



## NATUROPATHY

Naturopathy is a system or method of treating illness & disease that employs no surgery or synthetic drugs but uses food as medicine, specialised diets, herbs, nutrient therapy and counselling, where appropriate, to assist the natural healing processes of the physical, mental, emotional and spiritual body.

### GRACE HAWKINS B.H.SC (COMP.MED) ADV. DIP. (NAT)

With over 14 years' experience as a health care practitioner, Grace has worked in several leading health retreats within Australia, and has integrated her naturopathic preventative health solutions & skill set within numerous medical centre practices & health care teams in the Northern Rivers region. Offering specific and effective support that is more than just a band aid effect, Grace uses her extensive experience to review each person individually, including reading blood pathology results from a preventative health perspective.

Naturopathic consults consist of a health assessment and subsequent guidance with a range of supportive naturopathic tools dependant on the individual needs of a person, to facilitate optimal health and wellbeing of the entire body system.

### SPECIAL INTERESTS IN

- Gut health & Nutrition
- Anxiety
- Fatigue

**GRACE IS AVAILABLE FOR APPOINTMENTS 3 DAYS PER WEEK**



### PRICE LIST

\$50	*20 min in-house referral from a GP
\$120	60 min initial naturopathic consult
\$70	30 min follow-up consult
\$85	45 min follow-up consult
\$100	60 min follow-up consult

\* Only for patients that have already seen a GP and need a short naturopathic review for additional support to their current GP script.