

THE RESTORATIVE ROOM NEWSLETTER

Hi guys, I hope you managed through the winter in good shape. Personally, I think we had quite a mild one in Blackburn, and it went quite quickly for me. I hope yours was just as good!? Well, Spring is here at last and it's one of my favourite times of the year. As an allotment owner I just love seeing the little seedlings coming through. It brings me such joy.



WHATS NEW



Since our last newsletter, I've been on an incredible journey of learning and growth. I'm thrilled to share some exciting updates with you!

Certified Menopause Naturally Practitioner

As of February 2025, I am now a certified Menopause Naturally practitioner. This certification has equipped me with extensive knowledge about menopause and how to help women transition smoothly into this new phase of life. Using natural methods, I can now offer solutions to alleviate those pesky symptoms and improve overall well-being. I've been diligently working on creating personalized plans that cater to the unique needs of each woman. With the help of some wonderful volunteers, I'm finally ready to offer these services and help women regain hope and vitality.

Training in Manual Lymphatic Drainage Massage

In April, I also completed training in Manual Lymphatic Drainage (MLD) massage. The lymphatic system plays a crucial role in immunity and fluid balance, transporting waste and fighting infections. Unlike the circulatory system, the lymphatic system lacks a pump, which can lead to blockages and sluggishness. MLD is a gentle treatment that helps keep the lymphatic system functioning smoothly. If you're experiencing symptoms like bloating, brain fog, sinus infections, chronic fatigue, or swelling in your legs and ankles, MLD might be the solution you need.

I'm incredibly excited to bring these new skills to our community and help you achieve better health and well-being. Thank you for your continued support, and I look forward to working with you!

Its coffee without the coffee



☕ Why I Switched to Chaga Coffee – And You Might Want to Too!

If you've been on social media lately, you've probably seen a surge of videos and reels about coffee alternatives. We all love our morning brew, but did you know that regular coffee can sometimes contain hidden toxins like mold and bacteria?

That got me thinking... is there a healthier way to enjoy that rich, comforting flavor?

After a bit of research, I discovered Chaga – and I'm hooked! 🍄

Chaga is a powerful mushroom packed with cytokines, which help fight bacteria and boost your immune system. Some studies even suggest it may help slow or kill cancer cells. It's also known to:

- Lower blood sugar and cholesterol
- Be rich in antioxidants
- Provide a good source of fiber

And the best part? You only need about 1 gram per serving!

I love pairing mine with chicory root tea for that extra coffee-like taste and added health benefits. It's smooth, satisfying, and makes me feel great.

Curious? Do your own research and give it a try! You can now find it available on my website.

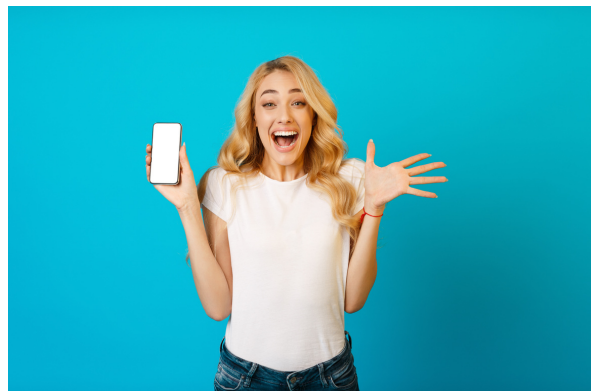
Unmasking Everyday Toxins: The Hidden Chemicals in Your Daily Products

If you read my last newsletter, you might remember that I talked about my journey into going chemical free. This is a life free from the nasty chemicals that are all around us. Now some of these chemicals will be virtually impossible to avoid, but with some small changes, it is possible to reduce the load of toxins from our bodies. I've been using the natural laundry detergent I found online for some months now and I've had good results. It's not great on stubborn stains, but my other laundry detergent wasn't that great either. The next phase in my journey is reducing plastic in my kitchen and bathroom. P.T.O

While doing my course on Menopause naturally, I discovered that plastic containers (among many other things) contain chemicals that leach into the products and therefore into our bodies and can affect our hormones-some of them even mimic hormones! These can play havoc on our bodies. I was shocked! So, I started the process of removing some of the plastic. Unless you've got lots of money (which I don't) it's impossible to do this in one purchase, so the first thing was getting glass dispensers for shampoo, conditioners and the like. Next is buying glass food containers and then glass bottles to dispense the cordials that my kids drink. If you can think of anything else plastic, then please email me to let me know.



May offers!!



- Lymphatic manual drainage - £20
- Menopause naturally consultation -£20