

Services available

- **Iridology**
- **Body Composition Analysis**
- **Blood typing**
- **Bowel Toxicity test**
- **Blood sugar level test**
- **Kinesiology**
- **Nutritional Analysis**
- **Hair Mineral Analysis**

Naturopathic consultations involve a constant flow of information between the practitioner and client to enable the practitioner to build up a comprehensive and individualised picture of each unique individual. Over time you will learn more and more about yourself and what is best suited to you to enable you to achieve and maintain the level of health you desire.

By utilising these methods together with a comprehensive questionnaire that will assess your health in a wholistic way – including physical, mental and emotional traits, I can compile a detailed picture of your unique health profile which then enables me to find the most suitable methods for you to incorporate into your lifestyle to strengthen your weaknesses and to replace the ‘dis-ease’ with an ‘ease-ier’ sense of health and wellbeing.

Iridology – is the art of reading the iris and sclera to map where your weaknesses and strengths are. Every part of your body is connected via the nervous system to individual fibres in the iris. I look at deviations in the fibre structures, colour changes, and patterns within the eye and capillaries in the sclera to find out your particular constitution and which areas of your health need support. Iris photos are taken and kept on file so you can see the changes yourself over time as you improve your health! I also provide for a small additional fee, a detailed 12 page iridology report that can be put on disc so you can keep your own records.

Body Composition Analysis – is a bio-impedance machine that will give you a cellular analysis of your health. Put simply you will receive a print out of how much muscle, fluid and fat comprises your body, as well as how effective your muscles are at producing energy; clues as to what might be impeding energy production or blocking fat burning; an indication of inflammation/ toxicity levels; your general cellular health & your biological age – which can be a great motivator for change! This is a very simple and quick test that requires a waist & wrist measurement, your weight and height, and while you lay on a massage table fully clothed (except for shoes/socks), there will be electrodes placed on your wrist and ankle to connect with the machine.

Blood typing test – if you do not know your blood type, then we can find out within a few seconds! I have found so many people have benefited from using the blood type diet. I can show you ways to use this diet so it becomes a way of life and not feel like another ‘restricting’ diet!

Bowel Toxicity Test – If it is needed, this simple urine test will show how toxic your bowel is and give you a clearer idea on how long you should detox for maximum benefits. There are so many detox plans around and having worked in health food stores for 8 years as well as using practitioner detox programs, I have gained a lot of knowledge about which ones are best for which body types.

Blood sugar levels – just a simple finger prick if I feel your blood sugar levels need checking. When and what you have eaten will influence this greatly so I usually for-warn if I need you to fast for it.

Kinesiology – Having trained in the UK as a Touch For Health Facilitator and Instructor, I find kinesiology a great tool to access those deeper issues that your mind can try to over-ride. Kinesiology uses muscle testing to find out how the body is coping with its’ environment, as well as finding the priority treatment. Sometimes there are so many issues going on in your life it is hard to find where to start. Kinesiology is the answer to help you fine tune your program.

Nutritional Analysis – this is a symptom based questionnaire that will give you a broad idea of which vitamins and minerals you are deficient in and just how much of a supplement you may need to take and for how long. For borderline deficiencies I will guide you to dietary sources to ensure your nutritional status does not deteriorate further.

Hair Mineral Analysis – is a great tool if you want a more scientific approach to your specific nutritional needs. In your report you will be given a break-down of which minerals you are deficient or not in, which toxic metals may be too high, as well as specific ratios of minerals. Minerals do not just work on a stand alone basis and this part of the report will help you understand where your mineral ‘partnerships’ might be going wrong and how to correct this for better health outcomes. This test is sent away and currently costs \$125.00 AUD.

Conditions I specialise in

- Childrens' health
- Immune problems from allergies to autoimmune diseases including psoriasis
- Weight loss, muscle gain
- Stress and energy issues – thyroid and adrenal problems
- Bowel and digestive disorders – IBS, Coeliacs, Crohn's
- Hormonal issues from PMS, polycystic ovaries to menopause
- Syndrome X – pre-diabetes, cholesterol and cardiovascular concerns

Children's issues - As a mother of two young children I enjoy working with children especially to educate on healthy habits from the start to help ensure prevention of problems later on. I have lots of great recipes for child friendly healthy snacks that I share with you so you can build up a healthy repertoire of recipes over time. I have worked a lot with children with allergies, ADHD/ADD and the autistic spectrum.

Autoimmune conditions/ immune weaknesses – I see so many immune systems that have 'de-railed' – largely due to stress and environmental issues. I have a great program to help get your immune system back into balance. Including psoriasis, allergies, eczema, hayfever and sinus.

Weight loss/ improving you body composition – I don't ever use just one type of diet plan for everyone, I cater a diet plan for you as an individual that you will be happy to incorporate as your lifestyle eating plan. Whether this is based on a diet that suits your metabolic profile, a low carb diet, an alkaline diet or blood type diet, or a combination – it will be your unique eating plan! With the bio-impedance test, I can monitor your body composition on a regular basis to make sure what you are doing suits your needs and that you are burning fat and not muscle. I even have some really simple exercise ideas that are so easy you will often forget you are exercising while you are busy exercising! Weight loss is not just about diet and exercise though and I include weekly or monthly 'homework' questions that delve into your psychological profile to help you understand more about yourself and why you are where you are, and how best to break those bad habits.

Thyroid/ adrenal/ stress issues – Australia is now one of the fastest growing nations to use thyroid medication which indicates we have a need to understand our thyroids' a bit more! I have found you simply cannot just support the 'thyroid' as we know every system in the body is intrinsically involved with each other. However the adrenal is the primary support needed for thyroid conditions and having dealt with many thyroid issues, there is a lot to be said for lifestyle changes and nutritional/herbal support for problems with the thyroid and adrenals. After all who can honestly say that they are not affected by stress in any way these days? It's about time you gave your adrenals a holiday!

Bowel problems – irritable bowel, Coeliacs, Crohn's disease etc – Having worked in a health food shop in Sydney that specialised in gluten free products for Coeliacs, I spent a lot of time in the clinic there helping people with gut related problems. One thing I have learnt is that it is not just a diet related problem. There are many other influencing factors that need to be sorted out from stress, immune system irregularities to hormonal imbalances. This is why there are so many differing pictures of what IBS is. With my experience in the varying forms of IBS I can now help you more specifically with IBS and gut related problems by pinpointing the main influencing factors that are contributing to your problems.

Menopause and hormonal imbalances = PMS/ Prostate problems – Any imbalance simply shows that our lifestyles are not conducive to our best of health and if your hormonal system is the weak spot then you will need to learn how to keep it well balanced. This really is one area where herbs come into their own as they help to balance hormones and support the systems that might be influencing the disruption of any hormonal metabolic pathway. Come in to find out what else might be adding to your hormonal issues.

Syndrome X , Pre-diabetes/ Type II Diabetes/ high cholesterol/ high blood pressure – whether you have part or all of the picture here then you need to reduce your risk of cardiovascular disease as soon as possible. Learn why you have developed this and how you can reverse the syndrome. Understanding how your lifestyle influences your health is the key to being responsible for healthier lifestyle choices. If you don't understand what is going on, how can you change it? Just by committing to a consultation tells me you care enough about your health to want to change. In return I will take great care to give you all the tools you need to make a positive change. Don't become one of Australia's most concerning statistic. Make a positive change today!