

Appendix IV

Further Help and Telephone Advice Lines

If you would like to attend one of the WNAS clinics or need further details about our telephone and postal courses of treatment, you can write to the WNAS at the address below with a large self-addressed envelope and four separate first-class stamps. Please state clearly what you require information about as we receive requests for so many different conditions. The address to write to is:

Women's Nutritional Advisory Service

PO Box 268

Lewes

East Sussex BN7 2QN

Telephone: 01273 487366 Fax: 01273 487576

email: wnas@wnas.org.uk <http://www.wnas.org.uk>

We also have a number of advice lines you may be interested in listening to:

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|---------------------------------------|---------------------|
| THE WNAS ADVICE LINE DIRECTORY | 09062 556615 |
| Overcome PMS naturally | 09062 556600 |
| The PMS diet line | 09062 556601 |
| Overcome menopause symptoms naturally | 09062 556602 |
| The menopause diet line | 09062 556603 |
| Beat sugar craving | 09062 556604 |
| Rediscover your zest for life | 09062 556605 |
| Overcoming breast tenderness | 09062 556606 |
| Overcoming period pain naturally | 09062 556607 |
| Get fit for pregnancy & breastfeeding | 09062 556608 |
| Skin, nail & hair signs of deficiency | 09062 556609 |
| Improve libido naturally | 09062 556610 |
| Beat irritable bowel syndrome | 09062 556611 |
| Overcome fatigue | 09062 556612 |
| Beat migraine naturally | 09062 556613 |
| Overcome ovulation pain | 09062 556614 |
| Preventing osteoporosis | 09062 556644 |
| Self-help for preventing arthritis | 09062 556645 |
| Addressing heart disease naturally | 09062 556646 |
| Overcoming constipation naturally | 09062 556647 |
| Detecting and dealing with allergies | 09062 556648 |