

What is naturopathy?

Naturopathy is an holistic healing system that seeks out and treats the cause of ill health rather than just the symptoms of disease.

Naturopaths believe the body is able to heal itself if we provide it with the materials it needs to do this. Naturopathy uses a variety of natural therapies and a plan is designed for each client according to their individual needs.

What happens when you visit a Naturopath?

You will be asked lots of questions - about your symptoms, history of illness, diet and exercise. Iris diagnosis is used to help determine the cause of your symptoms and you will be given recommendations on appropriate diet, supplements, exercise, etc.

Follow up visits may be necessary to monitor your progress.

What is the ATMS?

The Australian Traditional Medicine Society Ltd (ATMS) sets standards for training and education of its members.

ATMS accreditation of practitioners ensures a high standard within the profession. Members must also adhere to the ATMS Code of Ethics.

What are the various natural therapies?

- **Nutrition** - uses vitamins, minerals and other nutritional substances to correct imbalances and deficiencies within the body. Diet plays a key role in providing this nutritional balance.
- **Herbal medicine** - uses traditional and modern knowledge of medicinal plants to bring about healing. Herbal tinctures are custom mixed according to individual needs.
- **Homoeopathy** - uses minute amounts of various substances (actually the vibrational energy of the substance) to overcome disease and bring the body into balance. Homoeopathy acts on both the emotional and physical level.
- **Iridology** - not a therapy but a diagnostic tool. Iridology is used to assist in determining weaknesses and imbalances in the various tissues and organs of the body.
- **Flower essences** - use the vibrational energy of flowers to act primarily on the emotional aspects of healing.
- **Craniosacral therapy** – a gentle, hands-on and deeply relaxing therapy that restores balance to the body through the craniosacral system. Especially helpful for problems originating in the head or spine such as headaches, neck & back pain.
- **Nambudripad Allergy Elimination Technique (NAET)** – tests for and clears the body's inappropriate adverse reaction to various foods & environmental substances so the body no longer reacts adversely to otherwise safe substances. A real solution for allergies & intolerances.

- **Massage** - improves blood and lymph flow and relaxes muscular tension. Muscles hold the bones together, so balancing muscle tone can improve movement of joints and relieve pain.
- **Manipulative Muscle Therapy** - pain and dysfunction are often due to misalignment of muscles, ligaments and tendons. Manipulative muscle therapy gently realigns these tissues to restore normal movement and function.
- **Kinesiology** - uses a combination of touch, acupuncture and massage to balance the body. Kinesiology can also be used to determine food intolerances/sensitivities while Educational Kinesiology is used to help overcome learning difficulties.
- **Reflexology** - the feet (and hands) contain reflex points that are related to various parts of the body. Working on the reflex points assists in normalising energy flow to those associated areas of the body.
- **Theta Healing** - a powerful tool that clears the negative unconscious beliefs which create blocks to health and wellbeing.
- **Thought Field Therapy (TFT)** - clears anxiety/stress, fears, phobias, addictive behaviours and other emotional problems by clearing the triggers causing the negative emotions.
- **Neuro-Linguistic Programming (NLP)** - uses understanding of the way individuals process information to change negative behaviour patterns. Also used to optimise learning ability.
- **Reiki** - channels universal energy to promote healing and a feeling of well being. Reiki is generally calming and relaxing.

... and especially for pets

Natural therapies are also used with animals to improve their overall health and wellbeing.

See separate brochure for more information on the natural therapies used for animals.

Additional qualifications for animals:

- Tellington TTouch Practitioner (Companion Animals)
- Canine CranioSacral therapist
- Tellington TTouch (Horses) Practitioner-in-Training
- Cert IV Behavioural Dog Trainer
- DogsNSW obedience instructor (since 1968)
- Breeder Tristania German Shepherd Dogs (since 1977)
- Competitor in obedience/tracking/agility/endurance/herding/breed shows

Cost

Initial consultation	\$60.00
Follow up consultation	\$40.00
CranioSacral therapy/Massage/ reflexology/Reiki (1 hour)	\$45.00
(1 ½ hours)	\$60.00
(½ hour)	\$30.00
Distance consultation (animals)	\$65.00

Available for personal consultations (consultations also available by phone, post or email for pets & livestock)

Rebates available from some health funds

Accredited member:

Australian Traditional Medicine Society Ltd
(ATMS)



Holistic Animal Therapy Organisation (HATO)



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Carole Bryant Naturopath

(ATMS & HATO accredited)

- nutrition • herbal medicine • iridology
- homoeopathy • flower essences
- craniosacral therapy • massage
- NAET allergy elimination • Theta healing • Thought Field Therapy
- manipulative muscle therapy
- reflexology • kinesiology • reiki
- NeuroLinguistic Programming

plus for pets & livestock:

- Tellington TTouch
- canine craniosacral therapy
- behavioural dog trainer

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*... natural health care for
people, pets & livestock*