



zealous
health

zealous (adj):

“to have passionate energy
for a belief or purpose”

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ZOE WARNER

Naturopath (BHSc)

Bachelor of Health Science

- Naturopathy

Why should I choose zealous health?

Here at Zealous Health we focus on the individual – every single person is an amazing, unique being and so should be treated according to their unique needs. What may work for your next-door-neighbour's aunt may not work for you! We take the time to get to know you personally, what makes you tick, what things you may have been through that have affected your health – we want to get to the bottom of what's creating your symptoms and because of this we can then create a plan that is suited just to you that fits in with your lifestyle; right down to what kind of foods you like and dislike.

We're big fans of preventing issues before they become problems and we encourage and educate our clients so they can make smarter choices for their health needs. We're human and we know that you are too, so we try to make life as easy for you as possible – after all, life is for living (and yes, that definitely includes chocolate!!)

So... what is a Naturopath?

Naturopaths offer an alternative to regular mainstream medicine; from using scientifically-proven herbal medicines, to formulated supplements, dietary and lifestyle modifications through to the more energetically-based flower essences and homeopathics. We can also complement treatment that you may already be on, offering a wider scope of potential healing and helping to support you through your treatment.

The human body is an amazing machine – it can heal itself, grow cells continuously and perform a whole host of functions without us even being aware of it. Every now and then, however, things may not work as well as we'd like. Perhaps you've been feeling unwell, or been sick with one of those colds and flus that are always doing the rounds. Perhaps you have an issue that you feel like you've been stuck with most of your life, or have just been diagnosed with some syndrome or disease and you're not quite sure what to do next. Or maybe just tired of feeling tired. Whatever it may be, we encourage the body to kick-start its own healing mechanisms, giving the body the fuel it needs to repair and supporting that healing process.

What can you offer me?

Here at Zealous Health we can offer you a range of services all rolled into one neat package:

- Have an issue you'd really like to be checked out? We can arrange for pathology testing to be performed by Perth Pathology, from liver function testing to thyroid activity, iron studies to coeliac profiling.
- We perform some basic health checks including blood pressure and pulse and iridology to keep tabs on your progress during your treatment.
- We offer Western Herbal medicines to our clients which can be tailored to your specific requirements.
- We have access to a huge range of practitioner-only supplements, vitamins and minerals that are of superior quality.
- We offer dietary and lifestyle plans to help encourage our clients to achieve their health and wellness goals.
- We also offer plenty of cooking hints and tips to help get you moving in a positive direction in the kitchen.



What kind of things can we you help with?

You name it and we can probably give you a helping hand....

- digestive disorders
- allergies, eczema, asthma, hayfever
- skin issues, hair and nail issues
- weight management
- stress, anxiety and depression
- fertility issues and pregnancy support
- chronic fatigue and low energy
- dietary allergies and intolerances
- nutritional medicine
- healthy ageing

How can I contact zealous health?

Clinic hours are:

Monday: 2pm – 6pm

Tuesday: 8am – 11am 2pm – 6pm

Thursday: 8am – 11am 2pm – 6pm

Saturday: 8am – 11am

Other appointment times may be available to suit; give us a call to arrange.