

Case History



Patricia

Problems: Depression, weight gain, fibromyalgia (aches and pains and tender points)

Diagnosis by doctor: under-active thyroid and high blood pressure. Thyroxine and high blood pressure medication were prescribed.

Outcome: none of the medications helped and she was feeling no better.

Working with Alyssa: Patricia did a hormone evaluation, which showed that her adrenals (stress glands) were rather tired. The explanation made sense to Patricia, so she followed the natural health protocol that Alyssa suggested.

The Result: Patricia feels significantly better with much more 'get up and go'. She has been losing weight without even trying and has people, including her doctor, commenting on how well she looks.

Case History



Ruby

Problems: at 59 Ruby had grown tired of the menopausal symptoms she was still suffering from. She also felt that her under-active thyroid was not being managed very well on the thyroxine as she was suffering from severe constipation, dry skin and weight gain.

Working with Alyssa: after doing a comprehensive hormone evaluation it was clear that Ruby's problems were more about her tired adrenal (stress) glands and excessive oestrogen (because of HRT).

After following a natural health approach Ruby has seen improvements in the many symptoms she was suffering from: tender breasts, water retention, mood swings, severely depleted energy levels, aches and pains as well as the constipation, dry skin and weight gain.

The Result: she is now completely off the thyroxine, the HRT and an anti-inflammatory she was prescribed for arthritis. She now tells people that she's got her life back!

Alyssa Burns-Hill

MSc FRSPH MIHPE

Are you suffering with problems that are baffling your doctor?

Do you have problems that you would rather seek a natural and more foundational approach to?

Alyssa may have answers for you—no matter what your age.



Tel: 0207 193 7783

make your appointment for a telephone consultation

What does Alyssa offer that is different?

Alyssa offers a holistic, or whole person, approach to health through the lens of hormones. This approach does not involve restrictive diets or difficult to follow regimes. She can work with you on physical, mental, emotional and spiritual levels through practical approaches that may include:

- ◆ specially manufactured clinical quality supplements
- ◆ clinical quality hormone testing that can be done at home—more accurate than doctor's testing
- ◆ natural health advice and education
— or even
- ◆ intuitive life coaching that can really turn your life around.

See a couple of fuller testimonials overleaf ... there are many more! ... like Ren from Sweden who used to have severe depression and sensitivities; or, Deborah from the UK who had heavy bleeding and fibroids—the doctors wanted to operate but that proved to be unnecessary after working with Alyssa.

Or, Emma from the UK who discovered that her bouts of depression were because of cystic ovaries; or, even Maria from the UK who at 45 was seeing her list of medications grow—after just a few weeks she was off them all. Or, finally, Maureen from Spain who received a diagnosis of menopause from her gynecologist and had a hysterectomy at the age of 70 — there was no change in the way she felt until she worked with Alyssa, now her symptoms have gone and she feels more in control. Finally, there's Lena from Sweden who reports that her bone density has improved by 10%.



Do you recognise any of these symptoms?

- ◆ Headaches, disturbed sleep
- ◆ Loss of scalp hair, increase in facial hair
- ◆ Swollen or puffy eyes, hoarseness
- ◆ Acne, dry skin
- ◆ Aches and pains, arthritis
- ◆ Feeling weak or tired
- ◆ Sugar cravings
- ◆ Hot flushes and night sweats
- ◆ Weight gain at hips or waist or generally
- ◆ Cold body temperature, fatigue
- ◆ Foggy thinking, memory lapses
- ◆ Mood swings, anxiety, depression, tearfulness, nervousness
- ◆ Rapid aging
- ◆ High blood pressure, high cholesterol

All of the above-mentioned symptoms, and more, have been scientifically proven to relate to hormone imbalances that can be corrected naturally and effectively.

Alyssa assesses the person she sees before her and can share information and education for you to choose whether you want to work naturally or communicate more effectively with your doctor.

It's always about empowering you to make decisions that are right for you.

About Alyssa

Alyssa Burns-Hill, MSc, FRSPH, MIHPE is currently finishing her PhD (imminent) in natural health and is not just an academic and practitioner of this holistic approach to health.

In 2001 Alyssa was diagnosed with invasive breast cancer. She chose to say no to the drugs and radiotherapy in favour of a natural and health-focused route to healing.

Alyssa is not just a scientist and a practitioner—this is also about how she lives her life, naturally.

She is an acknowledged international authority, speaker and published author on hormones. She is a regular contributor to health and lifestyle magazines.

Alyssa works with people all over Europe, the UK and Guernsey. She is the Hormone Health Expert for the CMA and sits on the advisory panel for Thyroid UK.

