🌿 Lorraine Harwelik, Clinical Herbalist

Natural Therapeutics for Health

With over 30 years of experience, Lorraine Harwelik offers a holistic approach to wellness, integrating herbal medicine, nutrition, and yoga. As a certified clinical herbalist and registered yoga teacher, she is dedicated to educating individuals about the benefits of a natural and healthful lifestyle.

🌱 Services Offered

- **Herbal Consultations**: Personalized assessments to address various health concerns using herbal remedies.
- **Nutritional Guidance**: Tailored dietary plans to support overall well-being.
- **Yoga Instruction**: Classes designed to enhance flexibility, strength, and mental clarity.
- **Educational Workshops**: Courses on herbal health, gluten-free diets, and more. Amazon+5ssreg.com+5The Guardian+5

🌼 Common Ailments Addressed

- Digestive Issues
- Stress and Anxiety
- Immune System SupportAmazon+1Dr. Axe+1
- Hormonal Imbalances

- Sleep Disorders

📍 Location

Lorraine practices in Cranford, New Jersey, at Natural Therapeutics for Health, located at 6 North Union Avenue.

📞 Contact

- **Email**: l.m.harwelik@gmail.com

For consultations or class schedules, please reach out via email.

Lorraine Harwelik is committed to guiding you on a path to natural health and vitality. Experience the benefits of holistic healing today.