NATURAL WOMAN NETWORK

Reclaim Your Energy, Health & Happiness *Over 50*

A natural first step for women ready to feel like themselves again



WENDY DUMARESQ

WESTERN HERBALIST · RESULTS COACH · AUTHOR

About Wendy

Wendy Dumaresq is a Results Coach, author and writer who runs Natural Woman Network, helping women over 50 thrive. With more than 30 years' experience as a Western Herbalist and natural health practitioner specialising in women's health, she now focuses entirely on coaching and education. She is the author of *Radiant Women: Natural Healing for the Three Stages of Woman* and *Enterprise With Soul*.

Connect with Wendy: linktr.ee/naturalwomannetwork

A note before you begin: This guide shares Wendy's personal story and is for educational purposes only. It is not a substitute for qualified health advice, and your experience may differ from Wendy's. Wendy coaches and educates; she does not diagnose or treat.



When Everything Fell Apart, I Did This One Thing

The decision that started my journey back to wellness, and a simple way to find your own first step

Grab a cuppa, settle in

There's a question I've been asked more times than I can count over the years. It usually comes after someone has had a health scare, or hit a wall with their energy, their mood, their body or their life, and they're standing at the brink of overwhelm, not knowing where to start.

Here's a question worth asking yourself at that point:

> *"If there's just one thing I could do to start my journey back to wellness, what would that be?"*

I received an email with almost exactly that question the other day, and it took me straight back to something that happened to me more than thirty years ago.

The moment everything nearly fell apart

Back then I was extremely ill. I'd been given all sorts of awful prognoses, and at one point I was told the most unsettling thing of all: that they didn't actually know what was wrong with me.

I could have folded right there, and I came close. But I was only 28 with a newborn baby, and something in me just didn't feel like I should be going anywhere in a hurry.

What I did next wasn't a five-point plan or a protocol. It was one decision. I decided that no matter what, I was going to find out the most important first step I needed to take to start my journey back to better health, and then take it from there. That was my one thing.

Why deciding is the hard part

When you've had a shock, or you're not well or not feeling like yourself, people come at you from everywhere with advice, resources and opinions. It gets overwhelming fast, and it certainly did for me.

So before anything else, I had to decide something even more basic than "what do I do". I had to decide whether I actually wanted to live. I know that sounds dramatic, but that's where I was at the time, and having a newborn in my arms made the decision a lot clearer.

I did want to live, and I also knew I didn't want to simply accept everything I'd been told. I wanted to live on my terms, to live well, and for a darned long time too.

Funnily enough, I wasn't working in natural medicine at that point. My background was business and corporate, and I was doing private consulting work. None of this natural health world was "on brand" for me yet; it became my path because of that moment, not the other way around.

That one decision, from despair to hope, doesn't sound like much when I write it down, but it was enormous. It was the beginning of one life and the end of another.

The doctor who changed my path

Dr John saved my life after I gave birth. I was gone for a while, and he knew it, and so did I (but that's a whole other story). Some months later, still feeling very ill and with conventional medicine unable to help me, he asked whether I had ever considered seeing a herbalist.

"A what?" I asked.

He explained, and I was lucky enough to know of a very good herbalist in Melbourne, who I eventually went to see. I'm eternally grateful to Dr John, because introducing me to the possibilities of herbalism changed the course of my life in the longer term, and as a big bonus I was able to have another child. I feel so fortunate.

The container that fell at my feet

Not long after I made that decision to survive, and to thrive, I was walking through a health food shop when a container of liver herbs literally fell at my feet. My siblings and I grew up with the natural home remedies my mother used, but I didn't know a thing about herbs. I had a feeling this one was for me, so I took it home and brewed it into a tea, having a cup around mealtimes the way the label suggested.

It tasted disgusting, but my body kept asking for more, so I stuck with it. Within about a week I started noticing little glimmers. I was starting to feel sort of okay, which doesn't sound like much, but when you haven't felt okay in a long time, "sort of okay" feels enormous.

That little spark of life came with enough curiosity to send me to the big City Library in Melbourne (remember, there was no internet back then) to find out exactly what was in those herbs. The curiosity became a passion, and that passion helped me rebuild my health and my life, and has since helped thousands of others to thrive as well. I started learning a bit more each week, enrolled in my first natural medicine course not long after, and piece by piece hope kept building, because I kept discovering there were more things I could do than I'd realised.

It's not as simple today, and that's exactly the point

We've got the internet now, and access to information most of us couldn't have dreamed of thirty years ago. The trade-off is that it can be completely overwhelming. There's so much out there that many people get stuck in the noise and take no action at all.

That's why I'm telling you this story, because one clear decision can cut through all of that noise. Since then, several more adversities, especially in recent years, have brought their own "aha" moments and a real shift in focus. I wanted to put the realignment and integration of my clients' Mind, Body and Spirit front and centre, rather than sneaking it in through the back door of a clinical model. These days the decades of experience in women's health come through as guidance to help women have the best possible energy and vitality for "life unlimited" in this next chapter. I'm excited to be doing the best work of my life.

All of it traces back to that one decision, made decades ago, that changed the whole direction of my life.

Your turn: finding your one thing

That one thing will be different for every person reading this, and it doesn't matter what it is. What matters is that it's your decision, not everyone else's. Even if you're working with a practitioner, whether natural medicine, conventional medicine or anyone else, your health is still in your hands. No matter what happens next, it's up to you.

A few questions you might like to sit with:

- If there were just one thing I could do to start my journey back to wellness, what would it be?
- Is there a decision I've been putting off because there's so much information out there that I don't know where to begin?
- What's one thing I've done in the past that moved my health and my life in the right direction?

My one thing is:

It might be as simple as booking a chat with someone who knows more than you do and whose input you trust. It might be buying a book, or talking with someone whose own journey has inspired you. Or it might be an internal shift, that "well, duh" moment of realising:

> *This is my body, this is my mind, these are my emotions. I'm the boss. It's up to me.*

One thing is enough to move you out of inertia, or simply to make you feel a little more hopeful.

How do I want to feel in 1 month's time, in 2 months' time, and in 3 months' time?

In 1 month:

In 2 months:

In 3 months:

What is the first action I can take today toward the next step in my recovery?

Do I need to get professional, family or community support to help me recover more easily? If so, what support do I need?

If you need expert guidance

If you would like to explore my 1:1 support to help you take the best steps forward to claim your best health, energy and happiness over 50, you can apply for a free, no-obligation Radiant Woman Assessment Call. We will both know from this call whether 1:1 support is the best thing for you or not:

Apply for your free Assessment Call here

Not needing 1:1 support right now? Take your next step at your own pace with the 'Midlife Energy & Vitality Reset'. You'll discover what's draining your energy, what's lighting you up, and what to do about it, so you can build the energy in body, mind and spirit that true recovery needs:

Take the next step here



I would love to know how you progress with your health and happiness in your over 50 years.

Please hop across to my Substack, Radiant Women Over 50, and subscribe for free, so you don't miss any of the inspiring content that will empower your years ahead.

Subscribe free here

With warmth,

Wendy

© Wendy Dumaresq, 2026. All rights reserved.