

Margaret Hills

A Natural Way To Health



www.margarethillsclinic.com

Margaret Hills

In 1982, the Margaret Hills Clinic was established by Margaret Hills – a State Registered Nurse – with the aim of helping people overcome the pain and inflammation associated with arthritic conditions and allied diseases.

Margaret decided to launch the Clinic to help others with Arthritis after her own personal experience with the disease. At the age of 21, whilst training to be a nurse, she developed Rheumatoid Arthritis. This had a fast onset, literally overnight, and resulted in 5 months of complete bed rest to aid her recovery. Years later, after completing her training, she then developed Osteoarthritis, which culminated in another attack of Rheumatoid Arthritis leaving her crippled and in severe pain.

Realising that the medical profession could do nothing for her, as the only available treatment was aspirin, she began to look into natural treatments.

Margaret researched many different natural approaches to healing, including very traditional remedies such as Epsom salts baths and Cider Vinegar. She then combined such detoxification remedies with a particular combination of nutritional supplements to develop her own treatment. After a year of following this treatment she rid herself of all signs of Arthritis and continued to lead a pain free life.

The word spread gradually of Margaret Hills' efforts to rid herself of all arthritic symptoms and many people contacted her to find out more details as so many



were in a similar situation of extreme pain due to arthritis of some type. Due to huge public interest she opened a Clinic to help others who were suffering and to guide them through their recovery.

In the late 1990's Margaret gradually withdrew from seeing patients at the Clinic after fully training her daughter Christine Horner to continue her work. Margaret Hills passed away in May 2003 at the age of 78. By 2006, Margaret's granddaughter, Julia Davies, had studied extensively and was in a position to join the Clinic.

What We Offer:

- Diet Advice
- Nutritional therapy
- Ongoing support.
- Treatments: SCENAR, Cosmodic, Low Level Laser, Therapeutic Blanket and Biolamp
- Laboratory tests

Christine Horner

Margaret Hills' daughter, Christine Horner, has played a prominent role in the Clinic since it opened in the early 1980's. She worked alongside her mother, caring for patients, researching material for her mother's books, developing her education in the field of nutritional therapy, and gaining a firm understanding of the way in which Margaret had been helping people with arthritis.

She qualified as a European Certified Nutritional Practitioner (ECNP) in 1998 and is a member of The Register of Nutritional Therapists (mRNT).



Julia Davies

Since childhood, Christine's daughter and Margaret's granddaughter, Julia Davies, has taken a great interest in the power of food to solve different health problems.

Julia was diagnosed with Juvenile Arthritis at the age of eight with symptoms including severe headaches, nervous twitching and cramping, twisted fingers, nausea, joint pain, severe muscle aching, and fatigue. Considering her grandmother's history of arthritis, there was most likely an hereditary factor in the development of such symptoms but also at that time the family had moved house to a different town and she had changed schools. It was discovered that she was being bullied at her new school. With hindsight, the stress of the move and the bullying were also likely factors in her becoming ill.

Naturally her grandmother devised a programme for her which ultimately resulted in her full recovery over a period of about eighteen months; this included



changing schools again to take her out of the stressful environment.

She gained a BSc Honours degree in Human Physiology and subsequently studied Nutritional Therapy with the College of Naturopathic Medicine.



Julia is a member of the British Association of Nutritional Therapy (BANT).

The Margaret Hills Way to Health

The essential foundation of Margaret Hills' way to health is to rid the body of excess acidity. Excess acidity in the body - not necessarily evident in blood tests - is becoming more widely thought of as the root cause of many health problems, particularly those of a chronic nature.

There can be different ways to bring someone back to proper balance because the cause of this acidity can vary widely, for example, a stressful career, a poor digestive system, bad diet (B.A.D. – British Average Diet), and overuse of alcohol and/or drugs, relationship difficulties, financial stress, trauma, and so on. How often do you make time to really relax and enjoy life, take a stroll, smell the roses? There comes a lack of balance in our lives, with often a lack of emotional and physical support – with families spread far and wide.

Our approach is therefore an individual one where we begin to understand what has brought that person to their current state of health. Once this becomes clearer, we can become more focused with our advice.

All symptoms are signals that something is wrong – we can suppress them and try to forget them, or we can acknowledge them and make the necessary adjustments to our lives and habits so that they do not become more serious. We are here to help steer you in the right direction. Although suppression with medications can be very helpful at certain times and in certain circumstances, the long-term aim in our view should be to ascertain the cause of the problem and try to put it right.

The Margaret Hills approach is designed to enable the individual to take more control over their health. Taking control is often a real benefit in itself and can offer optimism for a much healthier future. Naturally it can take time, some note improvements very early on, others may lose heart and give up too soon, whereas others will continue for as long as it may take – slowly improving.

The choice is entirely yours – the Clinic is here to advise, encourage, and give support and confidence.

<i>Body Burdens – acid-forming</i>	<i>Increased Requirements – to rebalance</i>
<i>Chronic disease</i>	<i>Good nourishing fresh foods</i>
<i>Dieting</i>	<i>Water</i>
<i>Over-exercising</i>	<i>Sunshine</i>
<i>Frequent illnesses</i>	<i>Walk in the park</i>
<i>Poor diet</i>	<i>Peace of mind</i>
<i>Medications</i>	<i>Sociability</i>
<i>Substance abuse</i>	<i>Happiness</i>
<i>Lack of sleep</i>	<i>Support others</i>
<i>Overload of responsibilities</i>	<i>Increase activities</i>
<i>Financial worries</i>	<i>Nutrients</i>
<i>Emotional upsets</i>	<i>Relaxation</i>

So what's the answer?

Margaret wrote:

"It is my belief that health problems such as aches and pains, stiffness, frequent infections, headaches, migraines, catarrh, skin disorders, breathing disorders, cystitis, kidney stones, gallstones, sinusitis, poor digestion and so on are symptoms rather than conditions. If left unaddressed, the symptoms develop into serious problems in their own right. This is what happened to me – years of living in rural Ireland with the local diet based on normal farming practices slowly accumulated, leaving me eventually in a dreadful state. It was then that I researched the natural approach to regaining my health and resolved to follow it.

The first discovery I made was in reading about the remarkable properties of apple cider vinegar and its ability to break down the acid crystals which accumulated in the joints and muscles causing so much pain and stiffness. The treatment which I used involved cider vinegar, honey, molasses and Epsom salt baths which I have described in detail in my books. The next part was adopting a diet designed to minimise

intake of acid-forming foods – it is much more widely known now that a build up of acid in the body causes many problems. Thirdly, I recognised the importance of high quality dietary supplementation with vitamins, minerals, trace elements and protein.

The improvement in my health did not happen overnight but I soon noticed the benefits. After approximately one year, I had rid myself of all the symptoms which had been present for about fifteen years. I really believe that the vast majority of people could achieve the same. Some people will not need a year – others will need to persevere for longer than a year. It really is not possible to predict with accuracy how soon benefits will be felt."

Ongoing research shows how valid this multi-faceted approach is to overcoming many kinds of chronic disease. It is increasingly understood that problems with excess acidity are at the root of many conditions. Our approach can be applied to so many different types of health problems because by restoring the body's acid/alkaline balance, many symptoms just tend to resolve.

If deep-seated problems remain, often simple changes within this approach can bring significant improvements.



Pain relief treatment: SCENAR/Cosmodic

Back in the early 1990s, Margaret Hills developed congestive heart failure, a consequence of having had rheumatic fever in her early 20s. By 1996, a walk across her living room had become an exhausting ordeal. SCENAR was just being introduced into the UK from Russia where it had been used for over 20 years in hospitals for all kinds of health problems – acute and chronic.

Margaret had her first treatment, after which her symptoms magnified for two days and then calmed so significantly that she had much more energy and her walking and breathing normalised. A second treatment one week later brought the same initial worse response for two days, followed by normalisation once again. Just one more treatment

and she was spring-cleaning the house and out all day shopping! Her heart had responded brilliantly and she continued with renewed strength for several more years.

Since this time, Scenar treatment has been integrated into the Clinic, alongside our nutrition and lifestyle protocols, for those who can attend in person. We have seen just one single session have remarkable effects. In our experience, it is a very useful tool for speeding up recovery. People can be thrilled – even astonished - with its effects, but we cannot predict the outcome or guarantee any improvement. For further information, please get in touch or browse our website <https://www.margarethillsclinic.com/scenar.html>



What if I am on medication for my condition?

Almost everyone who comes to the Margaret Hills Clinic for advice is on medication, whether it be the contraceptive pill, or indeed a long list of 10-12 different drugs. It is an issue that needs clarification as many people feel at a loss of what to do, or feel they may be going against their doctor's wishes if they seek nutritional therapy.

There are several issues surrounding medication when you are trying to overcome chronic symptoms, e.g.

1. Will the advice given contradict my medication?
2. Are any prescribed supplements going to change the way the medication works?
3. Can supplements help my medication to work better?
4. Can the side effects of my medication be eased by my diet or supplement regime?

So, please inform us of all your medications, including over-the-counter preparations such as painkillers, cough medicines, anti-histamines, the contraceptive pill or HRT, etc.

A frequent question is: Can you help me get off my medication?

Many people come to us with the intention of finding an alternative for their conventional drugs. A common reason is that side effects may be intolerable. Or, in a lot of cases, people

desire to use more natural methods of controlling their health problems and don't like the idea of drugs 'for life'.

When you make positive changes to your diet and lifestyle you may not need the same level of support from medications. Any changes should be discussed with your doctor.

I don't want to stop taking my medication (for example that given for diabetes, depression or high cholesterol), but I would like some help with reducing the side effects. Can you help?

Some medications leave you feeling, for example, very tired or aching and this can be due to depletion of nutrients that the medication is causing. Frequently used blood pressure medication tends to deplete magnesium, an important mineral for sleep, energy levels and support of your nervous system. By replenishing the deficiency, you can then restore good health in terms of these functions. This also has a protective effect on the rest of your body from the consequences of long-term medication.

The main thing to remember is that all of your medications will be considered when deciding on the next move forward for you. Your plan will be written with all of the above considerations in mind. If you are at all concerned you can take a copy of your programme to your doctor and seek their opinion.

The Next Step

Your relationship with us begins when you register and there are a number of ways of doing this:

- By coming to the Clinic for a face to face consultation
- By having a telephone consultation
- By registering for distance advice

However you decide to register, the first step is to fill in our questionnaire. If you need help deciding which registration method would be best for you, please telephone and talk to one of our team.

When you register, you will receive a nutritional programme designed to address your health concerns. We aim to support you for the duration of your programme. You can let us know how you are getting on: any improvements, any problems, any questions; submit test results, keep us up to date with your medications. We can then ensure

that you are on the most appropriate programme at all times.

Once you are registered, your only on-going costs will be the purchase of your recommended supplements and, if necessary, any further consultation time (face to face or by telephone). A small fee will be charged when there is a change in circumstances, or no contact for a period of time or significant test results that necessitate a complete review of your programme.

We ask you to purchase any recommended supplements directly from us in order that we can monitor your progress closely.

We find that clients who follow their programmes closely and keep in regular contact with us get the best results.

Please read on to see what others have said about their experience with the Margaret Hills Clinic.



Testimonials

"In January 2008 I developed a pain in my left knee. The doctor thought the pain would go away. However, after four months I went back and asked for an x-ray. This revealed arthritis. I was given painkillers which did not get rid of the pain. I was then given Naproxen 250 mg which relieved the pain; however, I still had the occasional twinge. A friend gave me the book "Treating Arthritis the Drug-Free Way". Three quarters of the way through I became excited because I could see "light at the end of the tunnel". I started taking cider vinegar and honey and in 2009 I started to cut out food with acid in it from July to December. On 1st January 2010 I started the diet with supplements and by April I stopped my medicine and was pain-free; I have been pain-free ever since. I would like to thank you for all the help you have given me."

M. L. Bearsden

"It is now nearly a year since I contacted Margaret Hills Clinic in some degree of desperation following the onset of both rheumatoid and osteoarthritis.

Confronted with a future full of pain and restricted movement, the strength in my hands had become greatly diminished and my fingers were swollen, I was very stiff, after sitting in my chair for thirty minutes I had difficulty in getting up.

I started on the Margaret Hills Acid Free Diet in August 2006 after a few weeks the swelling in my fingers became diminished and the pain began to fade, by Christmas 2006 I was pain free throughout my body, I have no stiffness at all.

It is not an easy road to go down, it is a tough regime but the reward is enormous, I now lead a normal life, which includes an occasional glass of wine and a return to my beloved yoga class.

I feel like I have escaped a prison sentence."

J Muldoon

Testimonials

"I recently bought one of Margaret Hills' books for my mother in law who is in a bit of pain with Arthritis. The reason I did so was because at the age of 21 I was diagnosed with Psoriatic Arthritis. I was a very sporty person and was devastated by this. At times I couldn't even stand the weight of a bed sheet on me a night. I was very depressed and all I could think about was the prospect of being wheelchair bound at some point in my life. I went to see specialists who all said the same thing. You'll have to learn to live with the pain. I was 21 and just thought... I don't want to live with this bloody pain!!! I cannot stress how depressed I felt. I was at an all time low and just at an age that you should feel your best. I grew snappy, unsociable and just wanted to be left alone.

Then one day my Mum gave me a book. It was written by Margaret Hills. I read it several times. I couldn't believe my luck when I found out that Margaret Hills actually lived in Coventry (being from Coventry myself!). I booked an appointment to see her and that meeting changed my life. I'm now 40 years old. I have had my life back for the last 18 years. Because of Margaret Hills and her book, formula and guidance, my experience of my condition was brief. Brief as it was though, I will never forget the pain. I will never forget the dark days and I will never forget the joy of recovery. All I have now is one or two not quite straight joints. I had to have one of my toes broken and straightened because I kept getting a corn on top of it where it rubbed constantly against my shoe due to the severity of the bend. But the fact of the matter is, the pain of the condition had gone within a year of reading the book and meeting Margaret Hills and, touch wood, to this day, I remain well. I owe her a lot and wish that I had made contact long before now so that I could have expressed my gratitude to her personally."

Ian Allcoat

"I can honestly say I am "over the moon" with my progress. The swelling in my hands and feet is still improving and my mobility has improved greatly. I had been suffering with depression and kept crying—but my mood is so much better (a black cloud seems to have been lifted). I also find I don't sleep so much—I was finding every time I sat down I was overwhelmed with exhaustion. Now I seldom sleep during the day—only if I have done too much."

S Callingham

Testimonials

"This is a very long overdue "thank you" note for all the help I have received over the last 7 years or more! At times it seemed like a long journey uphill but with your encouragement I have finally made it ... the arthritis has finally gone. Life is so much brighter now without the PAIN – please tell all 'newcomers' NEVER to give up – it really is worth the discipline required."

Heather S

"I had catarrh for years, an ear nose and throat specialist told me there was no cure, and as one gets older it gets worse. You have proved him wrong. Thanks to your diet it is nearly clear."

L Raeburn

"I'm so grateful for all you've done for me. I consider it a privilege to have come to the Clinic. Brian and I feel as though we're part of the family and in this respect I'm sorry I'm not coming any more. I'm pushing the world over at the moment; it started with me spring cleaning and painting the pantry; it's ended with me painting all the woodwork throughout the house, plus emulsions on the lounge and kitchen. I feel on top of the world, so I think now is the time to stop coming to the Clinic. I must add that your receptionists are so friendly and quite delightful. It's been a joy to go to the shop too – we knew Angie especially and wish you all every happiness; we'll miss you all. If I have any setbacks or new problems I shall ring you if I may. Much love to Julia who also helped me."

Margaret Hopkins

Testimonials

"I was diagnosed as having arthritis in 1960 and was told that both knees and hips would need replacement, and my joints were stiff and painful, also walking any distance was quite difficult.

Then thirteen years ago I discovered Margaret Hills' books and bought 'Treating Arthritis the Drug-free Way'. I decided to try out the diet and within six months I felt so much better, pain and stiffness decreasing all the time. Several years ago I began taking the Formula and Protein recommended with the diet, this made a great difference to my health and outlook, and all symptoms and pain had just about gone when in 2004 I was diagnosed with Polymyalgia Rheumatica. When speaking to Christine Horner about this she told me that this illness came under the same umbrella as arthritis and the diet, etc., would help which it did, and by 2007 I was given a clean bill of health without taking any medication at all instead of the possibility of having it for life.

I am so thankful that I found Margaret Hills Clinic, for all the help and advice received over the years."

J Fursman

"I'm writing to tell you how happy I have been since my visit to your Clinic. We have managed to stick almost rigidly to your diet and I am now more or less completely free of pain. My body functions have settled down, and my sleep patterns have regulated from about 8 pm to 7 am without drugs or aids other than skimmed milk."

J McCarty

Margaret Hills Health & Lifestyle Store

At Margaret Hills, we have been providing natural nutrition and lifestyle advice since 1982. Our shop in Kenilworth was opened with the aim to supply good quality nutritional supplements and health foods, which were harder for customers to find at that time.

Today, the shop still stocks good quality supplements and also natural beauty and body care items, natural household products and more.

Many of these items are now available through our website:

www.margarethillsclinic.com

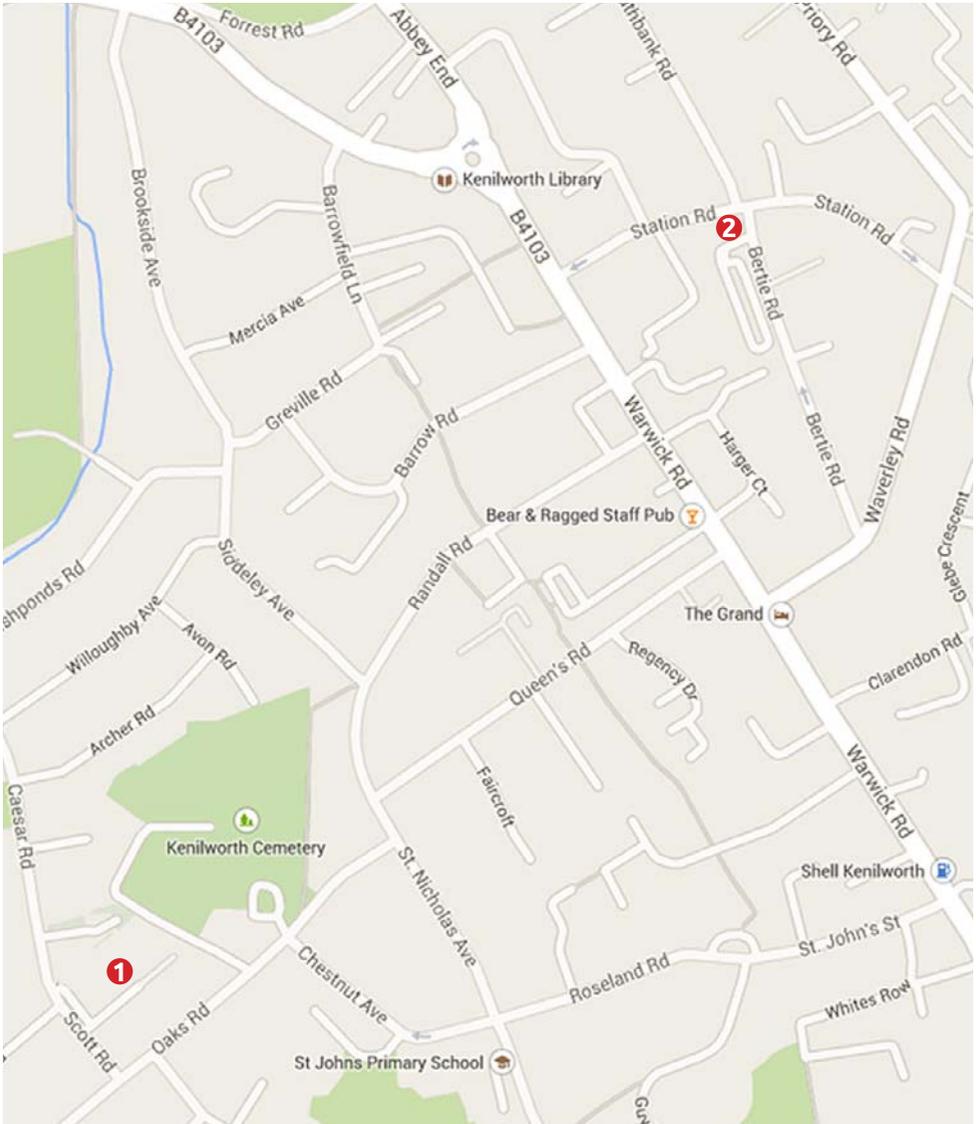
If you are ever in Kenilworth you may like to visit the shop to browse our full range and talk to one our knowledgeable product advisors.

Margaret Hills Health & Lifestyle Store

7 Millar Court, 43 Station Road,
Kenilworth, Warwickshire, CV8 1DP
t: 01926 850019



Where to find us in Kenilworth



1 Margaret Hills Clinic
1 Oaks Precinct, Caesar Road
Kenilworth CV8 1DP
Tel 01926 854 783

Open Mon-Fri 9.00-5.00

- Nutritional Therapy Consultations
- SCENAR Treatments

2 Margaret Hills Health & Lifestyle Store
7 Millar Court, 43 Station Road
Kenilworth CV8 1JD
Tel 01926 850 019

Open Mon-Sat 9.00-5.30

- Nutritional Supplements
- Organic Bodycare
- Natural Household Products

