**About**

**Nerine is a Natural Healing practitioner, with a background in complimentary medicine. Her fields of study / specialty include Homeopathy, Iridology, Diet and applied nutrition, natural medicines including Herbs and Tissue salts. She also incorporates extremely affective techniques including message, detox and Hydrotherapy into her therapeutic approach. Other Complementary or Alternative therapies of intrest include NLP cocnitive/ behavioural therapy.**

**She owns a Holistic healing Practice focusing on Lifestyle Screening and Support, Lifestyle Coaching and Integrated Healing as a registered Professional Ethno Health Care Practitioner (Wellness Consultant , Facilitator & Coach)**

**She also has a corporate Training background and has lectured at University level. She presents Health Expos, Health and Wellness Workshops, Stop smoking programs and Training Seminars as Health Educator.**

Nerine is a Natural Medical Practitioner at heart, inspired by a passion for helping people. Her journey to Complimentary Medicine started off whilst studying 5 years full time to become a Doctor of Homeopathy and then continued to obtain her qualifications in Education and IT (respectively) and also became a Microsoft Office Specialist. After working for a few years she continued her studies and she also obtained numerous qualifications in Iridology, Diet and applied Nutrition, substance abuse, Natural remedies including Herbs and Tissue salts , massage, detox, Hydrotherapy , NLP (Neurolinguistic programming), cognitive/ behavioral therapy.

She owns a Holistic healing Practice focusing on Lifestyle Screening and Support, Lifestyle Coaching and Alternative Healing and is a registered Professional with the Natural Healers Association (NHA), Trainer and Ethno-Medicine Practitioner in the field of Traditional Health Care.

She also has a corporate Training background and has lectured at University level. She presents Health Expos, Health and Wellness Workshops, Stop smoking programs and Training Seminars as Health Educator (Wellness Consultant , Facilitator & Coach).

Her aim is to make a positive difference in people’s lives in assisting and guiding them to achieve and maintain optimal health, naturally.

**Because a healthy body heals itself.**

**With a high value on life and the beauty of each individual being she views her career as God’s calling in helping the precious lives of others.**

**Nerines’s mission is to educate the public in taking control of their own health through diet, lifestyle, detoxing, good supplementation and herbal remedies with access to reliable information and advice. Her focus is on treating the cause of the illness / ailment as opposed to treating symptoms by providing methods (as inexpensive as possible) that are gentle yet effective.**

Nerine has an extensive knowledge in the field of nutrition and healing through juicing and a whole, raw foods diet. Her interests are in …., cleansing and detoxification.

**Services**

Individual consultation sessions (Individualized Care Programs, Consultations & Examinations)

**Health coaching**

Group Sessions

Workplace Screening

Health Expos

Health and Wellness Workshops

Health awareness talks

Stop Smoking Programs

Training Seminaars

Cooking demos

Recipes and daily health tips on Facebook

**Courses and Workshops**

Breathe Free

Weight Wise

Stress less

Eat Well, Feel Well

No more illness

**Contact**

**Home**

Do you want to be healthy? Then you are at the right place! Feeling absolutely fabulous and looking great is something we all want right? Hypocrates the father of medicine said “Let your food be your medicine and your medicine be your food.” Is it possible to eat youself well? Yes it is! With the right applied nutrition your body receives the right components to restore cells, systems and organs under stress and strain from toxins and unhealthy lifestyle choices. Based on the Be Free lifestyle program, Besetfree is a lifestyle and wellness center dedicated on treating clients holistically.

The term, holistic (from root word ‘whole’) medicine, describes therapies that consider the individual as a whole person, part of a bigger system. Therefore, instead of treating only the symptoms of an illness or disease, an individual’s overall physical, mental, emotional, spiritual, social, occupational and environmental wellbeing will be considered before recommending specific treatments and health coaching protocols.

Nerine’s practice is based upon a holistic approach. Utilizing tried and tested natural techniques and principles that are thousands of years old. Holistic therapies tend to emphasise lifestyle, a return to normal physiological and biochemical functioning, emotional release work and avoidance of chemical substances that might harm and contaminate the body. The tools and techniques used, are non-invasive and gently but affectively supports the body’s return to its natural state of health.

**Prevention is better than cure**

Holistic medicine also attempts to prevent illness or disease, by emphasising optimal health and wellbeing. The body’s systems are seen as interdependent parts of the person’s whole being. The physical body’s natural state is one of health, therefore illness or disease indicates an imbalance in the body’s systems and stable inner milieu (homeostasis).

Its a lifestyle

How can I help? (see below a Summary how you can be assisted)

Sick and tired of being sick and tired?

As a Nutritional Medicine Practitioner, Registered Ethno Health Care Practitioner, Detoxification and Raw Food Specialist and  Life Alignment Practitioner I help people in regaining their health naturally in conjunction with establishing emotional issues which were part of the cause why health was lost in the first place. I am passionate about natural health and the body’s capacity to heal. My interest is in chronic degenerative diseases which are usually created due to lifestyle choices. Detoxification is the single most important tool which gives the innate life force the ability to rectify health issues and it is my deepest desire to help people experience true health and vitality on all levels.  
Vivid Health was established as a sanctuary away from temptation and we offers several detoxification retreats a year where we give people the opportunity to come back into a state of balance.

As a teenage girl I was debilitated with myalgic encephalomyelitis (Chronic Fatigue Syndrome), and after 4 years of unsuccessful conventional treatment, was introduced to fasting and subsequently living raw foods. This healing experience was truly a miracle for me on all levels, and my deepest desire is to help people embrace a life free from dis-ease.

As a Nutritional Medicine Practitioner, Health Coach, Registered Ethno Health Care Practitioner, Detoxification and Raw Food Specialist and Iridoloist, I help people in regaining their health naturally in conjunction with establishing emotional issues which were part of the cause why health was lost in the first place.   
  
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**Dr van der Merwe an alternative health care practitioner is registered with the Natural Healers Association (NHA) as Trainer and Ethno-Medicine Practitioner in the field of Traditional Health Care**, a Fellow of the Royal Society of Public Health (FRSPH – London) and Member of the International Stress Management Association (MISMA), UK branch.

Dr van der Merwe is the Director of Health Stress Management Gauteng (Pty) (Ltd) and Co-owner (with Anri van der Merwe) of Ariani Health Solutions, based in Faerie Glen, Pretoria.

Most people are living with some degree of toxicity. You body has a waste management systems designed to get rid of toxins and keep you healthy – but often these systems are not operating properly due to years of neglect or simply cannot keep up with the toxic load! They could use a little extra help.

Where do all these toxins come from? A combination of chemicals used in food, medicines, household products, personal care products, garden products, building materials, mercury fillings, cigarette smoke, plastic containers, hormones in foods, chemicals in our water, air pollution etc. Some people write detoxification off to fanaticism but there is ample scientific data showing the quantity and effects of toxification. One study tested the umbilical cord of babies for toxins. The test showed an average or 287 contaminants, 180 of which are carcinogenic to humans, 217 are toxic to the brain and nervous system and 208 cause birth defects or abnormal development in animal tests![1]

**When your body cannot eliminate toxins at the same rate that they are coming in you start to get toxic build up. This can results in lack of energy, greater tendency to allergies, excessive mucous production, degenerative disease, forgetfulness, foggy thinking, accelerated aging, skin disorders, hormonal imbalances, chronic fatigue, joint aches and poor immune function amongst others.**

To conquer this health basic a two-step approach in required. First, limit your toxic exposure by eating natural organic foods, drinking pure water, using natural/eco-friendly products in your home and on your skin. Second is to actively help your body detox. You can do this through fasting (on vegetable juice and/or green superfoods), cleansing on raw vegan foods, sweating, taking R’vive cleansing supplements and drinking lots of pure water.

The R’vive cleansing range is aimed at cleansing your detoxification organs and improving their function. Better organ function means your body will continue to feel the rewards of a R’vive cleanse long into the future.

When your cells receive all the nutrients they need and your eliminative organs can properly remove toxins, your body may have the ability to heal itself and stay healthier longer. Naturopathy helps bring the body back to this natural state of self-healing. At Tree of Life Health Ministries, we perform tests that reveal your current level of health, then determine which food-based supplements and detoxification therapies can help you restore balance.