

Fee Schedule

Current fee schedule (as of November 2012) is:

Initial consultation (40 minutes) \$75

Testing consultation (40 minutes) \$65

Reporting consultation (40minutes) \$65

Review consultations (20-30 minutes) \$50



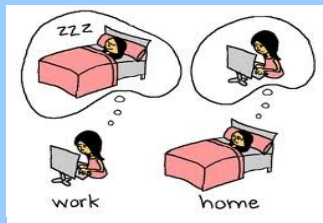
Health fund
Rebate
available

Whats new in 2013

Valuable programs will be available in 2013. You may take part as an individual or as part of a group.

Program themes will include:

Body detox,
weight loss,
healthy hair, skin and nails,
stress and sleep.



Location

4/200 The Boulevard, Wembley Downs



Directions:

1. turn into driveway of Wembley Golf course
2. turn left at roundabout & drive through the car park, keeping left
3. park in lower carpark
4. Martin's room is on the ground floor rooms, on the right of the path from the lower car park

Contact

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Optimal health & wellness is available to you



An Insight into Martin's Health Journey

From a young age, I was exposed to all sorts of natural home remedies .Vitamin C tablets by the cupful, using wet compresses, onions on ears, garlic in your socks were the usual approach to colds, earaches, sore throats and chest infections.

Lots of vegetables,fruit, “meat products” based on nuts and legumes were the staple of our diet.

Today I am striving to eat a balanced diet that contains vegetables, fruits, nuts, seeds, legumes, whole grains, mixture of animal protein sources.

Exercise, sleep, quiet meditation is used to give me rest and release from stresses of living in the 21st century



My mum was a naturopath. It was her inspiration after she passed away, that drew me into helping others and their health as a Naturopath.

“Always bear in mind that your own resolution to succeed is more important than any other.”

Abraham Lincoln

Who benefit's from Naturopathy

Everyone who wants to regain optimal health and take control of their wellness.

Naturopathy is about supporting your body to bring about optimal health and wellness, we are able to help people of all ages.

My Naturopathic service is about helping you to make a truly informed decision on how to regain your health that suits your life stage and health status.



Conditions commonly supported by Naturopathy include:

- fatigue
- stress
- digestive problems
- poor immunity
- skin problems
- weight issues
- hormonal problems
- support of chronic conditions to prevent further health complications

Preventing health problems is another important way that Martin may help you.

How you can achieve optimal health

You take control of your health under the supportive, personal and caring approach of Martin. Three stages are involved.

Stage 1 Fact Finding

You receive a comprehensive health appraisal involving health questionnaires, face to face consultations and relevant tests.

Stage 2 Health plan implementation

Information gained used to come up with a health plan that suits your life stage and health status. With your agreement it is implemented

Stage 3 Review of your health

Your health progress is tracked with short review consultations



Diet & lifestyle recommendations, herbal medicine, vitamins and minerals may form part of your health plan