



What is Natural Hygiene?

Natural Hygiene is a lifestyle based on scientific principles derived from the meticulous study of human biology, the physiology of living organisms and the Laws of Nature. Human beings, especially those in Western cultures, have digressed from their natural eating and living habits to adapt to a faster, technology-driven society and lifestyle. As a result, our general, overall health is failing, and our less-than-ideal DNA is being passed down to future generations that are unhealthier than the previous. Natural Hygiene and Life Science principles teach us the science behind choosing the foods to which we are biologically adapted and methods to living in accordance with the Laws of Nature. By following these principles, we experience ultimate health and wellness!

What Natural Hygiene is *NOT*:

Natural Hygiene is NOT a fad diet that counts calories or measures quantities and weight of foods to be consumed. It does not rely on special diet pills, vitamins, herbs, or any pre-made, processed beverages or foodstuffs specific to certain diet regimens. Natural Hygienists do not diagnose or treat illness or disease, nor do they prescribe any sort of vitamins, medicines or remedies.

What does a Natural Hygienist *DO*?

Natural Hygienists facilitate healthier eating and living practices by educating, counselling and providing support. Through consultation we compile and assess key information about the client's health, nutritional habits and lifestyle, and design a Health Plan suited to the client's needs and abilities at that time. The Plan is gradually modified as the client experiences improved health and eagerness to achieve even higher levels of health. Natural Hygiene, quite simply, is a branch of Life Science that precipitates the guidelines for "clean" or "natural" eating and living practices. It highlights the scientific principles behind its tenets, as well as the unequivocal proof of their efficacy in achieving pristine health.

Who should seek the care of a Natural Hygienist?

Anyone and everyone! Natural Hygiene is not a mainstream form of health care, although it employs the principles which promote the very best of health in those who adhere to them!

Tanya Stewart is a certified Professional Natural Health Counsellor and Facilitator. with an Honours Associate Degree in Natural Hygiene(Health) & Nutrition from the College of Natural Health and the Fit For Life Sciences Institute. Tanya holds a Bachelor's degree as well as a Bachelor of Education (with a Specialist in Health & Physical Education), and has been an educator for almost 20 years.

Tanya was introduced to Natural Hygiene during her own quest for better health, when she was struggling to regain her pre-pregnancy weight and vital energy after the birth of her second child. What she discovered was a level of health and wellness that she had never dreamed possible, and, as a result, sought out the education and certification that would enable her to help others on their own journey to better health!

Book a consultation and begin your journey to better health TODAY! Feeling is Believing!