

Naturopathy is a system of natural medicine used to strengthen and cleanse internal organs and restore body functions and nutrition to optimal levels.

Naturopathic Medicine is very safe and highly effective in treating long-term chronic conditions as well as common illnesses and symptoms. The *real causes* of poor health are identified and corrected, often providing dramatic results where other treatments may have failed.

Your initial consultation includes a Complete Health Assessment including Iridology reading, Dietary analysis and assessment of nutritional requirements.

Live Blood Analysis and Computerized Cellular Health Tests are also available, detailing your body composition, health status and biological age.

Your treatment may include Herbal Medicine, Homeopathy, Vitamin and Mineral Therapy, Flower Essences as well as lifestyle and dietary changes.

Naturopathy can help:

- Low Energy and Fatigue
- Stress, Anxiety and Depression
- Weight loss and Metabolism
- Digestive Complaints including IBS
- Allergies, Hay Fever, Sinusitis
- PMT, Fertility, Menopause
- Skin Conditions
- Immunity, Chronic illness & Cancer
- Viral, Bacterial & Parasitic Infections
- Respiratory and Heart Complaints
- Most other health problems... Ask us if your condition will respond!

Hemaview (Live Blood Analysis)

See your blood cells live on TV! Microscopic examination is a tool used to assess immunity, allergies, inflammation, infections, digestive absorption, parasites, heart risk factors and much more.... Seeing is believing!

Pathology Tests

We offer many diagnostic tests, both in clinic as well as via referral to pathology labs for quick and accurate diagnosis.

Weight Loss Programs

More than just weight loss! Emphasis is placed on improving health and vitality while burning fat and preserving muscle. Your program is tailor made to suit your individual requirements.

FREE weekly body composition reports.

Detox and Repair Programs

Poor health stems from internal toxins effecting bowel, liver and other organs. Our detox and repair programs restore healthy function while removing toxins which may have built up over many years as a consequence of poor diet, stress, digestive imbalance, alcohol, cigarettes or long time usage of medical drugs such as antibiotics.

Remedial Massage and Myotherapy

These specialised forms of massage therapy are used to assess and treat muscle, tendon and joint and spinal problems. These include neck and back pain, headaches, restricted movement, sporting injuries, sciatica, over-use injuries, and many more!

Advice on posture, specific stretches and exercises may be given as part of your treatment. Relaxation massage techniques can be incorporated into the treatment if desired to enhance the overall therapeutic effect.

Lymphatic Drainage is special form of massage used to enhance detoxification via the lymphatic system. It can enhance your immune system, reduce oedema (swelling) while also being very relaxing as a gentle pressure is used.

Relaxation Massage will help you relax, unwind and recharge your batteries as your therapist massages away muscular tension and stress. Many people have regular massage as an important part of their stress management program.

A variety of techniques can be combined including Swedish Massage, Shiatsu, Meridian Massage, Acupressure, Energetic Healing and Reflexology foot massage. Aromatherapy oils are used as part of your treatment. Your choice of light, medium or firm pressure is used.

Kinesiology is a muscular biofeedback technique that taps into the body's own knowledge of what it needs.

It is used to balance the physical, mental and emotional aspects in a person's life that contribute to ill health.

Kinesiology can also be used to detect allergies and food sensitivities, to remove physical and emotional pain and to gain clarity in personal and relationship difficulties.

Kinesiology removes emotional and physical blocks thus allowing you to achieve success and reach your goals.

Kinesiology can help:

- Self Esteem
- Stress/ Anxiety
- Depression
- Relationships
- Allergies
- Nutritional Balance
- Motivation
- Physical pain

See Kinesiology brochure for more information.

Consultation Fees:

Naturopathy

Initial Consultation	60 min	\$90
Review Consultations	up to 30 min	\$48
Extended Review	45 min	\$70

Cellular Health Analysis

Initial / Subsequent (with consultation)	\$15 / \$10
Without consultation	\$25

<u>Live Blood Analysis</u> (with consultation)	\$37
Hair Analysis and Pathology Testing	Ask
Candida and Celiac Testing	\$35

Kinesiology & Allergy Testing

Initial Session	90 minutes	\$120
Standard Session	60 minutes	\$85
NAET Allergy treatment	30 minutes	\$48

Massage Therapies

Remedial, Relaxation, Sports, Reflexology, Myotherapy and Lymphatic Drainage

30 minutes	\$48
45 minutes	\$65
60 minutes	\$85
90 minutes	\$120

Body Work / Balancing / Cranial Therapy

(with Naturopath & Remedial Therapist Benjamin Deutscher)

15min \$25 30min \$50 45min \$70 60min \$90

Your Practitioners:

Benjamin Deutscher

Naturopath, Herbalist, Homoeopath, Dietary & Nutritional Therapist, Physical Therapist
Monday, Tuesday, Thursday, Friday 9am - 6pm,
Saturday 9am - 3pm

Andrea Pryor

Naturopath, Herbalist, Homoeopath, Dietary & Nutritional Therapist, Relaxation Massage Therapist
Tuesday and Thursday 4.30pm - 8pm,
Thursday - Saturday 9am - 12pm

Desma Russo

Kinesiologist, Allergy Therapist, NAET
Flower Essences, Counselling, EFT
Wednesday 2pm - 6pm Friday 2pm - 6pm

Vesna Dolic

Remedial Massage Therapist
Lymphatic Drainage Specialist, Ear Candling
Monday 5pm - 9pm, Friday 5pm - 9pm,
Saturday 9am - 3pm, Sunday 1pm - 5pm

Krenoula Evripidou

Remedial Massage Therapist, Ear Candling
Tuesday 1pm - 8pm, Thursday 1pm - 8pm

Dina Bigger

Remedial Massage Therapist
Home Visits available Monday – Wednesday

Visits for all therapies are covered by most
Private Health Funds

24 hours notice is required for cancellations.
Late cancellations incur a booking fee of 50%
The full fee applies if an appointment is missed.

**For Appointments
Phone 9572 3211**

MALVERN NATURAL HEALTH CARE

www.mnhc.com.au info@mnhc.com.au

Naturopathy

Dietary Analysis & Planning
Herbal Medicine & Homeopathy
Vitamin & Mineral Therapy
Iridology & Live Blood Analysis
Flower Essences
Cellular Health Analysis

Kinesiology

EFT and Emotional Balancing
Flower Essences
Whole Body Balancing
NAET Allergy Elimination Technique
Vitamin and Mineral testing

Massage Therapies

Remedial Sports Myotherapy
Relaxation Reflexology
Lymphatic Drainage Ear Candling

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