

Five minutes with Rumana Zahn

1. What do you do?

I am a multi-disciplined practitioner, principally a Naturopath and Medical Herbalist. I run a busy practice, write for various publications, and teach Natural Medicine. This year I ran a Yoga and Detoxification retreat in Southern Spain and I am about to launch my own herbal product range.

2. What does your average day comprise?

Seeing clients on a one to one, catching up with calls, emails, writing articles and planning my speaking and teaching schedule.

3. What makes you tick?

Getting dramatic results using natural methods

4. What makes the North East the best place to do business in?

An area of high growth and development for businesses. Also an excellent place to live with easy access to some incredible open countryside.

5. What is the best piece of business advice that you've received?

To grow your business consider how you can serve more people.

6. And the worst?

You need a lot of money to start your own business.

7. What is your dream job?

I'm doing it now!

8. What is your greatest achievement?

Recognising what I really wanted to do and having the courage to give up a well paid job to start my own business.

9. What do you like about the North East?

The space.

10. Do you have any IT tips?

Make enjoying your life and looking after yourself one of your 3 priorities.

11. How do you juggle work and your home life?

With discipline