Introducing Nature Cure Hub — Natural Family Health Transcript

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Welcome to Nature Cure Hub

What does your healthiest life mean to you? Is it the ability to work and support your family, play with the grandchildren, maybe you've been unwell and just long for the freedom to move your body, walk and be well again?

I've always loved to dance and sing, so that's on my list. Would you like to go deeper, improve your mental health, change how you react emotionally and release the trauma?

If any of that resonates with you, you are in the right place. Welcome to Nature Cure Hub My name is Julia, I'm a third generation naturopath. Think of me as a general practitioner in the natural medicine world.

In fact, there have been five practitioners in my family. I was brought up living and using the principles of nature cure. So this is just a way of life for me.

with you to empower you, to live your healthiest life in body, soul which is your mind and emotions and spirit. I've been busy preparing interviews for this channel each one will be followed up with a live workshop with me where we have a bit of fun but with calm practical steps easy things for you to put into practice at home.

and we will build on foundational lifestyle changes until you have a whole toolbox of things to help in every situation from cradle to grave although perhaps more accurate to say from preconception to going to heaven.

Now I'm not exactly sure when it will be ready so if you would like notification of when its going please pop along to my website naturecurehub.co.uk.

There's a newsletter sign up form at the bottom of the homepage. If you fill out your details and then I will let you know when to tune in. I only send out newsletters about once a month so your inbox will never get overloaded.

While you're there, please check out the website because there are some courses already there. It would be lovely to have you along. Do join me so we can go on our journey to better health together.

Bye for now. Hope to see you soon.