

What is Naturopathy?

The principle behind naturopathy is to look at a person from a holistic perspective, in other words, as an entirety. Each human is a complex being, consisting of a physical, emotional and spiritual body. The combination of these three elements creates the reality of our health state, and the absence of good health and wellness is termed as 'dis-ease'. Naturopathy focuses on finding the cause of disease, rather than only treating the symptoms.

My focus as a naturopath and vibrational therapist is to address each element during consultation, creating individual treatments that focus on the key aspects of a person's health with consideration of personal interests and tastes, lifestyle and budget.

What can I expect to happen during an initial consultation?

- A comprehensive analysis of present health concerns and relevant body systems in order to gain an understanding of your condition
- Discussion about lifestyle and diet, medical and family history
- Assessment of present medication to avoid possible interactions
- Iridology – analysis of the iris (eye) to determine pre-disposed health issues
- Blood pressure check
- Tongue and nail diagnosis as indicators of present health issues
- Referral for blood/urine/salivary tests if necessary
- A prescription tailored to your needs from a large range of resources such as herbal medicine, nutritional supplements and flower essences
- A full explanation of the naturopathic reasoning behind the prescription
- Dietary and lifestyle advice with appropriate handouts to take home and refer to
- A relaxing 30-minute vibrational/energetic treatment, including use of hands-on healing with Reiki, crystals and colour therapy as appropriate for the individual
- Follow-up support to gain optimum benefit from treatments

What conditions can be treated with naturopathy?

For anyone who is feeling less than their best, naturopathy focuses on restoring and maintaining the body's innate healing potential through the use of natural substances.

Due to the nature of holistic treatment, an endless range of health concerns can benefit. Naturopathy has shown to be effective in treating people of all ages for both acute and chronic illnesses, ranging from stress, insomnia and depression to digestive complaints, reproductive disorders, skin conditions, heart disease, respiratory problems and mental illness.