

STRIVING TOWARD WELLNESS



Melville Naturopathy is a holistic health care practice, combining traditional healing arts with modern evidenced based practice to provide you with dynamic health care plans to help you move towards optimal wellness.

melville
NATUROPATHY



To build a deep understanding of your health, your naturopath will discuss your medical history in detail, as well as take a look at clues the body gives in the finger nails, irises and skin. If necessary, functional pathology tests for blood markers, heavy metal levels and hormones may be requested. All of the information gathered helps to uncover important underlying causes to illness.

Staying true to the holistic principles of natural living, your naturopath will give recommendations on wholesome food options and beneficial lifestyle choices to optimise your wellbeing. Nutritional supplements, herbal medicine prescriptions or flower essences may be needed to more effectively restore your health. Regular consultations are important to ensure your wellness plan is adapted as your body changes throughout the therapy.

Naturopathy is a wonderful healing modality used to prevent disease, and also to avoid the progression of an illness you may already have. Illnesses often begin as small change, like feeling consistently tired or having a low mood. These symptoms, however vague, are vital signs the body is presenting to prompt valuable reflection on how you can move towards wellbeing. Speak with Melville Naturopathy today to regain your health.

We believe to encourage beneficial change means to educate, so we endeavour to make each consultation at Melville Naturopathy a learning experience.

We also offer regular information evenings as part of our dedication to helping you improve your health.

Call our reception team, or check our website for details of the next seminar

Some conditions your naturopath can help you with:

- Digestive problems
- Skin complaints
- Hormonal imbalances
- Sports nutrition
- Diabetes and weight loss
- General and muscular fatigue
 - Low or erratic moods
 - Holistic support through preconception and pregnancy
- Acute coughs, colds & flu

Melville Naturopathy is located within the Pilates Fitness Institute

Contact our reception team for any enquiries

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Enriching wellbeing by
respecting the healing power
of the body