

## Sylvia O'Rourke

### *The Holistic Pharmacist*

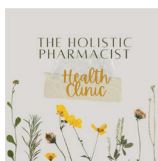


#### CONTACT DETAILS

T: +353 87 990 7168

E: [holisticpharmaire@gmail.com](mailto:holisticpharmaire@gmail.com)

Instagram: [@holistic.pharmacist.ire](https://www.instagram.com/holistic.pharmacist.ire)



Sylvia O'Rourke, set up her business, The Holistic Pharmacist, in Westport, Co. Mayo, in January 2018 to fulfil her drive to help women to feel the best that they possibly can.

A qualified pharmacist who works in the chemotherapy unit of Mayo University Hospital, Sylvia, who is originally from Moneygall, Co. Tipperary, has been living in Westport for five years.

She worked for 12 years in community pharmacy before changing to work in hospitals in January 2020.

Sylvia also has a Diploma in Herbal Therapeutics, and she provides holistic information to women on hormone health through The Holistic Pharmacist.

Sylvia got her business started by giving talks at women's events and women's circles, online and in-person, and also pitched the business on Instagram and by word of mouth.

Since then, it has evolved from being primarily focused on one-to-one clients to whom she provided herbal medicines to providing talks and tonics to groups of women.

Through combining her clinical and natural medicine expertise, Sylvia is able to offer women information and bespoke tonics to help with managing perimenopause, menopause, fertility and infertility, skin conditions, arthritis, chronic fatigue, burnout, and a wide range of other issues that her clients need support with.

Sylvia found that the ACORNS programme helped her with structuring finance, defining her USP and defining the products that she offers.

As the business continues to develop, Sylvia plans to roll out group programmes for women to attend online and provide an education series on holistic medicine for pharmacists.

***Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.***



An Roinn Talmhaíochta,  
Bia agus Mara  
Department of Agriculture,  
Food and the Marine