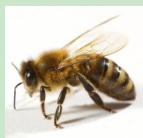


Sick of Allergy?



Do you suffer from persistent sniffles, itchy skin, headaches and blocked nose?

Are you fed up of taking medicines for allergies and worry about their long-term effects?

Then come and hear our resident healthcare practitioners talk about some natural approaches to managing the common symptoms of allergy.



Martina Cowen, our expert nutritionist will focus on some of the common culprits in food which may trigger allergy and what to avoid. She will also examine ways to rid the system of toxins which may be harbouring in the body and triggering persistent allergy. Come and sample some delicious vegan and gluten-free food items with free recipes.

M: 07815 311 319 **E:** martinacowen@gmail.com

W: www.martinacowen.com

Yaso Shan, our medical herbalist will focus on how the body reacts to allergy with common culprits identified. She will also discuss the most effective herbal remedies for two of the most common allergies she sees at Vinings: eczema and hayfever. She will also provide free samples of her popular herbal eczema cream.

M: 07817 420118 **E:** info@yaso-shan.co.uk

W: www.yaso-shan.co.uk



Join us at 6.30pm on Tuesday 6th June 2017

Vinings Natural Health Centre, 1 Clover Court, Church Road, Haywards Heath, RH16 3UF

