Fees:

1 hour consultation: $25.00

Includes the following: detailed naturopathic assessment, nutritional analysis, Bach Flowers, holistic counselling, lifestyle advice. If indicated physical examination and/or urinalysis.

If required, at an additional cost:

Herbal Medicines

Nutritional Supplements

NATUROPATHY

Now available on Thursdays by appointment

Nadine Campbell

Illawarra Women's Health Centre

2-14 Belfast Avenue, Warilla 2528
Ph 42556800  Fax 4255 6899
Naturopathy

Naturopathy is a holistic form of health care that aims to enhance the health and wellbeing of people primarily through the use of effective natural medicines and lifestyle guidelines. Naturopathy stresses maintenance of health and prevention of disease and it provides you with individual support.

Specific conditions treated for women include:
- Premenstrual syndrome (PMS), period pain, heavy bleeding, hormone imbalances, recurrent thrush, urinary tract infections, endometriosis, ovarian cysts, polycystic ovarian syndrome, fertility problems, recurring miscarriage.
- Preconception care, pregnancy and post natal care.
- Menopause and female age related conditions.

General complaints treated include:
- Nausea, poor appetite, indigestion, bloating, food allergies.
- Respiratory conditions, bronchitis, sinusitis, asthma, hayfever.
- Irritable bowel syndrome, peptic ulcers, colitis, Crohn's disease, Coeliac disease, constipation, diarrhoea.
- Musculoskeletal problems: osteoarthritis, rheumatoid arthritis, gout, fibromyalgia, carpal tunnel syndrome.
- Headaches, migraines, neuralgia.
- ADD/ADHD.
- Stress related conditions: anxiety, insomnia, panic attacks, mild-moderate depression.
- Low energy, chronic fatigue syndrome.
- Skin Conditions: acne, psoriasis, eczema, dermatitis.
- Lowered immune system, viral infections.
- High cholesterol, high blood pressure.
- Insulin resistance, metabolic syndrome, Type 2 Non-Insulin Dependant Diabetes, Type 1 Insulin Dependant Diabetes.
- Cancer support and support for other medically managed conditions.

The focus of a highly trained naturopath and herbalist is to help you to achieve your health goals, increase your vitality and provide you with the tools to achieve and maintain good health.

What you can expect from a naturopathic consultation is a detailed health review, simple advice and education around healthy lifestyle choices and safe effective natural medicines. The aim is to treat the symptoms of your problem thoroughly and effectively whilst evaluating and managing the aspects of your general health that may be contributing to the problem.

Treatment is aimed at restoring function to the body through herbal medicine, nutritional therapy, stress management, Bach flowers and lifestyle guidance. A personalised treatment plan can increase your energy and vitality so that you not only achieve symptomatic relief, but also eliminate the underlying cause of your condition.

Our Naturopath can work in conjunction with existing health care practitioners, such as your GP, to support your health and improve your well being.

“Natural forces within us are the true healers of disease.”
~ Hippocrates ~