

# HERBAL HELP

Natural health practitioner Rumana Zahn talks to **CHRISTEN PEARS** about her philosophy and the changes everyone can make to improve their health

RUMANA ZAHN would like everyone to take control of their own health. She wants to give them the confidence to use herbs, not just in their kitchen, but in their medicine cabinet. She'd like them to be able to self-administer herbal remedies and homeopathic treatments or put together a nutritional programme for themselves.

"Everyone has the power to change their own health. They just need the right tools, resources and knowledge," she says.

Rumana has been natural health practitioner for more than 10 years, running clinics from her home in Neasham and at Seaham Hall's Serenity Spa. She also runs a walk-in centre at Tesco in Kingston Park near Newcastle where she offers clients free 10-minute appointments.

"It's quite a challenge to fit everything into such a short session but even 10 minutes can make a huge difference to someone's health," she says.

For those even more pressed for time, she has launched a teleconferencing service which means help is always just a phone call away.

Rumana's clinic sessions are divided into two distinct parts. As a naturopath, she is a multi-disciplined practitioner and has several techniques at her disposal. She assesses her patient using tools such as kinesiology, iridology, bio energy and allergy testing. This gives her a clear picture of their state of health and any problems they are experiencing.

She then puts together an integrated treatment programme which includes a specific diet, supplements, herbs and a thorough detoxification and organ cleansing programme.

She treats a wide variety of conditions from anorexia to irritable bowel syndrome and is becoming increasingly interested in the treatment of cancer.

She says: "One in every three people will be affected by cancer at sometime during their life but people do heal. There are different treatment choices and natural health has a part to play in that. That's the message I want to give.

"When you're diagnosed with cancer it's not just about the treatment itself. It's about the whole process from receiving the news to deciding what to do, living with the treatment and facing up to the big questions about life and death. Because natural medicine deals with a person holistically it can be very beneficial."

As well as running clinics, a major part of Rumana's job is education. She hosts dozens of seminar programmes, workshops and lectures to help raise awareness among the general public and encourage them to take control of their own health.

Rumana is a living example of her philosophy, regularly practising yoga, salsa dancing and taking time out to simply relax. With glowing skin, boundless energy she's a walking advertisement for natural health.

For more information  
visit the website at  
[www.rumanahealth.com](http://www.rumanahealth.com)

## Rolling stones

ACCORDING to Julie Sugden "one stroke of the stones is worth 10 strokes of the hands." It may sound like some bizarre mythical prediction but it is Julie's way of explaining the effectiveness of a hot stone massage.

The Darlington beauty therapist is a firm advocate of this treatment, both as a way of relaxing or as an aid to those who suffer from back pain.

"It really is a great treatment," explained Julie, who runs Refresh Beauty from a salon at her home at Oakwood Drive, Darlington.

"It's a deep massage so it's excellent for anyone with back problems but also is a great relaxing therapy. It helps with balance, detoxing and just generally gives you a sense of well-being."

The therapy uses basalt stones from Mexico which are completely natural - "picked straight out of a volcano" according to Julie.

There are two kinds of stones - placement stones which are put along the back and working stones, which are used to give the deep tissue massage.

A full body massage takes about two hours after which time we defy anyone not to be fully relaxed!

"Clients who have a chronic back condition find this really does give them a lot of relief," said Julie.

"It's a great treatment for anyone."

**A two hour hot stone massage costs £40. Further details from Refresh Beauty on 07813 992458.**

## WIN A PAMPER DAY AT Gold n Glo

### Beauty & Tanning.

A pamper day (worth £70) is redeemable in Gold n Glo Beauty Salon situated at 89 West Auckland Road, Cockerton, Darlington.

#### Your pamper day experience will include:

- Mini facial
- Full body manicure
- Full body spray tan

For your chance to win this pamper day all you have to do is enter your name and address on a postcard and send to:

**Gold n Glo competition, Cherrington Advertising, c/o Cameron Publishing, 2 Earls Court, 5th Avenue Business Park, Team Valley, Tyne & Wear NE11 0HF**

Closing date 30th April 2006.