



Naturopath

“Everyone deserves to enjoy the feeling of vitality and balance when your body is in optimal health.”

What is naturopathy?

Naturopathy is a system of healing founded on the philosophy the body has the ability to heal itself if given the right support.

Do you need support with...

Digestive complaints	Pain reduction
Weight management	Mental health
Fatigue	Detoxification
Female health	Allergies
Children's health	Skin conditions

Naturopaths look at the big picture

They assess your overall health and use a variety of natural therapies to resolve your symptoms and treat the underlying cause of your condition.

And when you maintain balance in your body you're in a better position to prevent the onset of illness and disease.

Treatment

Your treatment may involve a range of therapies including dietary plans, nutritional supplements, herbal remedies, homeopathy, flower essences and lifestyle strategies.



Sarah-Jane Purnell holds a Bachelor of Health Science in Complementary Medicine along with an Advanced Diploma in Naturopathy. As the former clinical Naturopath of Australia's premier health retreat, The Golden Door Elysia Hunter Valley, Sarah-Jane brings a wealth of experience to the team at Wellbeing.

**To make your appointment
call Wellbeing Hawthorn on**

03 98827135



Private health fund rebates are available
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