

## Antonietta Natoli

---

Adv. Dip Homeopathy – Sydney College Homeopathy,  
Masters Policy and Applied Social Research – Macquarie  
University,  
Grad Dip Adult. Education. UTS,  
Cert 4 Mediation, Relationships Australia  
Laughter Yoga Instructor  
NLP Practitioner, Australian Institute NLP  
Myers Briggs Profiler,  
Member Australian Register of Homeopaths (AROH),  
Member Australian Homeopathic Association (AHA),  
Board Member Australian Homeopathic Association  
(AHA).

Antonietta combines Homeopathy, Emotional  
Freedom Technique (EFT), Health Mentoring,  
Neuro Linguistic Programming (NLP) and  
Laughter Yoga to help you achieve your health  
goals.

Antonietta has spent more than 30 years re-  
searching and using a broad range of natural  
health systems. She uses her knowledge to  
achieve the best outcomes for everyone she  
treats. Antonietta helps people heal beyond a  
given illness or constraint. Homeopathy can be  
used with conventional treatments.

*“Homeopathy has made such a difference in my life and  
the lives of my family and clients. I work mostly with  
clients who were suffering from long term, debilitating  
diseases.... You can keep taking prescription drugs and  
still get great results combining it with homeopathy. It is  
an amazing system that I have seen get amazing results  
in so called ‘hopeless cases’. And it works on every level;  
mental, emotional and physical.”*

***It's All About You and Your  
Well Being***

## What People Are Saying

---

“I didn’t know anything about homeopathy. But I  
had no other options so I decided to try it. I am so  
glad I did, **thanks to homeopathy and Antonietta  
I wasn’t medically retired.**”

**Paula C—Artarmon**

“Wow! I really feel like I have new skills to make a  
change”

**Donna M—Monterrey**

“They told me there was nothing they could do—I  
tried everything and then I tried homeopathy. An-  
tonietta has made a real difference to my health  
and quality of life . Thanks!”

**Laurie S—St. Leonards**

“Antonietta knows her content and presents a per-  
spective I have never heard before. The program is  
unique, thought-provoking, challenging and inspir-  
ing. I know I will be doing things differently now”

**Ginny H—Hurstville**

## Contact Us

---

The Gentle Dentist Medical Centre  
Office 1  
260-262 Beamish Street  
Campsie NSW 2194

Phone: 0401 416 560  
Email: [info@bythebay.com.au](mailto:info@bythebay.com.au)  
Web: [health.bythebay.com.au](http://health.bythebay.com.au)

**By Appointment Only**



## Services



**Phone: 0401 416 560**

**<http://health.bythebay.com.au>**

# Health By The Bay Services

## *Health By The Bay is All About You....*

About your health, goals and the lifestyle you want.

At Health By The Bay we use a number of effective modalities you may know of:

- Homeopathy
- Emotional Freedom Technique (EFT)
- Neuro Linguistic Programming (NLP)

These modalities combine effectively to help you realign and set you on track to achieve your health goals.

Other services include:

- Living Calm
- Health Mentoring
- Health Research
- Laughter Yoga



## Homeopathy

Homeopathy is a holistic system of medicine that promotes general health and is used to treat chronic and acute illness. Homeopathy works by gently stimulating a person's natural healing ability to resolve illness, fight infection and regain health.

## Neuro Linguistic Programing (NLP)

Neuro-Linguistic Programming recognises the dynamics between mind (neuro), language (linguistic) and how that interplay effects the body and behaviour (programming). NLP can help you improve how you think, feel, behave and live.

NLP helps you achieve greater self-confidence, self-esteem, communicate more effectively, manage your thoughts, moods and behaviours more effectively.

## Emotional Freedom Technique (EFT)

Also known as Tapping, EFT is a simple, technique that can be learned in minutes and is helping tens of thousands world wide achieve instant relief from all kinds of problems.

EFT uses Chinese meridians to unlock trapped energy in the body. For this reason it is sometimes called '*emotional acupuncture*'. EFT is a chemical free method for helping with a myriad of issues including: mood swings, fears, phobias, addiction, pain, stress management, procrastination, anxiety etc.

## Health Coach

Confused? Want to try a natural option but not sure where to start? Antonietta's been researching natural therapies for over 30 years and is committed to helping people find their own best paths to healing.

Take the trial and error out and let Antonietta help you identify which natural therapies are likely to work best for *your* situation and lifestyle. This service saves you time, money and let's you get on with the job of healing.

## Health Research

If you have a health problem you'd like to treat naturally but don't have the time to research and/or try the various options we can help. At Health By The Bay we will do the hard work for you. We will prepare a detailed report for you describing the various options available to treat the ailments you have. Health research gives you decision making information while saving you time and money.

## Laughter Yoga

Laughter Yoga enjoys more than 6000 laughter clubs in over 60 countries world-wide, and it's growing fast. Laughter is a powerful antidote to stress, pain, and conflict. Even when you fake laughter, you still get the same injection of 'happy hormones' strengthening your immune system, boosting your energy, diminishing pain, and protecting you from the damaging effects of stress. Public workshops and corporate training available.

## Health fund coverage

Depending on the level of cover, most private health funds in Australia provide some cover for Homoeopathic consultations.

## Workers compensation

Is available dependant on the referring doctor.

## What can it help?

At Health By The Bay we help alleviate the symptoms of a wide range of chronic and acute illnesses including:

- Allergies
- Arthritis
- Pain Management
- Women's health
- Kids Health (ADD/ADHD)
- Emotional Health
- Eczema and Skin Rash
- Hay fever
- Headaches/Migraines
- Coughs, Cold, Flues & Respiratory Infections
- Tinnitus
- Insomnia
- High Cholesterol
- Stress/Anxiety
- Depression and Grief
- Trauma
- and much more

**For an appointment call**

**0401 416 560**