

What are you best known for?

Most of all helping people transform their health. I am a multi-disciplined practitioner: namely Naturopath and Herbalist, Health Writer, Speaker and Lecturer.

What is your message / philosophy?

Maintaining health is a constant process. It does not simply come from diet and exercise alone. In my practice I advocate an integrated approach: a personal food programme; managing allergies and intolerances; cleansing the body organs and systems using natural medicine; the right attitude of mind and understanding emotions.

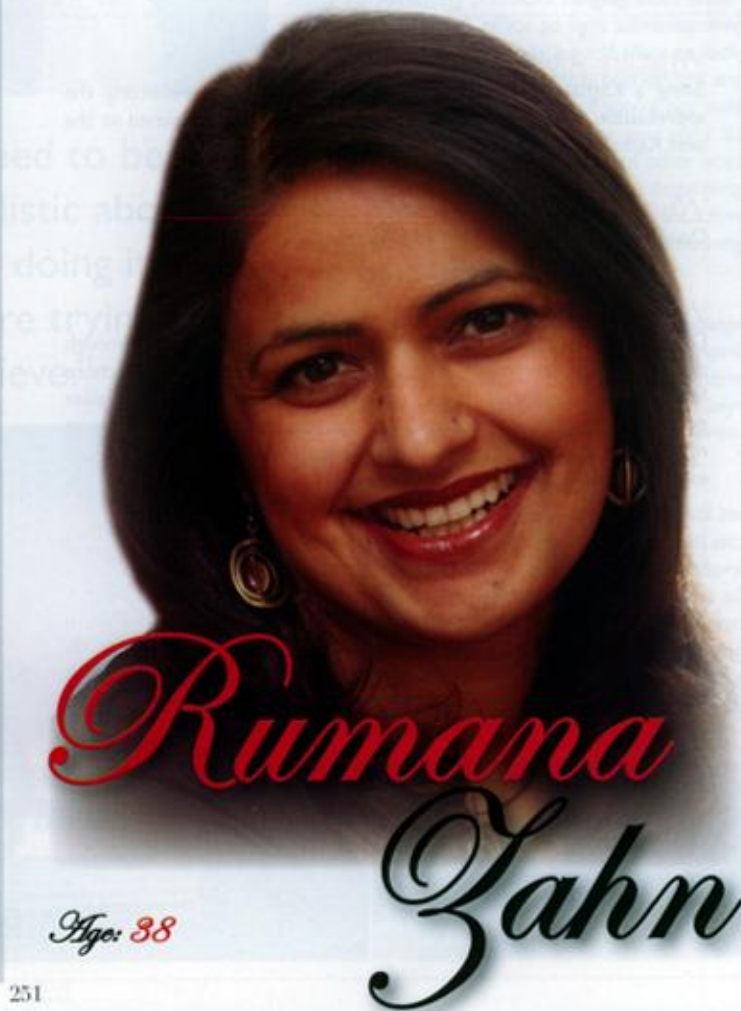
Where do you think people go wrong when it comes to taking care of their health?

Many people place a lot of demands on their body and expect it to be healthy regardless of what lifestyle they lead or foods they eat. We need to understand what impact our life choices and decisions have upon us. Just like a business has to work with its resources, we have to work with ours.

What are your thoughts on the conventional medicine versus alternative health debate?

I believe there is a place for both. In some circumstances we need the immediate attention that orthodox medicine offers us. For example if you broke your leg you would go to the hospital to get it fixed. However, you could also take the appropriate nutrition and herbal remedies in order to enhance the healing process. At the moment people are unable to choose over and above drug therapy even though there is research to prove natural medicine works. The recently broadcasted BBC Alternative Medicine programme showed how herbs, for instance, were far more effective than drugs in some cases.

Website www.rumanahealth.com



Age: 38