



Synergy

Wellness for Mind, Body, Soul & Skin

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Open 7 Days
By Appointment Only

Health Rebates and
Workcover Accredited
(Myotherapy and
Remedial Massage Only)

What is Naturopathy?

Naturopathy is the dynamic multi-disciplinary practice of four primary modalities: herbal medicine, nutrition, homeopathy, remedial therapies. Used holistically, these modalities have the potential to complement and enhance each other.

Integral to naturopathy is the focus on each person as a unique individual, treating the whole person and cause of disease rather than the disease as a separate entity.

Appropriate modalities are employed to support the body, mind and soul in a holistic manner to bring about your optimum health.

Iridology is just one of the many avenues used for gauging your health and establishing a treatment strategy. Iridology is the beautiful art of 'reading' the story of your general health and constitution through careful observation of the iris. The colours and markings of the iris paint a map to be read and used as a valuable guide during your ascendance to optimum health.

With an awareness of the information revealed by specific markings in your iris, we can gain insight to your inherent strengths, potential weaknesses and inherited constitution. This in turn can help you to look after your long-term health by implementing uniquely tailored preventative measures and basic health maintenance or recovery.

Your Naturopath can empower you to long-term health using nature's healing gifts of sunlight, fresh air, pure water, food as medicine, and a little exercise and rest as the foundation!



Naturopathy can provide relief from conditions including:

- Anxiety
- Depression
- Fatigue
- Colds & Flu
- Asthma
- Arthritis
- Allergies
- Psoriasis
- Headaches & Migraine
- Diabetes
- Sinusitis
- Infections
- Weight Management
- Menstrual Problems
- Menopausal Problems
- Digestive Problems
- Eczema
- Thyroid Dysfunction
- Fertility & Pregnancy Problems

How does the Naturopath work with you?

As your personal Naturopath, my role is to work with you as a unique individual, rather than 'on you'; to serve as your guide throughout your chosen path to wellness.

Commitment to your personal health is the first step along the path to wellness. Together, we will discuss the best way to achieve your health goals at a pace with which you are comfortable and confident.

The second step is to tailor a treatment to your individual needs which will act as the trigger for your body's natural inclination to heal itself. The body is continually focusing on maintaining its natural, healthful, state of being. Sometimes it just needs a little help!

Thirdly, and importantly, is to ensure continuity, periodically checking in with your naturopath to discuss progress and make any necessary modifications to your treatment plan.



The Ultimate in Health

Ascending toward a healthful state of being, the ultimate goal becomes a focus on prevention of disease. As your naturopath, I can guide you towards a health inspired lifestyle that can act as prevention against disease and illness in the days, months, and years ahead.

- Initial Consultation 60-90 minutes
- Follow-up Consultation 20-40 minutes
- Remedies, Supplements and Flower Essences are charged separately to the consultation fee.

