

Naturopathic Consultations

My role is to support you in bringing about positive change and vitality in your own life. I focus on getting to the core of what's going on with you and your health, whether that is physical, nutritional, biochemical or emotional.

I work mostly with women and children who are experiencing health challenges and working towards wellness goals, including:

Helping tired women and busy mums restore energy and focus.

Supporting people with digestive issues

Assisting people through stress, anxiety or just dealing with the busy pace of life.

Investigating thyroid issues including hypothyroid and underactive thyroid, hyperthyroid, Hashimotos, and Graves' disease.

Providing natural women's health support including hormonal balancing for painful cycles, heavy or irregular periods, PMS, PCOS, and endometriosis.

Developing personalised dietary advice to support healthy weight.

Customising natural sleep strategies for insomnia and sleep maintenance.

Supporting healthy immune function.

Providing natural health care for fertility, pregnancy, and postpartum.

I take a holistic approach to supporting my clients to improve their well-being. I combine elements of herbal medicine, personalised nutrition, Bush and Bach flower remedies and emotional support for my clients.

