

Celebration of Excellence

Rumana who runs the Complementary Medicine Walk-In Clinic at the Nutri Centre, Kingston Park Tesco Newcastle Upon Tyne was celebrating receiving her CAM [Complementary and Alternative] Award for Outstanding Contribution to the Community 2007. “I am thrilled to have received this award and grateful to be recognised for the work that I have done”, says acclaimed Naturopath and Herbal Practitioner Rumana.

More and more people are using Complementary and Alternative Medicine [CAM] and as it is not yet available on the NHS treatments are only used by those who can afford it.

Rumana decided to set up the clinic a year ago and it has been highly successful. People can receive a 10 min consultations with an expert CAM practitioner free of charge. “This is a valuable resource open to anyone wishing to access independent professional advice on natural health. It can be very confusing for people to work out what supplement to take or which herb can help or whether it is safe alongside their medication,” says Rumana who also runs a clinic within a GP’s practice.

The Nutri Centre is based in selected Tesco stores nationally and supply nutritional and herbal supplements including books and other media on natural health. For further information visit the clinic at the Nutri Centre, contact the store on 0191 286 0020 or www.rumanahealth.com