

What is Naturopathy?

Naturopathy is a holistic method of healing which recognises the ability of the body to overcome disease.

Treatments aim to support and aid the body to heal itself with the use of herbal medicine, homeopathy and nutritional and lifestyle advice.

Naturopaths are trained in a variety of modalities and may be able to help with a broad spectrum of illness or disease states. Some conditions include:

respiratory conditions, skin conditions, anxiety and depression, colds and flu, infections, gastrointestinal and digestive disturbances, hormonal abnormalities such as menopausal symptoms and allergies.

Naturopathy may also address everyday issues such as stress, fatigue, weight loss and the foundations of these problems. However, problems do not need to be specific for naturopathic treatment as remedies may help with an overall feeling of unwellness.

Electrodermal Analysis

- ∞ Food Sensitivities
- ∞ Nutrition & Vitamin Deficiencies
- ∞ Viruses, Bacteria, Fungi & Parasites
- ∞ Mental & Emotional States
- ∞ Spinal Energy Flow & Circulation
- ∞ Digestive Disorders
- ∞ Hormone Balance
- ∞ Heavy Metal Toxins



Specialising In

- ∞ Type II Food Allergy Testing
- ∞ Skin & Anti-Ageing Therapies
- ∞ Digestive & Hormone Balancing
- ∞ Iridology
- ∞ Detoxification Therapy

Service Pricing

Computerised "Body Check" Analysis

Vitamin and Mineral Analysis	\$100
Food Intolerance	\$100
Mini Health Check	\$130
Full Health Check	\$190
Repeat Consultation	\$70
Repeat Consultation 30 mins+	\$100
Iridology Consultation	\$80
Sleep Nutrient Analysis	\$120
Immunity Analysis	\$120
Digestive Health Analysis	\$120
Energy Levels Analysis	\$120
Stress Levels Analysis	\$120
Digestive Health Analysis	\$120
Hormone Analysis	\$80*
<i>*additional charges may apply</i>	
Toxic Heavy Metal Analysis	\$80*
<i>*additional charges may apply</i>	



Packages

The Quick Fix Programme 3 Consultations

The "Quick Fix" programme allows a client to return for 3 repeat consultations after their initial consult, at a discounted price. This package is ideal for acute health problems that you may be suffering with.

Normally \$270... ONLY \$216

The Sustained Results Programme 6 Consultations

The "Sustained Results" programme includes the benefits of the quick fix, but is targeted at treating chronic or ongoing health issues. This is the package for someone who has been suffering a year or more with a condition.

Normally \$540... ONLY \$399

The Evolution Programme 9 Consultations

The "Evolution Programme" is an entire evaluation, plan and treatment for your overall health. Appropriately named the "Path To Health Lifestyle Programme" Garth will take you through a comprehensive, detailed 9 session plan to get your health on track and maintain your results.

Normally \$810... ONLY \$575

Phone 9293 2621

Bookings Essential for Appointments

Nightingales Pharmacy & Newsagency

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