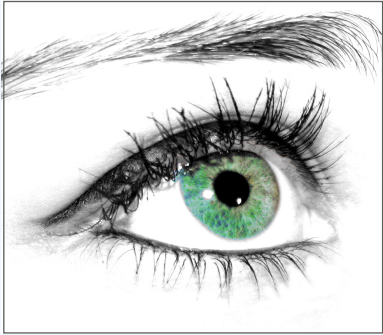


What is Iridology?

Iridology is an ancient diagnostic technique through analysis of the iris of the eye.

It is a painless, non-invasive and astonishingly accurate method of health analysis, revealing the condition of each and every organ in the body. Hereditary weakness, toxic load, internal repairs, digestive state, cholesterol, inflammation and so much more.



Iridology is a valuable diagnostic tool used to help analyse and assess patients' overall state of health. The results, along with a standard consultation, will then be evaluated and a naturopathic course of action will be advised.

Iridology can also be used to identify weak areas of the body, often before the patient realises that there is a problem. This allows the patient time to strengthen these areas and prevent the organ concerned becoming overburdened, and ultimately, preventing degenerative disease.

I use Iridology as a diagnostic tool for some patients. There is no extra charge for this.

'The true healing art is one in which we teach the patient to change his living habits to conform to natural laws so that instead of having to rebuild a sick body, he can prevent disease in the first place' – Bernard Jenson, The Science and Practice of Iridology

Your Next Step

'A thousand mile journey begins with the first step' – Lao Tse

If you are interested in a personal consultation, or would like to arrange a workshop, please do not hesitate to contact me. I am happy to see clients in their homes or The Exeter Natural Health Clinic (www.enhc.org).

Workshops

I offer workshops for a wide range of health problems from digestive health right through to fertility.

I am also offering less intense, friendly workshops covering healthy eating, healthy lifestyle and even making your own natural skincare. Cookery workshops can be in your home on a one to one basis or with a group of friends.

If you are interested in these, please email me - details below.

mail@sarahflower.co.uk

07545 287 816

Get £15 off your first consultation when you bring this Leaflet.

Existing ENHC clients will also receive 10% discount on any future consultations.

The £15 discount can only be used once per client.

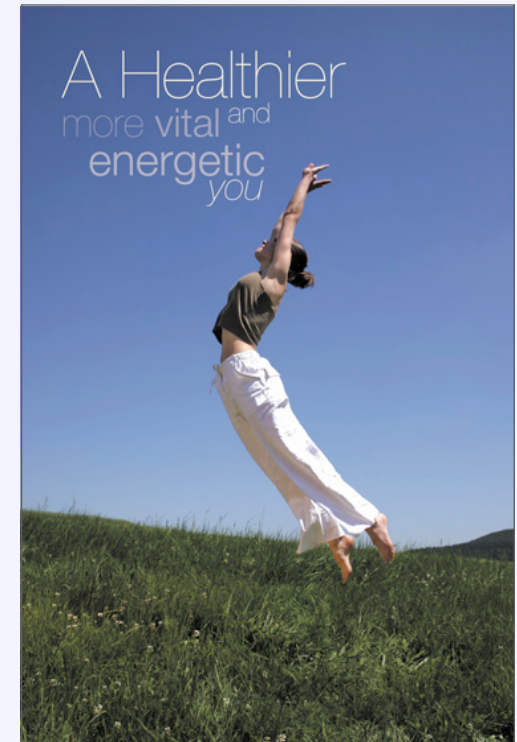
10% discount only applies to ENHC clients who have seen a fellow practitioner or attended a workshop in the centre within the last 3 months.

SARAH FLOWER

D N. DN Med D Iridol

Nutritionist, Iridologist and Author

www.sarahflower.co.uk



TIME FOR CHANGE

Sarah Flower is a Nutritionist, Iridologist, Author and Journalist. Sarah is author of *Live Well, Spend less; Eat Well, Spend Less; Slow Cook, Fast Food; The Everyday Halogen Oven Cookbook; Perfect Baking; Halogen for Two; The Everyday Halogen Family Cookbook and Sarah Flowers Healthy Eating Cookbook.*

WHAT IS NATURAL MEDICINE?

Naturopathic medicine repairs the whole body, and recognises the vital importance of mental and spiritual factors in disease. It avoids the use of toxic drugs and other invasive techniques, which are designed to remove or suppress symptoms without attacking the basic causes of the disease and repairing the failure of the defence systems in the body.

The nutritional approach is an essential part of the naturopathic medical philosophy, which forms the basis of all nutritional therapies. I also use Iridology (diagnosing weak areas and ill-health in the body by studying the iris of the eye).

'All cure starts from within out, from the head down, and in the reverse order as the symptoms appeared.'

WE ARE WHAT WE EAT...

Biomedical research has demonstrated that degenerative disease starts through toxic damage to individual cells in the body, and if not halted by a healthy immune system, undermines the vital systems in the body on which life depends.

The damaging toxins come from many sources – diet, allopathic drugs, agrochemicals, car and aeroplane exhausts, nuclear emissions, and industrial pollution. Our immune systems are weakened by lack of essential nutrients and the stresses of life today. The most important of these factors, and one which we can do something about, is our food.

'There is but one remedy for disease, namely, remove the causes that are impairing health' – Dr Herbert M. Shelton



WHAT CAN DIET CHANGE DO FOR ME?

In today's world, particularly that of the western culture, the average diet is highly processed and full of chemicals. The incidence of general ill health is rising, including a very high incidence of Cancer, heart disease, diabetes, obesity and many allergy related health problems.

A change in the way you think about food and lifestyle will bring you huge benefits. More energy, a thinner, fitter body and above all, a healthy body.

WEIGHT ISSUES

Many people promote slimming diets, but fail to make the connection to being slim and being healthy, and sadly most of these diets are very poor in overall nutritional benefits, especially long-term. I work hard to help you achieve a healthy, long-term solution to your weight issues, which in turn will also address any underlying health problems you may be experiencing.

ALLERGIES

You may be suffering from food intolerance or allergy. I can provide nutritional support, encouragement and cookery advice.

I CAN'T COOK

I have spent many years teaching families and children how to cook. I am keen to show everyone that healthy food is not only kinder on your body but also your purse strings. It really does not have to be hard work or expensive. I am happy to teach clients on a one to one basis or in groups. Why not invite family or friends to your home for a cookery course, enjoying the results for a social dinner? I can also provide many recipes to accompany any diet regime you may be following.

THE IMPORTANCE OF NATURAL SUPPLEMENTS

Many Nutritionists advise the use of professional supplementation to promote good health. Sadly, western diets are not only over processed, they are also very low in nutrients, and therefore the body may need the extra support of these supplements to achieve its goal.

These scientifically identified substances assist detoxification, restoration of the immune system, destruction of potential degenerative disease processes, restoration of cellular functions, and the many repair processes that are essential for the restoration of full health. Put simply, supplements are used to assist the body during the transition between poor health to good health and good diet.

AREN'T SPECIAL DIETS EXPENSIVE?

No, many patients do not realise how much they spend on purchasing over-processed foods, and are shocked at the difference a change in diet can make. With good education and guidance, you can not only improve your overall health, but should benefit from some extra cash in your pocket after the weekly shop!

Supplements can initially seem expensive, but remember these are not needed on the long term, and are only used to promote and aid the restoration of good health, mainly restoring the digestive tract so you can absorb your foods essential nutrients. Once a good healthy diet is restored, these supplements will not be needed in either the quantity or, in some cases, even at all.