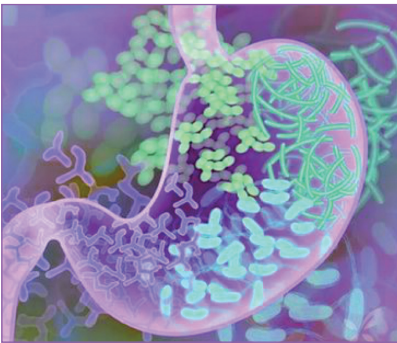




Brighton Health and Wellbeing Centre

Medical Herbalism & your Neuro-Endocrine System

An Integrated NHS Health Centre



BHWC

18-19 Western Rd, Hove, BN3 1AE

For more information about all of our therapies, including prices, please visit:
www.brightonhealthandwellbeingcentre.org.uk
or scan this QR code with your smartphone.





Anna Betz

Consultant
Medical Herbalist
& Endobiogenic
Practitioner

Are you wondering about the relationship between your different symptoms, body sensations and health issues? Do you experience good days and bad days and wonder why that happens?

An understanding of the nature of living organisms and how your inner and outer environment continuously influences your mental, emotional and physical health may help you discover some helpful answers.

Endobiogeny is an approach to healing that views imbalances as originally helpful reactions grown out-of-balance over time. As a systems theory of biology it differs from the standard biomedical approach in its emphasis on the body as a living system which is complex, multi-layered with dynamically interrelated subsystems.

Traditional, empirical, intuitive, rational and synthetic approaches are integrated in my evaluations and treatments. I use algorithmic blood tests known as Biology of Functions (BoF) that evaluate the functional capabilities of your neuro-endocrine system.

Ayurvedic Medicine and other traditional and systemic approaches like Endobiogeny and the modern science of pharmacology inform the way I work as a herbalist.

r Neuro-Endocrine System

I am a qualified Medical Herbalist registered with the College of Practitioners of Phytotherapy (CPP). I am also registered with the Health & Care Professions Council (HCPC) and work in the NHS as a lead practitioner in mental health where I pioneered the successful **'Brainfood Project'** which has been featured on BBC and is now part of a nationally funded dementia prevention research programme.

By using my knowledge of plants, nutrition, lifestyle factors and systems biology together with generative listening I help people feel more confident, competent and empowered to take care of their health.

I offer private consultations and facilitate group sessions for people suffering from chronic conditions such as diabetes, pre-diabetes, auto-immune disorders and memory problems.

My passion for preventing dementia, recently led me to start an online brain-health programme which includes the option of private sessions. You can book here:

[www.unleashourhealth.com/
online-brain-health-programme.](http://www.unleashourhealth.com/online-brain-health-programme)

I am also trained in systemic family therapy, narrative approaches, constellation work, transparent communication, ILM coaching and mindfulness. My lifework is dedicated to the health and wellbeing of my clients.





Brighton Health and Wellbeing Centre



If you would like to discuss whether my approach might help you, please contact me at anna@unleashourhealth.com or call me on 07731 584358 For further information please visit www.unleashourhealth.com

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