Our bodies are designed to heal themselves if we provide the right conditions.

Natural medicine works by providing these ‘right conditions’. Signs and symptoms indicate there is some dysfunction in the body. Natural medicine does not simply treat or cover up these symptoms, it treats the underlying cause.

**Our toolbox of techniques**

- Acupuncture
- Bodywork Therapies
  - Bowen Therapy
  - Remedial Massage
- Bio-energetic medicine
- Chinese pulse medicine

**The Naturopathic consultation**

The initial consultation takes around an hour which gives a thorough insight into your overall health.

We will go over your health goals and concerns and design a treatment plan that is right for you.

Iridology and Chinese pulse are used to analyse the function of the internal organs, genetic strengths and weaknesses and dysfunctional areas.

A look into your diet will uncover nutritional imbalances and to see where improvements can be made.

A look into your lifestyle and exercise habits will also add to the whole picture.

Medical tests- depending on your condition it may be recommended that you get further medical diagnostic tests.

The treatment plan may include a combination of dietary modifications, exercise recommendations, herbal remedies, nutritional supplements, lifestyle recommendations, bodywork therapies, acupuncture and simple tools to improve your health.

Your first initial consultation includes a complimentary Acupuncture or Bowen treatment to kick-start your road to health.

**Specialized back or joint therapy**

We have an extremely high success rate with spinal disc problems and knee injuries.

Sciatica, Bulged/Herniated discs, Pinched nerves, Ligament injuries

Remedial massage and Bowen therapy is applied and in many cases acupuncture is also used. This treatment controls pain, corrects structural imbalances, releases muscle spasm, increases range of motion and speeds healing.

Suitable for any type of back, neck or joint problem, acute or chronic. Reduces or eliminates pain, swelling & stiffness. Excellent results for injuries, acute or chronic.

90 to 100% chances to resolve the problem with this specialized treatment. 1 hour treatment - $75.00

**Fast Results**

If you have been getting therapy for your problem and have had no greatly successful results, try us.

Being in practice for over 20 years and having treated 20 000 plus cases has enabled us to develop a powerful & effective method of treatment. You will experience fast results that cannot be achieved by many other therapies.

It should not take dozens of treatments or months to get results. You should experience a significant improvement within 1 to 3 treatments.

**Migraine headache therapy**

Extremely good results. Enquire for more info.
Treatment fees:

Naturopath initial consultation - 1 hour $90
(includes 1 free acupuncture treatment)
Naturopath follow-up consultation - 1/2 hour $45

Acute problems - remedy fee only

Remedial Massage 1 Hour - $75.00

Bowen Therapy - treatment time varies - $65.00

Acupuncture - treatment time varies - $65.00
*Acupuncture package plans - enquire for more info

Specialized Back or Joint therapy
1 hour - $75.00
(Combination of bodywork & acupuncture)

Quick Fix - Back, Neck, Shoulder or Joint Therapy - $50 (does not include acupuncture)

1 hour Super Stress Buster - $75.00
Special formula of Massage, Bowen & Acupuncture to relax the nervous system.
Don’t make any big plans for after your treatment!

Romel & Vanessa Cordeiro have both been in the field of natural medicine for many years. Romel has a diploma in Acupuncture, Bowen therapy and Massage therapy. Vanessa is a qualified Naturopath and Massage therapist.

Body Smart Clinic
Orthopaedic & Naturopath therapies

Open Monday-Friday 9am-6pm
Saturdays 9am-2pm

Registered with most health funds
Accredited members of ATMS #19321, #25676 & BTFA #T102399Q

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(07) 5309 6963

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Specializing in any injury, neck, back or joint problem, migraine headaches and stress