

Sue Hardman - Naturopath & Herbalist



Mbombela

Phone: +27 72 790 3125

Naturopath for in person and on-line consultations available White River & Nelspruit. ○ Helping women to gain the energy, vitality and wellbeing using a natural medicine approach♡ Fertility♡ Postnatal Depletion♡ Adrenal Health♡ Families♡ Helping women who have lost their spark, who want more energy ♡

Stressed ♡ Sleep issues ♡ Fertility ♡ Adrenal Health / Burn-out/

Chronic fatigue ♡ Hormone issues - PCOS, Period pain, PMS ♡ Gut health So glad you stopped by. Women's health is both unique and tricky - often misunderstood in the modern medical context

Disorders of our hormones - including infertility, painful periods, PMS, stress and adrenal fatigue and thyroid conditions are commonplace - but by no means normal.

We need to better understand our bodies and hormones and the tools that are available to us to support our health. Nutrition, herbal medicine, movement and relaxation are all powerful tools that are so beneficial at managing women's health condition - we often just need some support, some health education and a solid plan - determined for you, and you only - so that you know how to move forward and be empowered more in control of your health.

I want women to know about how they can use natural tools and I love to support my clients by sharing information, guiding them through managing health with lifestyle in a way that is practical, productive and enjoyable. I would love for you to follow my blog posts, or seek 1:1 guidance in how to manage your health and feel in control.

Naturopath, Herbalist, Natural Medicine - Sue uses an evidence based approach to

Naturopathy to ensure measured and accurate outcomes. Sue has been practising since 2008 years and uses her naturopathic skills and knowledge to effect change physically, mentally and spiritually.

Sue is the mother of a teenage boy and is passionate about supporting mothers and their families to thrive.

For those looking to engage in 1:1 consults to learn how to support and manage your health, I am available -

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