



Holistic Medicine

Naturopathy is concerned with a person's diet, lifestyle, family background, environment, as well as the history of their current complaint or illness.



This range of information is combined with the insights gained about the individual's health and personality from iris diagnosis to enable the Naturopathic Practitioner to better understand the cause of their illness.

In this way a Naturopath views the person's illness in the context of their whole person. The root causes of their ill-health is then treated and so they can achieve better health and well being now and in the future.

Naturopathy assists your body to heal itself, restoring you back to better health, making illness less likely to occur in the future.

About Naturopathy

Naturopathy is based on long standing healing traditions and is now recognised by mainstream medicine and the public as a valuable and effective treatment for a variety of health disorders. Many naturopathic beliefs, including the importance of nutrition, diet, exercise and stress management, have been adopted by conventional Western medicine. Naturopathic treatments are designed to stimulate your body's own healing and recuperative powers and may include one of the following or a combination of treatments:

Diet and Lifestyle

A healthy eating pattern is fundamental to the maintenance of good health and well being. A healthy diet and lifestyle benefits almost every aspect of our health, throughout our lifetime. Following a healthy eating plan and adopting a healthy lifestyle can both reduce the risk of developing high blood pressure and lower an already elevated blood pressure. A healthy lifestyle includes maintaining weight; being physically active; following a healthy eating plan that emphasizes fruits, vegetables, and lowfat dairy foods; choosing and preparing foods with less salt and sodium; and, if you drink alcoholic beverages, drinking in moderation.

Homeopathy

Homeopathy is a system of medicine that supports the body's own healing mechanism, using specially prepared remedies. It may be called energy medicine, in that it works with the bodies own vital force to encourage healing and to ensure that all body systems are working at optimum levels. Homeopathic remedies are potentised forms of energy capable of rebalancing our energy fields. When our energy fields are back in balance our immune system and other body systems begin functioning normally again and health is returned.

Flower Essences

Flower Essences may be considered as tools to help a person remain positive on the physical, mental, emotional and spiritual levels that are so essential for general health and well-being. They are completely safe because the physical amount of plant substance in the remedy is so minute. Infants, children, the elderly and even pets respond positively to Flower Essence effects. Flower Essences can assist a person to develop self-esteem, assertiveness, selfreliance and self-discipline.

Herbal Medicine

Plant medicine is considered the oldest and most traditional form of medicine in the world. Herbalism has been used by most world cultures at one time or another throughout history over thousands of years. In recent years, interest in herbal medicine has skyrocketed, leading to a greater scientific interest in the medicinal use of plants. Many international studies have shown that plants are capable of treating disease and significantly improving health.

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www.vitalis.com.au/montmorency/naturopathy.htm