

Mother knows best

Sometimes mother really does know best and that was exactly the case when Warrington mum Natalia Kerkham's daughter suffered from repeated ear infections. "Like most mums I ended up giving my child antibiotics. They cleared each infection, but didn't prevent the next," said Natalia, who practises medical herbalism at Cheshire Natural Health, Stretton.

"In desperation after months of broken nights and emergency GP appointments I went to see a medical herbalist. Helena was prescribed a two-week course of herbal medicine and the cycle of ear infection was broken.

"I wish I'd known about herbal medicine when I was pregnant and when the kids were small because it's so useful. For example, if a breast feeding mum drinks chamomile tea, it can treat her baby's colic.

"The power of herbal medicine was so apparent for Helena. It was then I decided I wanted to make that kind of difference for other people."

Natalia, 47, of Walton Road, Stockton Heath, became fascinated with herbal medicine and quit her high flying career as a finance manager with the NHS to study herbal medicine at the University of Central Lancashire. She made the two-hour round trip to Preston three or four times a week for three years. Natalia's efforts paid off when she graduated with a first class degree in 2003. She has practised in Warrington ever since.

Herbal medicine is probably the oldest form of medicine in the world as evidence shows it was in use in Neolithic times. Medicinal herbs contain chemicals that are beneficial to our health. "Different herbs work in different ways; so a single herb may have several actions," says Natalia, who has two children.

Natalia's expertise with medicinal herbs can help treat a variety of chronic and recurring conditions, such as:

Arthritis

Eczema

Heavy or painful periods

Irritable Bowel Syndrome

Menopause

Migraine

Natalia is also a therapist of the Natural Fertility Clinic, based at Stretton, where couples struggling to conceive are helped through a variety of complementary therapies, such as medical herbalism, reflexology and acupuncture.

"Tonic herbs are perfect for boosting resilience and energy, ensuring a good night's sleep and enhancing immunity – all key features for parents-to-be," says Natalia.

For more information on medical herbalism, Natalia can be contacted at Cheshire Natural Health on 01925 730123 or visit

www.cheshirenaturalhealth.co.uk

www.naturalfertilityclinic.co.uk

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