



The Herbalist

Holy cow its February already! We would like to take this opportunity to thank you for all your support in our work helping to move humanity (that's you, and your friends) further towards freedom from disease.

Our emphasis this year will continue to be careful considered analysis and sensible solutions to help you live a dynamic, drug free and happy life.

There are some changes and more advances in our practice and service to you this year.

Integrative Herbal Consultant:

Coming soon - classes and seminars (watch this space)

Introducing Sam McSorley



Sam is the latest member of our team – Sam will also be the new editor of our newsletter – so expect a new look and more regular!

Sam, originally from Scotland moved to New Zealand in 1999 with her Kiwi husband to embrace her chosen career in Complementary Medicine.

She has a degree as a Medical Herbalist with 10 years experience in the Complementary and Alternative Medicine field during which time she has worked in various capacities including nationwide consultation with allied health professionals, conference presentations at health seminars and lecturing.

Imparting knowledge and learning is a passion of Sam's. She is committed to the field of nutrition and herbal therapies to support and maintain good health. She believes the use of nutrition as a restorative tool has phenomenal potential in medicine and must not be underestimated; the food you eat today is who you are tomorrow.

There is a growing awareness of the potential interactions between nutritional and herbal therapies and pharmaceutical medications. Complimentary use is possible and often beneficial, but must be done with care. If you are under the care of another health professional Sam welcomes working in partnership with them to achieve the best possible outcome for your health.

Live Blood Analysis:

Bronwyn has left for a new life in Auckland. We all wish her well.



Bronwyn has been a wonderful help to us with the live blood analysis work and we have had lots of wonderful feedback from patients as to how enlightening and fascinating this work is. She will be missed.

Of course, we will be keeping this valuable service on at the clinic and **Cherie Ritchie** who has been involved in natural health since 1990 will now do the live blood analysis. She has a Diploma in Naturopathy including studies in herbal medicine, massage and reflexology. If you would like to have your blood analysed, please phone us for an appointment.

Cherie has also completed study in Live Blood Analysis. She is also a Certified Body Talk Practitioner which is a dynamic energy medicine dealing with priority communication in the body and causing a shift in perspective and transformation in life. Cherie's interests are her family, dancing, gardening, exercise and fun such as biking, walking and running.

Colonic Irrigation:

We are all very happy about the decision to provide this service "in-house" In case you have not had a colonic irrigation we recommend it at least once in your life as an important part in the cleansing aspect of gaining and maintaining dynamic health.

Our Herbalist and Colonic therapist **Nicolien de Vries** has a new "apprentice" doing her internship here at the clinic

– Introducing **Kristie Agnew**. Many of you may know Kristie through seeing her at Pikos health shop where she will also continue to work. Kristie is a Naturopathic student in her final year and we welcome her in to the clinic for practical and supervised experience.

Craniosacral Therapy & Massage:

We welcome **Totana** as our craniofacial and massage therapist. Totana is a graduate of the Up ledger Institute of Craniosacral Therapy. This wonderful therapy is undisputedly effective in a wide range of conditions. Almost all functional illnesses (i.e. almost all illnesses) are associated with structural problems or imbalances. The benefits of massage, Reiki and craniosacral therapy oftentimes can be felt immediately. We recommend that if you can make the time to have regular massage and craniosacral work done if you have any residual back pain, neck pain, mobility problems, just a lack of energy or simply mild physical discomfort.

Herbal Dispensary:

We have a full range of herbal remedies. We are developing the herbal dispensary to also have a wide range of skin care products this year. If you wish to pick up any prescribed item that needs to be specially made please telephone us early in the day or the day before so we can have this ready for you or send out to you by courier. You do not need an appointment to pick up your herbal formula. We welcome casual visits by your family and friends for any of our herbal products

Iris Analysis:

Our new iridology camera has proved its worth – we also have a new iridology program to refine this work and provide printouts. These analysis printouts are available on request.

Iridology remains the most effective modality for seeing the whole picture – when combined with other forms of analysis such as live blood analysis, craniosacral work and reflexology – it becomes an immensely powerful help in diagnosing illness, noting changes and maintaining health.

Reflexology:

Anne Urquhart is our reflexologist. We spend a great deal of our life on our feet. They carry us literally and metaphysically. Is it any wonder that the creator made reflexes in our feet that influence every organ, gland and structure in our body? Those patients having regular reflexology sessions are seeing the results fast. Reflexology treats almost all conditions and can aid with diagnoses. Emphasis is on creating a smooth “flow” of energy throughout the body due to its benefits of all body structures especially lymph drainage, immunity and energy.

KEY FACTORS IN OUR UNIQUE APPROACH**Analysis:**

Knowing what is wrong is half the solution – through iris analysis and live blood technology we can provide nutritional and life style solutions to the vast majority of our patients. We are not guessing or using a “shotgun” approach. All health problems have a cause and most of these causes are simple both to identify and to treat using the wisdom of Nature facilitated by our long experience.

Activate:

Health problems exist because something is diminished within the body. We seek to activate your body’s own defences through natural means. Herbs, Nutrition and gentle life style changes.

Build:

Tissues all become old and worn eventually. The body has a miraculous way of making all things new. When this natural process breaks down we get sick and parts

do not run as well. We seek to introduce the raw materials your body needs to repair itself.

Cleanse:

All your body cells and tissues create waste products. The vitality of the body diminishes when the body cannot eliminate its waste adequately. Even a moment of anger creates toxins. Add to these genetic weaknesses, improper lifestyle choices and toxins in our environment it makes sense to regular cleanse your body.

Dynamic Balance:

Getting well is only part of the picture – keeping well is the whole landscape! Once you are well again, how do you keep this state? We aim to help you keep this good health once having achieved it.

....and remember

1. Stop putting poisons in your body
2. It takes 5-7 time the amount of nutrition to repair than it takes to maintain
3. Nothing chronic heals in less than 90 days
4. Sometimes you have to get sick before you get well

Wishing you a fantastic year this 2009.

We believe it will bring more happiness more dynamic excitement and, best of all Freedom and a Love for this good green Earth and all her creatures. Remember to be kind to all sentient beings – including and especially yourself –

Get behind Nature – and Nature will get behind you.

We would love to see you and we welcome referrals of your friends and family

The team

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Nature Knows Best