

News Release

8 May 2012

Cheshire Medical Herbalist consultant on new Readers Digest health book

Cheshire medical herbalist Amanda Cutbill has used her professional knowledge to advise on a new Readers Digest book, *Traditional Wisdom Rediscovered*.

She has acted as a consultant on the 'Good Health Naturally' and 'Beauty and Body Care' sections of the book, which offers "yesterday's top tips for today's busy lifestyle".

The compendium of useful advice also includes sections on good housekeeping, home cooking, style and comfort, and gardening with nature.

Amanda, who runs herbal medicine clinics in Frodsham, Knutsford, Neston, Northwich and Tarporley, believes there are many ways we can help ourselves without resorting to prescription drugs.

She says: "Most of us regularly use over-the-counter pills and potions to treat our ills. In the past, people turned to plants for relief. Today clinical science supports many of these gentle remedies, confirming that a variety of ailments will respond to nature's help alone."

In the Readers Digest book, she offers many useful tips from how to avoid acid reflux and improve digestion to soothing creams for eczema and irritating skin conditions.

Amanda, who lives in Cuddington, has a BSc honours degree in herbal medicine and is a member of the National Institute of Medical Herbalists. If you are interested to learn more visit www.cheshiremedicalherbalist.co.uk or call 07985 200805.

Traditional Wisdom Rediscovered is published by Readers Digest and retails at £26.99.

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