



# Your Health, Your Vitality, Your Choice

*Yvonne Tait*

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## **Your Health, Your Vitality, Your Choice** Yvonne Tait

When you allow your body to heal itself through appropriate Nutrition and Natural Medicine, living a healthy life doesn't have to be complicated. It's Your Health, Your Vitality, Your Choice.

Chronic Fatigue and Arthritis came in the aftermath of a two and a half year battle with Ross River virus. It was 1984 when Yvonne Tait - then aged forty- five - felt like a very old lady.

Several prescription medications led to even more misery as their side effects kicked in.

Fortunately, a chance encounter delivered her to the door of Natural Medicine. This instigated a full recovery which, subsequently, led to much study. She qualified as a Medical Herbalist and Iridologist working in her own Natural Health clinic, enjoying a career spanning over twenty years.

In this book, Yvonne shares her own philosophy of healing, along with many original authentic Case Histories and 'in clinic' memoirs. Her insights into healing will allow the reader to feel inspired and confident in taking responsibility for their own health and wellbeing. She discusses many and varied common ailments of each body system e.g. Muscular Skeletal system and Arthritis; The Skin and Eczema etc...plus the diet and natural treatments she has employed successfully over the years.

The book can be used as a cover to cover read, and/or; used as a health reference/information book by utilizing the comprehensive index.

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