

Anxiety & Stress Management

Find Calm and Balance Through Herbal Support

The Challenge: Modern life demands so much of women. Racing thoughts, constant overwhelm, physical tension, sleep problems, and that feeling of never quite switching off.

How Herbal Medicine Helps: Rather than suppressing symptoms, herbs work gently with your nervous system to restore natural calm, improve stress resilience, and help you feel grounded again.

My Approach Includes:

- Nervous system calming herbs (lemon balm, passionflower, chamomile)
- Adaptogenic support for stress hormones (ashwagandha, rhodiola)
- Sleep-promoting remedies
- Digestive support (stress affects your gut)
- Lifestyle guidance that actually fits into real life

What to Expect:

- Calmer, steadier mind within 2-3 weeks
- Improved sleep quality
- Reduced physical tension
- Better emotional resilience
- More energy and mental clarity

Pricing: Initial Consultation (90 mins): £65 | Follow-up (30-45 mins): £50 | Herbal Formula: £50-£100 per month.