

LOSE FAT FOR A LIFETIME

Muriel came to see me end of April 2011. She is 67 years of age and 5 ft 8 inches (172 cm) tall. She was 20 stone (127.5 kilos) in weight.

She was suffering from high cholesterol, high blood pressure, liver disease, asthma, eczema, allergies, rhinitis, arthritis, acid reflux and food intolerances.

She was taking antihistamines for her allergies, steroid inhalers for asthma, Statins for high cholesterol, a proton-pump inhibitor (Lansoprazole) for her indigestion and pain killers.

She needed to walk with a stick.



BEFORE

Roseanne put her onto the FirstLine Therapy programme for 14 weeks. Muriel was prescribed a Detoxification Programme initially with a herbal liver cleansing formula to clean, protect and strengthen her liver, a special blend of Omega 3 fish oils for her arthritis and inflammation and probiotics with a digestive formula for her acid reflux. Ginger, Chamomile, Nettle and various other herbal/green teas were recommended to help ease her symptoms & lose weight. Anti-inflammatory, low glycaemic and detox powders were prescribed throughout to prevent sugar cravings, support healthy body composition and cholesterol levels and to reduce the inflammation in her body.

After 14 weeks Muriel weighed in at 115.2 kilos (18 stone 1 pound). She had lost 2 stones in weight. In that time she had come off all her medication with the consent of her doctor!!

At this stage Roseanne prescribed Muriel high potency plant sterols to prevent her cholesterol from rising.

Her liver readings improved dramatically, her asthma & allergies have almost disappeared, her digestion is vastly better & she is now able to walk freely without a stick. Her high blood pressure has come down & her waist circumference went from 128 cm to 116 cm

THE DOCTOR WAS TOTALLY AMAZED THAT THE LIVER ENZYME RESULT, WHICH WAS CONCERNING AT A LEVEL OF 63, HAS REDUCED TO TOTALLY NORMAL AT 21

Muriel has since continued to follow the programme guidelines. Muriel has lost a further two stones in 14 weeks & continues to thrive on her lifestyle change programme



AFTER

"I can wholeheartedly recommend Roseanne Eckart's services. Her naturopathic approach to natural healing & her non-judgemental care has enabled me to transform my health & overall well-being. I have now lost four stones in weight & have been able to reduce my conventional treatment (with my doctors agreement) to the point where I no longer take any medication. A hospital consultant, on discharging me from further treatment, said that my success showed that doctors need to consider the healing effects of appropriate and natural nutrition. Muriel Hudson"
"Still can't thank you enough, Mx"