

## World health expert Marilyn Glenville PhD reveals the key that can help solve your health problems in three easy steps



**NHP:** “Dr Glenville, you’re one of the most sought after nutritional therapists in the world and we’ve heard so many good things about you. Comments from your patients like, ‘I’ve never felt better’, ‘All my symptoms have gone’ and ‘You’ve turned my life around’. How is it that you’ve been able to help so many people regain their health so successfully?”

**Dr MG:** “It’s actually very simple – the key to good health is treating the cause of the problem, not just the symptoms. The whole process breaks down into three simple steps:

1. Finding the cause of your symptoms
2. Treating the cause
3. Staying healthy

### Let me explain:

Imagine your sink is overflowing and creating a huge puddle on the floor. You could get some cloths and a bucket and start frantically mopping up the floor. This will become a never-ending task, as the water will keep overflowing. But you could **just turn off the taps and pull out the plug**. This stops the overspill and allows the excess water to flow away.

Your health works in a similar way. Most of us have been brought up to treat the symptoms – frantically mopping up the floor, when **it’s much more effective to find and treat the cause** – turning off the taps and unplugging the sink. It may take a little time for the water to drain away, but once it’s gone, it’s gone. Treating the cause and not the symptoms is really important for you to regain your health.

After that it’s easy to **stay** healthy when you know what to look for and you **don’t have to make radical lifestyle changes** either. Most of the time it’s just a matter of using a product with natural ingredients rather than one that contains the harmful, toxic chemicals that clog up your body.

### Let’s go through the steps to see how this works:

#### 1. Finding the cause of your symptoms:

Most health issues are actually just symptoms of a deeper problem. **Identifying the cause is the most important step** to regaining and maintaining your health. When you know

where to look for the cause it's possible to see beyond the symptoms to the real source of the problem. Once we've found that, the next step is:

## 2. Treating the cause of your symptoms:

**If we eliminate the cause we will also eliminate the symptoms.** Treating the symptoms on their own may give some temporary relief but in the long term the symptoms will just keep coming back. And **if the cause is not treated, the symptoms are likely to escalate and get worse.** And once you're healthy again you can concentrate on:

## 3. Staying healthy:

Once you're healthy again you'll want to stay that way! This means building on your new-found health: eating healthily, taking the right supplements (if you need them), and **avoiding the toxins that can be harmful to you.**

**A quick word about toxins** – and how they can harm you and your family. Many products today contain harmful toxins hidden in the ingredients – deodorants, shampoo, toothpaste, soap, cosmetics, skin care products, tea bags (**yes, tea bags**), washing up liquid, tampons, baby creams and detergents ... the list goes on and on.

### **How do you know which to choose and which to avoid?**

Unless you know what to look out for, you can end up accumulating toxins in your body without realising it. So even when you think you've been doing everything right, you can suddenly find yourself with new symptoms and more health problems without knowing why ... and that's very frustrating! But by using products with natural ingredients you can avoid the harmful toxins, and because the natural ingredients work with your body you actually get better results and feel better too.

### **How can you do this for yourself?**

Of course, everyone is different and that's why, when it comes to getting healthy and staying healthy it's important to have **a tailor-made health programme designed specifically for you.** A good programme will identify the cause of your symptoms, advise you how to treat the cause and let you know what to do to keep staying healthy.

The ideal way is to have a personal consultation with a good healthcare practitioner. One who has professional nutritional qualifications and knows how to do this for you. If this is not practical for you because of time or money constraints or other personal circumstances then there is another, quicker way to have a health programme designed for you.

The website you got this from ([www.NaturalHealthPractice.com](http://www.NaturalHealthPractice.com)) is a resource site providing help and guidance for women's health according to my recommendations. For

general health and to find and treat the cause of your symptoms, **I recommend using their online test**, The Health Detective.

**The Health Detective** provides a comprehensive analysis of your symptoms and then **creates a three-month supplement programme tailor-made specifically for you**, together with good dietary recommendations. I use a version of the Health Detective for all my patients and can thoroughly recommend it. It's available **exclusively** from The Natural Health Practice (NHP) from their website ([www.NaturalHealthPractice.com](http://www.NaturalHealthPractice.com)).

I understand that if you buy your supplements from NHP as well, you can get the Health Detective programme completely FREE – so it's **well worth doing**.

Or if you currently have a specific health condition there are Laboratory Tests you can do which are also available on the NHP website and these are sent out to you by post.

(To return to the Natural Health Practice website click here: [www.NaturalHealthPractice.com](http://www.NaturalHealthPractice.com))