

KINESIOLOGY

Kinesiology uses muscular biofeedback to tap into the body's own knowledge of what it needs. Specialised techniques including EFT, NLP, Acupressure, Creative Visualisation and many others are used.

During your session your therapist will balance the physical, mental or emotional aspects that contribute to ill health.

Kinesiology can detect allergies and food sensitivities, remove physical and emotional pain and trauma. This helps gain clarity in personal and relationship difficulties.

Take your life to the next level!

Kinesiology can help with:

- * Self Esteem
- * Stress/ Anxiety
- * Fears and Phobias
- * Depression
- * Relationships
- * Allergies

• Health Fund Rebates

- Open 6 days a week
- After hours available
- Before hours available

*Our mission is to help you
achieve an excellent level
of health, happiness and
well-being!*

*We invite you come and
experience what can offer
for yourself!*



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Reception hours: Mon-Fri 9-6pm Sat 9-1pm

After hours bookings by appointment only

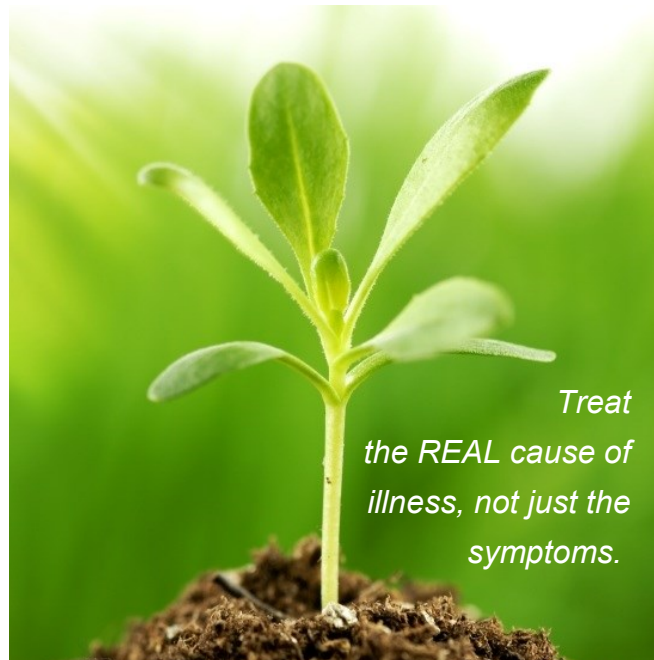


Naturopathy
Massage Therapy
Bowen Therapy
Kinesiology
Chinese Medicine

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Serving the community since 1995



*Treat
the REAL cause of
illness, not just the
symptoms.*

Naturopathy

- ◇ Nutrition & Weight Loss
- ◇ Dietary Analysis & Planning
- ◇ Herbal Medicine
- ◇ Homeopathy
- ◇ Vitamin & Mineral Therapy
- ◇ Iridology & Flower Essences
- ◇ Live Blood Analysis

Massage Therapy

- ◇ Remedial & Relaxation
- ◇ Reflexology & Trigger Points
- ◇ Lymphatic Drainage
- ◇ Pregnancy
- ◇ Ear Candling & Reiki

Bowen Therapy

- ◇ Pain Relief & Sciatica
- ◇ Posture Adjustments
- ◇ Hormonal Balancing
- ◇ Lymphatic Drainage
- ◇ Migraines & Headaches

Kinesiology

- ◇ EFT and Emotional Balancing
- ◇ Flower Essences
- ◇ Whole Body Balancing
- ◇ NAET Allergy Elimination Technique
- ◇ Vitamin and Mineral Testing

Acupuncture

- ◇ (Holistic Chinese Medicine)

NATUROPATHY

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.

Your initial consultation includes a Complete Health Assessment, Iridology Reading, Dietary Analysis and Assessment of Nutritional Requirements.

The *real causes* of poor health are identified and corrected, often providing dramatic results where other treatments may have failed.

Your treatment may include Herbal Medicine, Homeopathy, Vitamin and Mineral Therapy, Flower

ADVANCED TESTING

Rapid Heavy Metal and Mineral Analysis

Computerized Cellular Health Tests; Track your body's composition, health status and biological age.

Live Blood Analysis; microscopic examination to assess immunity, allergies, inflammation, infection, digestion, absorption, leaky gut, heart risk factors and much more....

Essences as well as lifestyle and dietary changes.

Naturopathy can help:

- * Low Energy and Fatigue
- * Stress, Anxiety and Depression
- * Weight loss and Metabolism
- * Detox Programs and Support Systems
- * Digestive Complaints including
- * IBS, Constipation, SIBO, Reflux, Candida
- * Allergies, Hay Fever, Sinus, Asthma
- * Hormone Balance PMT, Fertility,
- * Skin Conditions
- * Immunity, Autoimmune Conditions
- * Viral, Bacterial & Parasitic Infections
- * Heart, Blood Pressure and Circulation

We can help with practically any condition so feel free to ask us about yours, if we can't we'll let you know

MASSAGE & BOWEN THERAPIES

Specialised forms of Remedial **Massage Therapy** are used to assess and treat muscle, tendon, joint and spinal problems such as neck and back pain, headaches, restricted movement, sporting injuries, sciatica, over-use injuries, and many more!

Advice on posture, stretches and corrective exercises may be given as part of your treatment.

Lymphatic Drainage Massage:

This gentle technique enhances lymph flow to boost your immune system and reduce oedema (swelling) while also being very relaxing. Lymphatic Massage is excellent for those with fluid retention and aids in detox.

Bowen Therapy is an advanced pain relief treatment that works by gentle 'rolling' moves on specific points on the muscles, tendons and ligaments. These moves are applied in special Sequences, initiating muscle relaxation, flexibility of the fascia and increased circulation of blood, lymph and energy. ISBT-Bowen Therapy is applied to treat a broad range of physical ailments including muscular, structural and visceral (internal) complaints.

Our Remedial Massage and Bowen Therapy treatments address:

- * Muscle and Joint Pain
- * Stress and Anxiety
- * Back and Neck Pain
- * Headaches, Migraines & Dizziness
- * Sinusitis, Eye, Ear, Nose & Throat Issues
- * Sciatica: Leg, Hip or Buttock Pain
- * Lymph and Circulation



**Massage and Bowen therapy available
after hours**