

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.

Philosophy

Naturopathy is a healing art based on holistic principles in conjunction with *vis medicatrix naturae* - the healing power of nature. This includes treating the underlying cause within the body to achieve optimal health that may have been compromised by lifestyle, genetic predisposition or dietary imbalances. Within this belief, naturopathy aims to restore vitality through supporting and stimulating the body's own healing mechanisms.

Modalities

- **Western herbal medicine** is the oldest form of medicine in society. The practitioner makes use of extracts and tinctures derived exclusively from plants. Herbal preparations are able to balance the whole body unlike pharmaceuticals, which only work on one specific system. Modern herbal medicine is safe and is constantly backed up by updated research.
- **Nutrition** is the treatment of disorders using food as medicine. With the fast paced stressful lifestyle of our society, many of us are eating highly refined foods. This does not supply us with the nutrients we need to maintain good health. The naturopathic nutritionist uses fresh whole foods and supplements to re-establish an optimum nutritional status required for good health.
- **Homeopathy** uses the principle of 'like cures like', for example when grandma used to say 'to cool down on a hot day, have a cup of tea'. The substances used are prepared in a unique way so that they correct the patient's vital force which balances their spiritual, emotional and physical levels. They are extremely safe and effective.

Conditions treated

Naturopaths are trained in a variety of modalities and therefore able to treat a broad spectrum of illnesses or disease states that are either acute or chronic.

Some conditions include:

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

Naturopathy also addresses everyday issues such as stress, fatigue, and weight loss, and the foundations of these problems.

Naturopathy is also useful in treating issues that may involve first aid:

- bites and stings
- burns
- sprains and strains.

However, problems do not need to be specific for naturopathic treatment as treatments can cure an overall feeling of unwellness.

What to expect at your first appointment

At your first appointment a student practitioner will take your case. This is your personal file where any current symptoms you may be experiencing, medical history of illnesses, diet and lifestyle behaviours, and any emotions you may be feeling will be recorded and discussed. To ensure a thorough case history, the practitioner may also conduct a brief physical examination to determine the location and nature of the problem.

Although some questions may appear strange, your naturopathic practitioner wants to consider all signs and symptoms in order to develop a total picture of your condition. Once this is achieved, the appropriate method of treatment will be selected to help rebalance any disruption that is occurring both within the internal and external self.

You will be under the care of a senior naturopathic student who will be supervised by a qualified naturopath.

Pain or side effects of the treatment

Pain should not be felt from herbal treatments. Provided that herbs are taken in the correct dosage, no side effects should occur. Should you feel any side effects, please don't hesitate to contact your naturopathic practitioner.

The herbs used in the clinic are non-toxic and are approved for internal use by the Therapeutic Goods Administration, which is Australia's regulatory agency for medical drugs and devices.

If any pain or side effects occur, you should contact the clinic for personal advice on (02) 4620 3700.

How long will it take to work?

Recovery time varies greatly depending on the individual and their condition. Acute symptoms such as skin conditions, colds or flu, can respond to treatment within days. Chronic complaints require more time for recovery due to their complexity and can take anywhere from 4-12 weeks to notice improvement. Chronic conditions ultimately respond very successfully to naturopathic treatment.