



Your pathway to health
natural health and allergy testing

Do you want to get rid of
Irritable bowel syndrome...
tiredness...
PMT...
food intolerances...
skin disorders...
anxiety...
aches and pains...
stress

**Are you struggling for a
diagnosis?**

Have you tried investigating
your biochemistry?

Meet the Health Detectives

24 July 12 - 3 pm **Free**

Drop in for free tasters, demo
and chat

12 September 12.30 pm

Public presentation of natural
medicine muscle testing

See details overleaf.

**24 July: Meet Lise and Gitti
at the Health Food Shop,**

11 Quay Street, Haverfordwest
(opposite the post office) -
and tell us about your health
problems. Let us explain how
we can help you.

We can also test the best
remedies for you off the shop
shelves or anything you think
you might not tolerate.

*Most of our clients come from
existing patient referrals.*

More information on www.hairtest4health.co.uk/events

Or contact us on 01437 741176

See overleaf ...

Want to find out more?

12 September @ 12.30 pm - seated by 1.15 pm
Public presentation of natural medicine muscle testing
at the Picton Centre, County Hall car park.

Win a **free treatment** and other **discounts** on treatments and therapies on the day. Volunteer for stage demos and get a **free health check!**

Highlights

- Have you got the three top symptoms of having **parasites**?
- Why can't you **lose weight**? Hormones and metabolism
- Do you know **which foods** may be causing your problems?
- Why **aren't you refreshed** by a night's sleep?
- Is your **body clock** right?
- What **your skin** is trying to tell you
- **Depressed** and emotional? Natural alternatives to antidepressants
- **Popular misconceptions** about calcium and bones... and how you can be given the wrong medication.

Fun extras

- Do you want to know the 'coffee tolerance' trick using three common spices?
- How you can be tested without being there...

To book your place, visit www.hairtest4health.co.uk/events

Tickets are also available from:

- The Natural Grocer,
11 Quay Street, Haverfordwest
- The Wholefoods Centre, 53 West Street,
Fishguard
- Gitti Coats 01437 741 176
- Lise Matthews 01437 710767

*Only 150 tickets available so
please book early if you can.*

Tickets £5.

Bring a friend for half price.

**Get your ticket price back
with your first treatment.**

**Demo to run for two hours.
Snacks and drinks available.**