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I learnt the NADA protocol 15 years ago and it has formed the bedrock of how I work across all disciplines for improving health and wellbeing.

The work I do focuses on Micro Systems Acupuncture together with healing. I am a Mind Calm Meditation teacher & a Mind Detox Practitioner. These give me more tools to understand people's mental wellbeing and how best to find solutions to the problems they may face. I also use Ayurvedic constitutional diagnosis which I find very effective in understanding people and how best to get quicker results.

I am trained as a Sivanananda Yoga teacher and incorporate various breathing techniques to assist relaxation, peace and calm into my practice.

I became a NADA Trainer because I have seen the results it can deliver and the joy it can bring to people. Many people struggle with the challenges life presents and the NADA protocol is a great tool to overcome these obstacles and thrive.

It can help both individuals and the community at large and I look forward to touching more people with this effective approach.