

Naturopath Services

What can our naturopath do for you?



Naturopath services at House of Sage include a full health assessment by our Registered Nurse/Naturopath.

Past and current health issues affect your total well being as well as your emotional and mental health. During this assessment your health issues will be looked at from a holistic perspective.

The initial consultation normally takes about one hour. During your consultation your mineral status, nutritional status and lifestyle /stress levels will all be evaluated to form a complete picture of your health. Normally a zinc tally test is also done at this time. It is advisable to eat a protein meal the night before and to abstain from alcohol before your consultation as urine testing may also need to be done.

Individual wellness programs can be created to help you focus your diet and lifestyle habits into a pattern that will improve your health and get you feeling more energetic. We do nutritional/health consults for athletes and people doing heavy physical training.

Hemaview may be recommended if your naturopath feels you may benefit from live blood analysis. Please see our info sheet on live blood analysis under *serviced offered*.





Postal Address:
Suite 3
667 Sherwood Rd
Sherwood Q 4075

Phone or fax: (07) 3379 6559
Email: health@houseofsage.com.au
www.houseofsage.com.au

Health treatments include nutritional plans, herbal medicine supplementation based on Western and Chinese medicine, kinesiology or remedial massage to promote relaxation. We use the highest quality, scientifically tested therapeutic supplements for practitioner prescriptions only for our clients to ensure they receive the best supplementation for their investment.

At House of Sage we cater to **men's health** and **women's reproductive health**.

We can offer advise or natural remedies for most health problems and for those problems that require medical advise we are happy to consult with your GP to assist you to reach your health goals.

