

Naturopathy at True Health

What is Naturopathy?

Naturopathy is a system of medicine that stimulates the innate healing powers of the body to restore its natural balance and maintain health. Naturopathy is a truly holistic form of medicine, concerned not with merely addressing the signs and symptoms of disease, but rather identifying and preventing lifestyle imbalances, maintaining good health and preventing disease. Herbs, food, exercise, homeopathics and lifestyle changes are used to form a treatment.

This modern form of Naturopathy can be traced to 18th- and 19th-century natural healing systems. These were based on the use of food, air, light, water, and herbs to treat illness. Much older forms of herbal medicine can be traced back to Neolithic Man some 10,000 years ago.



What happens in a Naturopathic consultation?

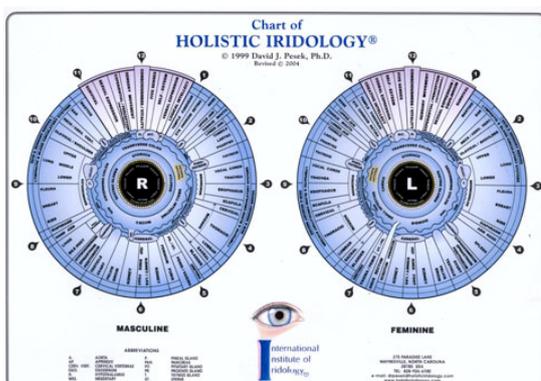
Your first visit takes an hour. During this time, a very thorough patient history is taken. Naturopathic doctors treat the whole person, which means they consider a variety of factors before they diagnose and treat an illness. Some factors your Naturopath might consider in making a diagnosis include your mental, emotional and spiritual state, your diet, your family history (whether or not your parents or grandparents suffer [or suffered] from the same condition), your environment, and your lifestyle.

In addition to asking questions, some other methods that your practitioner may use to assist in making a diagnosis include;

- Iridology
- Live Blood Analysis
- Computerised Electro Dermal testing
- Biomedical examinations (blood type analysis; urine analysis)

Once these factors are considered, a diagnosis is made and your Naturopath will then advise you of the best possible treatment plan. This may involve herbal medicines, nutritional advice and dietary changes, detoxification programs and lifestyle advice. Usually combinations of some or all of the above techniques are used.

What is Iris Analysis?



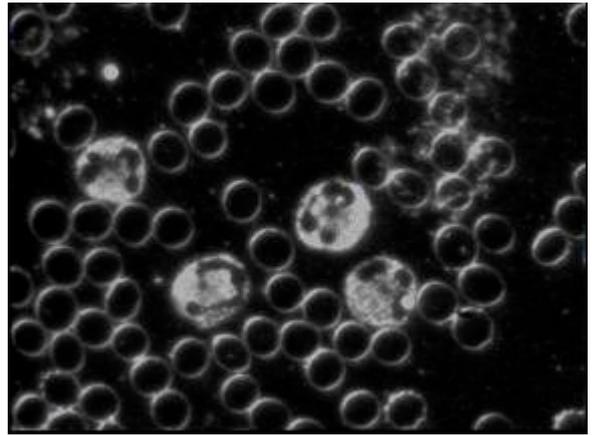
Iridology is a method of observing changes in a small part of the body to understand disharmonies in the whole body system. The irises of both eyes are “mapped” into different body regions.

Skilled interpretation can reveal imbalances, toxic areas and organic problems in specific parts of the body.

What is Live Blood Analysis?

This involves taking a small blood sample by pricking the finger. This sample is then observed under a powerful electron microscope and displayed on a monitor for you to see. As this is a living blood sample, cell activity and cell disharmonies can be directly observed. Your Naturopath is able to ascertain several body mechanisms including;

- Oxidation (premature tissue stress and aging)
- Inflammation
- Liver stress
- Gut dysfunction
- Immune system weaknesses
- Vitamin and mineral deficiencies



What is Computerised Electro Dermal testing?

With this test, a non-invasive, pen-like probe is used to touch against various points on the hands. This Orion device measures and records electrical resistance in the body meridians (energy pathways) based on the principles of acupuncture and Chinese medicine. This translates to show the wellbeing and function of many body systems.

Where imbalance is detected, Orion graphically charts this information, allowing your Naturopath to prescribe the best selection of nutrients and advice to correct the disharmony. Orion can determine and correct food sensitivities, allergies, organ dysfunction, environmental sensitivities and even emotional imbalances. This state-of-the-art technology is painless, quick and very accurate.

What products do you use?

Whether your practitioner prescribes herbal medicines, nutritional medicine or homeopathic remedies, all his products are “practitioner only” dispensed medicines of the highest quality. Our Naturopaths prefer to use Metagenics® and MediHerb® products, both of which pass the most stringent guidelines governing the use of medicines in Australia as outlined by the Therapeutic Goods Administration. They have been thoroughly tested for their safety, purity and effectiveness.

How many visits do I need?

As with most holistic medicines, Naturopathy works best with ongoing care and maintenance. The amount of time it takes to correct a specific problem depends upon the patient and their condition (or degree of imbalance). It may take several days to weeks of following your Naturopath’s advice to notice changes and during this time, weekly to fortnightly visits are usually required to monitor your progress.

What should I do to get the best from my Naturopathic consultation?

Naturopathy works best when the patient helps the practitioner in several ways. To get the best out of your session you can do the following;

- Be honest with the information you give about your diet & lifestyle. This allows us to determine how to get you feeling great as soon as possible.
- Bring a list of any medication you may be taking (what it is, how much you take each time, how often you take it). Your Naturopath will need to know this because herbs and drugs may interact negatively when combined.
- Turn off your mobile phone. Giving your full attention will allow you to receive the best care possible.
- If you are asked to provide a urine sample, please ensure you bring it with you.