



# Staying Healthy Naturopathy

## *“your health is your wealth”*

*Food as Medicine: “Let your food be your medicine and your medicine be your food” - Hippocrates*

*Naturopathic treatments consider the whole person — body, mind and spirit*

### **About me**

I am a qualified Naturopath with a degree in Bachelor of Health Science in Naturopathy and also have Advanced Diploma in Naturopathy.

I finished a Certificate IV in Workplace Training.

I used to be a teacher overseas with degrees in Master (University of the Philippines) and Bachelor of Science (University of Santo Tomas) in Home Economics.

I am a passionate and emphatic practitioner integrating traditional and evidenced-based natural medicine to treat a wide range of health concerns.

You and I will work together to develop a health program to achieve your optimum health.

I will discuss with you the connection of your symptoms and the hormones and organs affected by your health condition.

I am not taking the place of your GP. Instead I would like to work with your GP, such like complement your medications in order to restore optimum health.

For example; replacing the vitamins and minerals depleted by your medication/s; minimize the side effects of your medication/s.

### **Services offered:**

Diet and Lifestyle advice

Nutritional supplementation

Herbal medicine – includes creams

Flower Essences

Relaxation massage

### **For Health concerns such as:**

- Stress
- Detoxification
- Weight Loss
- Low energy, Fatigue
- Depression
- Anxiety
- Headache & Migraine
- Hormone imbalances
- Indigestion, Bloating, Reflux, Constipation, Diarrhoea, IBS
- Skin conditions
- Allergies, Asthma, Cold & Flu
- Fertility, PMS, Peri-menopause, Menopause, Post-menopause
- High blood pressure & High Cholesterol level

**Contact me: Elsa Bautista-Richardson –Naturopath**

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**Address: 11 Gowrie St, East Bentleigh 3165**  
**By Appointment only! Thank you.**

## ***Naturopathy –principles of treatment***

**Naturopathy** is a system of healing that views dis-ease as a manifestation of alterations in the processes by which the body naturally heals itself. ***Dis-ease may initially begin from genetic inheritance, diet, lifestyle, an illness, stress, emotion, events, exposure to toxicity.***

Naturopathic medicine emphasizes health restoration and treatment of disease using diet modification, nutritional supplements, herbal medicine, and lifestyle counseling.

### **The key principles in naturopathic medicine:**

#### **1. Do No Harm.**

Naturopathic medicine practices a natural, safe and effective treatment or intervention

Naturopath's role?

To provide natural, safe and the most effective treatment or intervention and minimise the risk of harmful side effects.

#### **2. The Healing Power of Nature.**

Naturopathic medicine believes that the body has an inherent self-healing capacity. It can prevent itself from diseases and regain optimum health. Nature is the greatest healer.

Naturopath's role?

To support, facilitate and augment this process with the aid of natural therapies

To avoid suppression of symptoms whenever possible, as suppression of symptoms generally interferes with the healing process.

To respect and work with the individual's self healing process in the treatment

#### **3. Identify and Treat the Cause**

Naturopathic medicine seeks to identify and remove the cause of illness.

Naturopath's role?

To identify the underlying causes of illness or disease, rather than to merely eliminate or suppress symptoms.

#### **4. Practitioner as Teacher.**

Naturopathic medicine considers the practitioner as the teacher who educates, inspires and motivates patients to take responsibility for their own health;

Naturopath's role?

To educate their patients and encourage self-responsibility for health, thereby, establish a good practitioner/patient relationship

#### **5. Treat the Whole Person.**

Naturopathic medicine treats the body as a whole and not just the disease by taking into account the physical, emotional, mental, spiritual, genetic, environmental, social factors and influences.

Naturopath's role?

To treat the whole body and not just the presenting symptoms or the disease

#### **6. Prevention.**

Naturopathic medicine emphasises the prevention of disease—assessing risk factors, heredity and susceptibility to disease and making appropriate interventions.

### **Naturopath's role?**

To emphasise the prevention of disease, making appropriate interventions in partnership with the patient, and to promote well-being.

### **What to expect from a visit to a Naturopath**

Your first visit may take more than an hour involving a thorough interview in relation to your diet, lifestyle, stress, genetics, medical history and exposure to environmental substances. An appropriate physical examination may be performed, which may include conventional tests, e.g. • Zinc taste testing.

This first consultation will give me the whole picture of your condition and the most appropriate and personalized treatment can be prescribed.

### **How much do you spend on supplements?**

Each human being has unique biochemistry resulting in quite diverse nutritional needs. For example, some of us are genetically suited for a vegetable-based diet and others are not. Some persons can satisfy their nutritional needs by diet alone and others must have nutritional supplements to overcome genetic aberrations.

### **PATIENT CONFIDENTIALITY is strictly observed!!!**

Pricing structure:

Our fee structure is:

\$85 for the first consultation (approx. 1½ hours);

\$60 for the usual follow-up consultation (approx. 30-40 minutes)

\$40 for a short consultation (approx. 15-20 minutes)

***Medical Fund Rebate available***



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