Herbs, Health & Healing



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Healing the healthy way.Herbs, Health & Healing is a Natural Medicine Health Hub that offers the following treatments and training Phytotherapy (n) Phytotherapy is a science-based medical practice using medicinal plants in the prevention and treatment of disease.A clinical approach is followed and medicinal plants are used therapeutically to treat illnesses and enhance health.https://www.herbshealthhealing.co.za/herbal-medicineNutritional MedicineWe are what we eat. Understanding and addressing the body’s nutritional needs, forms the foundation of sustainable health. Food is not just calories – it also provides information to the body. The correct use of nutrients can successfully be used for weight gain and weight loss.Bach Flower RemediesBach Flower Remedies may help maintain emotional and therefore physical well-being.It can be used during times of anxiety and stress and are particularly helpful for the many people who feel generally tired and unwell without a specific medical diagnosis.https://www.herbshealthhealing.co.za/bach-flower-remediesBach TrainingThe Bach International Education Programme is a three-tier training programme on the Bach Flower Remedies ranging from introductory level to practitioner training. These Bach Centre-approved courses offer high quality training

and reflect the philosophy of Dr Edward Bach. Training is standardized world wide.We offer 2 day attendance courses on Level 1 and 2. Alternatively you can follow the Distance Learning program.
https://www.herbshealthhealing.co.za/distance-learning-programmeDr Sanien de BeerRegistered Phytotherapy
PractitionerBSc CHS · B Comp Med Phyt (UWC) · Dip Nut Medicine
(TVU) AHPCSA Reg Nr A01314 · Practice Nr 103 000 049 3120Dr de Beer has been involved with Holistic Health for more than 20 years. She is a registered Phytotherapy practitioner, has a Diploma in Nutritional Medicine and is one of the few registered practitioners of Bach Flower Remedies in South Africa. She is one of only 3 Bach Centre approved trainers in South Africa.Dr de Beer is registered with the Allied Health Professions Council of South Africa.“Your body is the harp of your soul. And it is yours to bring forth sweet music from it, or confused sounds” - Khalil Gibran

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