

Introducing Naturopathy

Do you suffer from

Stomach Pain?
Sleeplessness?
Headaches?
Asthma?
Skin problems?
Depression?
Flu?
Cardiovascular disease?
Overweight?
...or something more?

The increasing pace of our modern lifestyle places more demand on our bodies and health than we would like. Even though our bodies have a natural ability to adapt and maintain a healthy balance, over time acute symptoms may become chronic and possibly lead to disease.

Listen to your body!

All too often people seek help when a symptom has progressed to a chronic stage. However, if addressed earlier the severity of the symptoms could be significantly reduced and the chances of developing illness could be minimised. It is important that people listen to the signals their bodies are sending and seek treatment as early as possible.

Naturopathy: Back to basics

Naturopathy enhances the basic needs for healthy living by adopting changes to lifestyle, addressing deficiencies in nutrition and prescribing herbs and flower essences to enhance the body's natural ability to heal itself. Naturopathy is also effective for people taking pharmaceutical medications by complementing the treatment prescribed by their GP. This helps the body minimise side effects, whilst also assisting the promotion of self healing, thus maximising the effectiveness of the overall treatment.

Consultation

Naturopaths will provide tailor-made plans to achieve short and long term health solutions for patients. An initial session lasts for around one hour, the holistic approach covers all aspects of lifestyle. The first visit may also involve tests such as blood typing, urine analysis, glucose and zinc testing, iris and dietary analysis. These basic tests allow the naturopath to gain an insight into the body's chemistry and make recommendations to achieve positive results.

After the session your naturopath will prescribe necessary nutrients, herbal liquids, tablets or remedies that will assist patients on their path to optimum health.

Follow up

It is advisable to have a follow up appointment 1 or 2 weeks after an initial consultation, to review your progress. A follow up session is usually shorter and focuses on any changes that may have occurred and need to be addressed.

Start your journey to better health, make an appointment today!

April is Easter!

Why not treat someone special to a Gift voucher?



Vouchers are available for purchase at our clinic, or over the phone.



Remedial Massage

Acupuncture

Musculoskeletal Therapy

Corporate Massage

Assiram Natural Therapies - 99 Creek St Brisbane 4000
Ph: (07) 3229 0115 Fax: (07) 3229 2145
www.assiram.com.au

Naturopathy & Remedial Massage



Allie Boot has been with Assiram Natural Therapies for the last 5 years. She is a holistic practitioner with an Advanced Diploma in Naturopathy and a Cert IV in remedial massage and exercise therapy.

Allie specialises in the following areas:

- ⇒ **Naturopathy**
- ⇒ **Remedial Massage**

Naturopathy is a complementary therapy for total body wellness, using a combination of western herbal medicine and nutritional advice to help you achieve inner health. If you are low in energy, suffer from digestive disorders, food intolerances, headaches, stress, or pain, then Naturopathy is for you.

Allie can incorporate Massage with Naturopathy sessions. Massage techniques include myofascial release, trigger-point therapy, cupping, muscle energy technique, acupressure, lymphatic massage and stretching.

Naturopathy Pricing - from 1st April

Initial consultation (60 minutes) \$88

Includes zinc, blood type, blood glucose and urine testing, as required

Standard follow up visit (30 minutes) \$60

Extended follow-up visit (45 minutes) \$75

Includes testing as required

Massage & Naturopathy \$100

30 minute massage & 30 minute naturopathy follow-up (save \$15)

Phone us on **3229-0115** to make an appointment



**Restore balance in your body
Book in for Naturopathy today!**

Allie's availability

Monday 9.00am - 2.00pm
Tuesday 9.00am - 5.30pm
Wednesday 9.00am - 6.00pm
Thursday 9.00am - 5.30pm
Friday 9.00am - 5.30pm

INTRODUCTORY SPECIAL

10% off an Initial Naturopathy consultation

Valid for the month of April

EASTER CLINIC HOURS

The clinic will be closed from Friday 10th April to Monday 13th April



We wish all our clients a happy and safe Easter break!



Too busy for a treatment during the week?

We are open on Saturdays for Massage & Acupuncture from 9.00am - 3.00 pm

Check out our website <http://www.assiram.com.au> for special offers!



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