

NATUROPATH

Naturopathy is an approach to health which focuses on addressing the underlying cause for disease, rather than a symptomatic treatment. Naturopathy consists of the use of traditional and herbal medicine as well as lifestyle and dietary changes to assist individuals in reclaiming their health. As naturopathy has such a strong focus on wellness holistically it is of benefit to everyone

NUTRITIONIST

A Nutritionist explores what we eat and how it affects our health. Food provides us with energy and vital nutrients necessary to remain healthy and help us should we become ill. We may have an allergic reaction or a food intolerance, which may manifest as skin, bowel or behavioural issues. A Nutritionist examines our diet and lifestyle to discover imbalances.

HERBALIST

Also known as a Western Herbal Medicine Practitioner. Western herbal medicine involves the use of plants and plant material to create medicines to help prevent or treat various illnesses. These materials may use some or all parts of a plant, such as flowers, roots, fruits, leaves, and bark. Many of the common medicines used today have origins in herbs for example: Aspirin = Willow bark and Morphine = Opium, etc.

IRIDOLOGIST

Iridology is the science and practice of analysing the iris, the most complicated tissue structure in the body. It shows signs of tissue inflammation in the body; where it is located and what stage of disease it has reached. The iris reveals the level of constitutional strength, inherent weakness, state of health and the transitions that take place in a person's organs and tissues according to the way they live. This analysis provides a holistic diagnostic tool with which to analyse the whole person and gives unique insight into the body's inner environment and the resulting state of health.

HOMOEOPATH

Homoeopathy is a system of healing which assists the natural tendency of the body to heal itself. It recognizes that all symptoms of ill health are expressions of disharmony within the whole person and that it is the patient who needs treatment and not the disease.

AUSTRALIAN TRADITIONAL MEDICINE SOCIETY

As a member of the Australian Traditional Medicine Society I am committed to upholding the highest educational and professional standards and abide by a rigorous code of practice. Rebates available under selected policies with most Private Health Funds.