

## What to expect during your consultation

An initial consultation takes 90 minutes. What you eat and how you sleep are all clues to help us establish how your body can work better.

Hereditary factors and past and present lifestyle are taken into account along with physical and emotional conditions. Results are analysed and you leave with your personal care plan, including treatments, lifestyle advice, meal suggestions and recipes.



**orange**  
natural health

**naturopath • medical herbalist • nurse**

**Wishing you good health**

*Amanda*



**For appointments & enquiries ...**

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- Adv Diplomas in Naturopathy & Medical Herbalism
- Enrolled Nurse
- Member of NZ Association of Medical Herbalists
- Member of NZ Society of Naturopaths



## Hello and welcome to Orange health

**The use of herbs is the oldest form of medicine on our planet and is still the front line of treatment for over 75% of the world's population.**

### **In short — they work.**

Treatments have no side-effects and are safe to be used by everyone (from babies to the elderly) and can be used alongside prescription medication. (If prescribed by your Naturopath.)

Remove the guess work — use our 'practitioner only' highest standard products, customised to your needs.

## These are some of the conditions we treat

- PMT, menopause, infertility, PCOS, endometriosis & painful periods.
- Stress, anxiety, depression, palpitations, insomnia, headaches, migraines, mood swings, low energy & fatigue
- Allergies and food intolerances
- Arthritis, gout, joint stiffness, aches and pain
- Cystitis, thrush and yeast infections.

- Asthma, sinusitis, hayfever, post nasal drip
- Ulcerative colitis, Crohn's, irritable bowel, reflux, indigestion, bloating, constipation etc
- High and low blood pressure, high cholesterol, varicose veins
- Weight balance
- Glue ear, ADHD, behavioural problems & all childhood conditions
- Diabetes and blood sugar balancing
- Recurrent colds, flu's and other immune disorders
- Eczema, psoriasis, acne, boils, rashes, scabies etc
- Detoxification — liver/bowel and heavy metals
- Pre-conception and Post-natal care
- And more . . .

## Targeting the cause not just the symptoms

- Comprehensive hormone testing
- Vitamin and Mineral Deficiency Analysis
- Dietary and lifestyle analysis
- Allergy and food intolerance testing
- Medlab blood testing
- Physical assessment and Therapeutic Massage
- Bach Flowers & Homeopathy
- Iridology & Eye Diagnosis