



changed completely. This gave me the confidence to go out, eat at restaurants and simply live my life normally for the first time in ten years. It was at this point that I travelled to Australia where I discovered Aloe Vera. This was another turning point, as, since it is a natural inflammatory, and contains many essential nutrients and amino acids, it helped to keep my body in balance. Until I saw my nutritionist, my body was starved of the correct nutrients it needed. I began to learn more about the power of good quality foods, plants and botanicals.

I carried on to the States and began working in a natural health clinic where the benefits of alternative therapies such as colonics, acupuncture and reflexology as well as nutrition all assisted in keeping me well. I learned here that the emotional really does affect the physical. I began working with Louise Hay which was yet another critical point as it made me see how the disease may have manifested itself in the first place. Following a serious car accident in the States, I returned to the UK in 1991 to recover. At this point, I had managed three years without any form of orthodox medication. Following my recovery, I continued working in the natural health industry and, in 1994, began studying Macrobiotics and the benefits of food in health for one year. In 1995,

I founded the Aloe Vera Centre in Whitley Bay offering the highest grade products and ongoing advice to those wishing to look and feel the best they can naturally. I also exhibited at many natural health shows around the country to spread the word to those who were sick and seeking natural alternatives about how nutrition and alternative health in general could help. Today, my clinic is going stronger than ever. My

husband and I also set up 100% Collagen Ltd, a company that distributes natural health products and supplements nationally such as Pure-Col (100% collagen capsule), Perfect C (natural breast enhancer), Perfect Aloe (real Aloe Vera juice that boosts overall health), Perfect W8 (natural slimming supplement) Perfect I (natural eye lifting gel) and Perfect Harmony (a natural HRT replacement). These products offer people a natural way to enhance their skin, body, mind and well-being and the company is going from strength to strength. I am no longer a victim of Crohn's although I still have the disease. I always asked myself the question, 'What am I doing that is making me feel unwell?'

As a result of my search for a solution, I found the answer that quite literally transformed my life. My nutritionist gave me control back over my own body. Since I opened my clinic, I have learned that many people are looking for a quick fix. I teach them that this is not the answer – it's about a lifestyle change that is ongoing. My clinic helps people with minor to serious conditions, enabling them to regain control of their lives with natural products. We have seen quite literally hundreds of people regain health and happiness and many I still work together with ten years on. I specialise in digestive and bowel problems as well as inflammation. Often, we find that clients who come for a headache, for instance, have a digestive problem. The orthodox system may have been treating them for days, weeks and even months for a headache and not ever considering the root cause. 100% Collagen (0191 291 3385) and the Aloe Vera Centre (Tel: 0191 297 2212), Duchess Street, Whitley Bay [www.collagen4u.co.uk](http://www.collagen4u.co.uk)

### Wellbeing Wednesday

The next event will take place on  
Wednesday 16th July 2008

The Spa Hotel, Mount Ephraim, Tunbridge Wells  
7.30pm - 10.30pm

Meet therapists and health related businesses, listen to presentations and find out who's on your door step to help with all your health and wellbeing needs.

The Wellbeing Wednesday Networking event is open to the general public and is free to attend.

For more information or to reserve your free ticket visit  
[www.wellbeingmagazine.com/tickets](http://www.wellbeingmagazine.com/tickets)

We look forward to seeing you on the 16th.

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