



Mathews
WHOLE PERSON MEDICINE



Natural Health Regime Brings Top Performance to Surrey PR Firm

"I had seen the changes in my *associates*, and quickly became excited about the potential for myself," explains Natalie Sutton, founder of Surrey-based Proud Public Relations. *Like many modern women*, Natalie juggles a busy home life with *her* career *running* a growing technology PR consultancy in Farnham .

"I had seen colleagues energised and motivated by the Performance Enhancement Programme and then seem to look much younger than their years. It wasn't long before I turned to Mathews Whole Person Medicine for my own benefit," continues Natalie. "I suffered with a bad back for many years, and despite a reasonably healthy diet and lifestyle, always seemed to feel tired, groggy and run down. This not only affected my home life, but I'm sure it was evident in my work life too. I'd simply become accustomed to feeling that way. I had never really acknowledged the stress that comes with running my own business, yet as my treatment progressed it became clear that it had been taking a physical toll on my wellbeing. Until I started my treatment with Mark, I literally had no idea that I could feel this well."

As well as correcting Natalie's muscular-skeletal system, Mark Mathews identified an under-performing pituitary gland, and prescribed a daily supplement of folic acid. "After just three sessions and a couple of days on the vitamin supplements, I felt amazing. I was re-energised, more alert with a renewed bounce in my step." Other people noticed the positive changes in Natalie too; with compliments on improved skin tone and complexion. She also began to sleep better.

Natalie then went on to implement some simple changes to her diet, which had been assessed as making her slightly too 'acid'. By striking a better balance between the food groups, and in particular including more of certain fruits and vegetables, her health has been further improved. This is particularly noticeable over the winter months. Natalie claims that no-one in her family has suffered with so much of a sniff, cough or cold during the months that viruses usually wreak havoc among her friends and family. "I think we're the only people we know that have been fighting fit and super healthy this winter," she adds. "Many friends and colleagues have literally lost days if not weeks with colds and flu etc. Not only is it very unpleasant for everyone, but it's a serious business hindrance; particularly in a small team like mine."

"My only regret is that I didn't do this earlier!" concludes Natalie. "It has changed my attitude to both work and life

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Editor's Note:

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