



Lorraine Harwelik, Clinical Herbalist

Natural Therapeutics for Health, LLC

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, she is dedicated to educating

individuals about the benefits of a natural and healthful lifestyle. Lorraine Harwelik is committed to guiding you on a path to natural health and vitality. Experience the benefits of integrative health management.

Services Offered

- **Herbal Consultations:** Personalized assessments to address various health concerns using herbal remedies.
- **Nutritional Guidance:** Tailored dietary plans to support overall well-being.
- **Educational Workshops:** Courses on natural diet and health healing and building aids with nature's remedies. [Amazon+5ssreg.com+5The Guardian+5](#)



Location Lorraine practices in Toms River and Garwood, N. J.



Contact For information and to schedule a consultation.

- **Email:** ProHerbalist@gmail.com
- **Phone:** 908-347-5484 Please leave a message.