

By combining evidenced-based traditional medicine with over 23 years of Registered Nursing and Health Promotion experience, in addition to 10 years of naturopathic therapy practice, has enabled Lesa the ability to provide effective management of common paediatric and adult ailments. As well as the management of the not so common ones!

The use of various methods and techniques such as iridology, herbal and homeopathic remedies as well as nutritional advice for a healthier lifestyle means that you could be on the way to having a healthier body and state of mind.

Enjoy your life as it is worth the effort, for yourself and for your kids!

Naturally, you'll want to see a Professional about your health

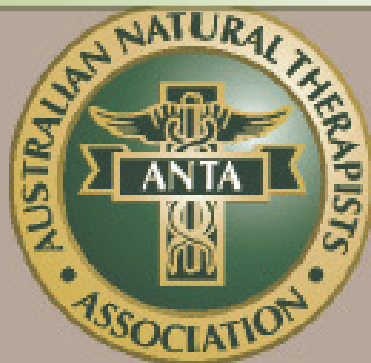
L Miller Naturopathy

Tel: 0407 518 921

lesa@trackquip.com

Web: www.anta.com.au
&
lmillernaturopathy.ntpages.com.au

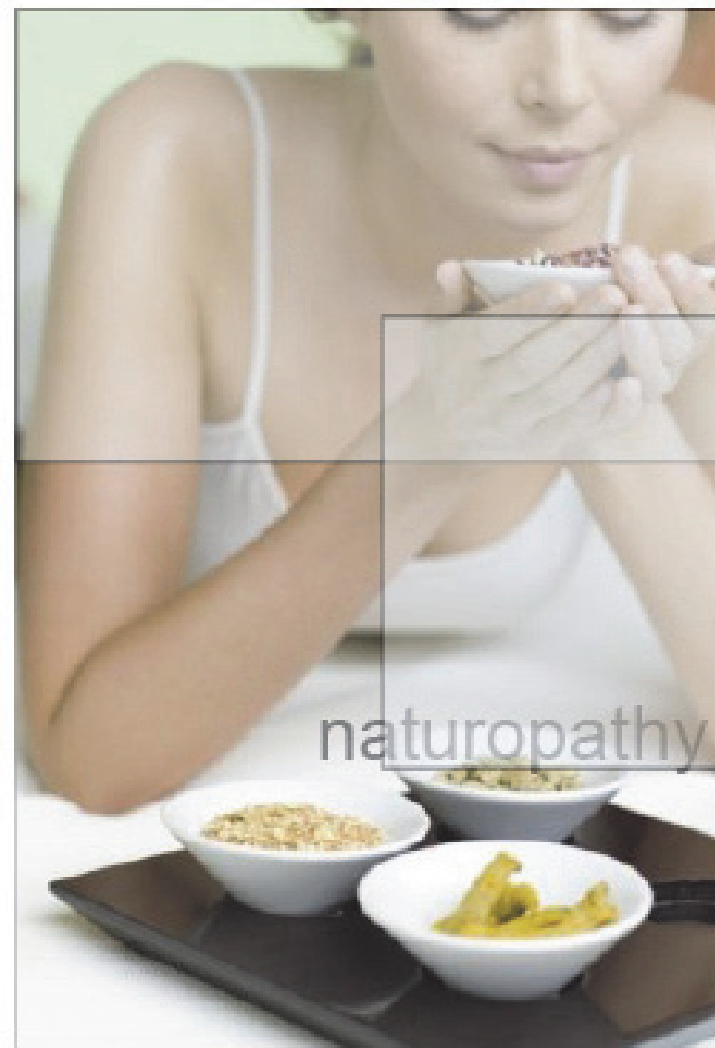
By Appointment Only
Working with Children Certified



**It's Your Choice Naturally
Since 1955**

www.anta.com.au

1800 817 577



L Miller Naturopathy Clinic Practice

*"Naturopathic treatments boost the body's natural healing potential, restoring harmony and preventing disease"
(ANTA, 2012)*

What is Naturopathy?

Naturopathy is a holistic approach to wellness based on the principle that the body has the inherent ability to heal itself. Using the healing power of nature and gentle therapeutic techniques, the body, mind and emotions are supported during the healing process. (ANTA 2012)

Naturopathic principles are based on treating each person as an individual and treating the whole person, not just the affected area. Naturopathy encompasses a variety of treatment methods including:

- *Herbal Medicine to help prevent and treat various illnesses*
- *Dietary and Nutritional advice for restoration of balance, detoxification and prevention of disease*
- *Lifestyle advice to promote well-being and to reduce stress*
- *Flower essences to enhance the emotional aspect of healing*
- *The use of compresses and packs to stimulate organ function and to reduce pain*
- *Homoeopathy –a safe remedy for everyone*
- *Iridology to assist with identifying areas of the body that need assistance (ANTA, 2012)*

Consultation Fee Structure:

- *Initial consultation (approx 90 minutes) = \$110*
- *Review consultation (30 minutes)= \$60*
- *Extended review consultation (60 minutes)= \$90*
- *Herbal and Homeopathic Remedies are an additional charge*
- *Iris photography and take home photos = \$25*
- *Ear Candling = \$55*
- *Ear Candling and Iris photography charges are in addition to the consultation charges*

Areas of Expertise;

- **Full professional iridological naturopathic diagnosis used in conjunction with the latest iris camera technology, utilising the eyePIX and Station 5.1 software**
- **Paediatric and Adult Conditions**
 - **Eczema**
 - **Allergy**
 - **Asthma**
 - **ADHD**
 - **Homeopathy**
 - **Nutrition**
 - **Allergies**
 - **Support**
 - **Referral**
 - **Food sensitivities and allergens**
 - **Respiratory and Sinus conditions**
 - **Childhood incontinence and bedwetting (CNC)**
 - **Bedwetting alarm support and information**
 - **Constipation**
 - **Homeopathy**
 - **Herbal therapy**
 - **Referral**



- **Digestive Illness**
 - **IBS**
 - **Crohn's Disease**
 - **Ulcerative Colitis**
 - **Gastritis and GERD**
- **Fatigue**
 - **Chronic Fatigue Syndrome**
 - **Fibromyalgia**
 - **Poor/Low Immunity**
 - **Low Energy**
 - **Pain and Poor Restorative Sleep**
 - **Referral**
- **Women's Health**
 - **Menopause**
 - **Hormone balancing**
- **Urinary conditions**
 - **Incontinence**
 - **Cystitis & Recurrent infections**
- **Nutritional advice**
- **Ear Candling**
 - **Professional treatment**
 - **Pesticides free and made in Germany (ARTG) Registered in Australia**
 - **Beeswax candles and child friendly colours**
- **Homeopathy**
 - **Bauer Professional Range**
 - **Medicine Tree**
 - **BioResearch**
- **Cancer**
 - **Supportive therapy only**
 - **Increase vitality**
 - **Increase energy**