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I have always had a passion for the inter-connectedness of mind, body and spirit in health and well being.

Naturopathy takes a Holistic view of us as beings; addressing the underlying and maintaining factors of 'dis-ease.' Individualised needs can be addressed with the use of Herbal Medicine, Flower Essences, Nutritional/Dietary, Lifestyle support/advice and/or Energetic Healing. Symptomatic relief is catered for, but ultimately getting to and eliminating the maintaining cause(s) is the ultimate goal.

All systems off the body can be addressed through this paradigm i.e.:

Nervous: Stress/Anxiety/Depression/Sleep concerns

Immune: Colds/Flu acutely, conditions like Glandular Fever, Chronic Fatigue/ Autoimmune conditions

Endocrine: Adrenal Fatigue/Thyroid issues/Type 2 Diabetes/Insulin Resistance

Urinary: Urinary Tract Infections, Kidney Stones

Reproductive: PMS issues//PCOS/Menopause/Prostate concerns

Musculoskeletal: Osteoarthritis/Ongoing inflammation from injuries

Integumentary: Acne/Psoriasis/Eczema

Gastro-Intestinal/Hepato-Biliary: Food Intolerances/Reflux/ IBS/Liver and Gall bladder function

Cardio-Vascular: Cholesterol management/Hypertension/Varicose veins

Respiratory: Hayfever/Asthma/Sinusitis

Just to name a few; utilizing a unique blend of tools suited to each person's needs.

The initial appointment is 75 minutes and follow-ups; 60 or 30 minutes depending on what is required.

I am grateful to all who have assisted me on my journey this far and welcome any who would like to explore the various means of achieving an improvement in well being to contact me.