

# Promoting Health-the natural way

Contact: [jennifer@promoting-health.co.uk](mailto:jennifer@promoting-health.co.uk)

**Promoting Health-the natural way** is a medical clinic offering an integrative approach to health. The clinic is run by Dr Jennifer Sudder, an experienced medical doctor who has been using natural approaches to improve her patients' health for over two decades.



The clinic offers both virtual & face to face appointments, from the beautifully situated rooms at The Unit, Gym & Fitness, Inchmarlo Rd, AB31 5RR <http://theunit.fitness>

## What do we do

We care for people with a wide variety of ailments using homeopathic remedies, nutritional approaches & hypnotherapeutic techniques as appropriate to each individual. The clinic is run in a confidential & nurturing environment, aiming for people to feel valued, listened to & understood, offering a professional & integrative, medical approach, empowering health.

Working in Gastroenterology in both hospital & General Practice led to studying the bowel from both the conventional side, Nutritional medicine effects & the depth to which Homeopathic remedies can improve the microbiome. This holistic approach towards improving the microbiome has resulted in far-reaching benefits for patients, whether they present with mental health concerns, female health issues, gut problems or a variety of other health concerns

To make an enquiry or an appointment please email:

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For information, please visit: **[www.promoting-health.co.uk](http://www.promoting-health.co.uk)**

<https://www.facultyofhomeopathy.org/pages/about-the-faculty>

<https://www.surrey.ac.uk/postgraduate/nutritional-medicine>

<https://homeopathy-uk.org>

<http://www.bsmdhscotland.com>

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[How are remedies taken?](#)

