



Hester's Bio.

Hester Ladewig is a naturopathic health practitioner based in Cape Town, South Africa. She has studied and practiced in South Africa, Germany, and Switzerland, where she was part of a team of physicians at the Paracelsus Klinik Lustmühle. Her work with patients struggling with chronic health disorders and their immune systems has helped hundreds restore their health and lead happier, healthier and more energized lives. She is the author of *Strengthen Your Immune System and Boost Your Resistance to Disease* and the upcoming *12 Steps to Walk Away from Chronic Pain*.

Sample Interview & Media Questions

- What does a naturopathic health practitioner do?
- Which foods and drinks can lessen pain? Which make pain worse?
- What are some of the most important lessons your patients taught you?
- You began suffering from chronic pain starting as a teen. Can you share your story with our listeners?
- Many people do not sleep well. What advice do you have for experiencing sound sleep?
- Are there some myths about chronic pain you can debunk?
- You say there are 12 steps people can take to walk away from pain. Can you briefly outline one of them?
- Can you offer advice on how to find a good pain doctor?
- What advice can you offer about eliminating back pain?
- What is meant by the “gut-pain connection”? Why is it so important?
- How can patients deal with an overwhelming set of options for pain relief?
- How does one avoid having their diagnosis be their destiny?
- What role does DNA play in pain relief?
- Do you have any favourite devices that are capable of providing pain relief?

