

# nutritional medicine

Ellen Health is passionate about our patients living well and staying healthy.

We understand that modern day life can be very stressful and additional pressure can be experienced from changes within our lives. Events such as family responsibilities, financial stress, moving house, a new school and work loads can lead to poor lifestyle choices and stop us from living well and staying healthy.

Nutrition is the cornerstone for wellness and our Nurse Practitioner Jille Burns can assist you with effective self management strategies.

Our current patients have achieved great results and we are delighted to recommend her services.

## How Nutritional & Environmental Medicine can help you;

- Make better food choices by understanding what and how to eat for health
- Improve your Diabetes management
- Reduce your chance of heart attack and stroke by improving your cholesterol and lowering your blood pressure
- Reduce food allergies and sensitivities
- Enjoy life more by understanding and managing your Asthma triggers.
- Cope better with everyday stresses using achievable self-management strategies
- Live longer to enjoy your family and friends by quitting smoking and losing weight
- Find out if the vitamins you are taking are right for you and giving you the benefit you are expecting
- Gain more energy and sleep better by learning strategies to reduce fatigue and insomnia

## Examples

### 49 year old female

**Tired all the time, high cholesterol and couldn't lose weight.**

*Jille could recommend changes to diet combined with exercise. These recommendations can help you feel better and lose weight. As a side benefit cholesterol dropped from 7.8 to 5.4.*

### 23 year old male

**Asthma limiting lifestyle.**

*Needing increased reliever medication. Saw an immunologist but still didn't know what was making it worse. Jille suggested looking at other factors in lifestyle. The cause turned out to be a large part of what he ate. Changing that now gives him control over his asthma.*

### 76 year old female

*Achieving a **weight loss goal** of 8kgs, Jille's suggestions were easy, enjoyable and not hard to do. Losing weight can also help blood pressure come down too.*



## What is a Nurse Practitioner?

A Nurse Practitioner is:

- a senior registered nurse who has undertaken further study to master's level degree, and
- registered as a Nurse Practitioner with the Australian Health Professional Registration Authority.

The Nurse Practitioner role provides innovative and flexible health care delivery that complements the work of the doctors and practice nurses working at Ellen Health.

Our Nurse Practitioner, Jille Burns has specific interest in the field of Nutritional Medicine and we have been very pleased with the results our patients have been receiving from seeing her.

- No referral necessary to make a booking with Jille
- Medicare Rebates may apply

### Jille Burns - Nurse Practitioner

RN BAppSc PGradDipHlthSc MNurs

### Australian College Nurse Practitioners

<http://www.acnp.org.au/>

### Australian College of Nutritional & Environmental Medicine

<http://www.acnem.org/modules/>

## Frequently asked questions

What is nutritional medicine?

Nutritional medicine is about how food and the environment affect the health or disease of your body.

How does nutritional medicine differ from seeing my Doctor?

It is important that you continue seeing your Doctor for your ongoing health conditions. Nutritional medicine works along side everyday medicine.

**... get healthy  
phone today  
9430 5001**

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