



11 April 2012

## **RUMANA HEALTH LAUNCHES PIONEERING ONLINE HEALTH PLATFORM**

Rumana Health, led by Rumana Zahn one of the UK's leading wellbeing experts, announced today (11<sup>th</sup> April 2012) the launch of an online health club now open to members worldwide at [www.rumanahealth.com](http://www.rumanahealth.com). The site, the first of its kind to combine video content and online support focused on natural health and wellness solutions, is the culmination of a year-long project completed in partnership with North East digital agency Indigo Multimedia.

The new site builds on Rumana Health's 20+ years in providing health and wellness solutions to individuals and leading multi-national businesses. Rumana Zahn, Managing Director of Rumana Health said: "My dream has always been to bring good health to millions. With my new website, I am now able to more widely share my experience by helping people around the world through a digital platform." A central part of the new site is Rumana Health's Online Health Club, with a £9.99 (US\$15) basic monthly subscription providing access to an exclusive 6-zone video programme with accompanying workbooks covering: Life, Body, Mind, Emotions, Spirit, and Environment.

Rumana is a keen advocate of preventative healthcare and wants to help people get out of being stuck with their health by offering them different solutions. She is also passionate to dispel the myth that as you get older your health gets worse. Rumana says "I've always seen myself more as a coach and educator compared to traditional health practitioners. Through my new website, I'm excited about the opportunity to more interactively and dynamically share information and advice with Online Health Club members. People seem to love the video tutorial content on the site, which I've been trialling in the Northeast over the past year, so in conjunction with the launch of my Online Health Club I'm also incorporating recipes and regular video updates on keeping healthy and well the natural way."

Rumana Health also operates clinics in the North East of England and has provided workplace wellbeing programmes to leading spas and forward thinking organizations including Seaham Hall, Johnson Matthey, and TH\_NK.

For more information about Rumana Health's new Online Health Club, please visit [www.rumanahealth.com](http://www.rumanahealth.com) or you can view Rumana's video introduction at <http://bit.ly/HqMVWB>.

## **ENDS**

For further information please email [info@rumanahealth.com](mailto:info@rumanahealth.com) or phone 0845 680 1418.

## **Notes to editors:**

### **About Rumana Health**

- Rumana Health, based in Northeast England, is run by a highly talented and respected naturopath Rumana Zahn, who has been providing individuals and leading businesses with natural health and wellness solutions for over 20 years.
- Rumana's professional qualifications and accreditations include: Member of General Naturopathic Council (MGNC); Accreditation Board Member European Herbal and Traditional Practitioners Association (EHTPA); Council Member of the Association of Master Herbalists (AMH); British Register of Complementary Practitioners (BRCP); Guild of Naturopathic Iridologists (MGNI); Advisor to the Institute for Complementary Medicine (ICM).
- Rumana Health's philosophy states that health reflects your whole being: physically, mentally, emotionally, and spiritually as well as our external environment and lifestyle. This is why multi-disciplined programmes can achieve optimum health – her unique approach addresses and embraces all factors. To restore and maintain good health, effective treatment lies mainly in changing the inner environment of your body and making appropriate mind, emotion and lifestyle adjustments.
- Rumana Health also provides a range of services tailored specifically for the needs of businesses and their workforces. An antidote to work-related sickness, Rumana Health has a great track-record of helping businesses to make positive steps towards reducing absenteeism and ensuring health and happiness at work for their employees.