

I came across Roseanne's service by looking through Wimbledon's *Time & Leisure*. I had been suffering from debilitating migraines which, not only were getting worse and more frequent, but had seen me leaving A&E with a large bag of prescription medication. As I had intermittently suffered from migraines throughout my adult life and was already on regular prescription medication from the doctor, I decided to look for a more natural alternative and solution to address this problem and was intrigued by the service which Roseanne was offering. I was also more than a little curious by the advert headline 'lose fat for a lifetime' as heading towards 50, I had felt my weight start to increase especially around my core.

LOSE FAT FOR A LIFETIME

FirstLineTherapy®



Prior to visiting Roseanne, we had extensive email contact as I was required to fill out a 30 minute on-line health questionnaire which, although took a little time, was incredibly thorough and, more importantly, got me thinking about the other symptoms from which I was suffering. It highlighted a number of ongoing issues in addition to the migraine issue. Roseanne quickly picked up on menstrual/hormonal problems and I was asked to complete an in-depth menstrual cycle questionnaire and a 3 day food diary prior to my first visit.

So before I even met Roseanne, I felt myself to be in very safe hands. From the offset, I felt completely in tune with the combination of Roseanne's use of Scientific Research (the Metagenics programme - clinical tests and on-the-spot diagnosis) and a naturopathic approach. When I finally sat down in Roseanne's relaxing clinic we realised that there were more than a few conditions on which to work! To name a few and in addition to migraines: an addiction to prescription painkillers, extreme caffeine addiction (I had got to the point where I would rather have a cup of coffee and a bar of chocolate for lunch!), sugar cravings, chronic conditions such as Asthma, Anaemia and Peri-Menopausal symptoms and did I mention Digestive problems too!



I found Roseanne's approach highly professional, logical and easy to follow. Roseanne recommended a dietary programme and lifestyle change in conjunction with nutritional supplements to address my bespoke medical issues. A 2 week review kept me on track and Roseanne was literally 'on call' (either phone or email) when I felt I needed a little extra support... and there were times when I had to say 'help!' **I lost 6lbs in the first two weeks without even trying!** And I felt better than I had in years with increased energy and practically no headaches. For the first time in my life I really think about what food I am putting into my body and have managed to keep up an exercise programme.

The compliments from friends and colleagues have said it all. I would have absolutely no hesitation in recommending Roseanne and have already done so.