

What is naturopathy?

Naturopathy is an holistic healing system that seeks out and treats the cause of ill health rather than just the symptoms of disease.

Naturopaths believe the body is able to heal itself if we provide it with the materials it needs to do this. Naturopathy uses a variety of natural therapies and a plan is designed for each client according to their individual needs.

What happens when you visit a Naturopath?

You will be asked lots of questions - about your symptoms, history of illness, diet and exercise. Iris diagnosis is used to help determine the cause of your symptoms and you will be given recommendations on appropriate diet, supplements, exercise, etc.

Follow up visits may be necessary to monitor your progress.

What is the ATMS?

The Australian Traditional Medicine Society Ltd (ATMS) sets standards for training and education of its members.

ATMS accreditation of practitioners ensures a high standard within the profession.

Members must also adhere to the ATMS Code of Ethics.

What are the various natural therapies?

- **Nutrition** - uses vitamins, minerals and other nutritional substances to correct imbalances and deficiencies within the body. Diet plays a key role in providing this nutritional balance.
- **Herbal medicine** - uses traditional and modern knowledge of medicinal plants to bring about healing. Herbal tinctures are custom mixed according to individual needs.
- **Homoeopathy** - uses minute amounts of various substances (actually the vibrational energy of the substance) to overcome disease and bring the body into balance. Homoeopathy acts on both the mental and physical level.
- **Iridology** - not a therapy but a diagnostic tool. Iridology is used to assist in determining weaknesses and imbalances in the various tissues and organs of the body.
- **Flower essences** - use the vibrational energy of flowers to act primarily on the emotional aspects of healing.
- **Craniosacral balancing** – a gentle, hands-on and deeply relaxing therapy that restores balance to the body through the craniosacral system. Especially helpful for problems originating in the head or spine.

- **Massage** - improves blood and lymph flow and relaxes muscular tension. Muscles hold the bones together, so balancing muscle tone can improve movement of joints and relieve pain.
- **Manipulative Muscle Therapy** - pain and dysfunction are often due to misalignment of muscles, ligaments and tendons. Manipulative muscle therapy gently realigns these tissues to restore normal movement and function.
- **Kinesiology** - uses a combination of touch, acupressure and massage to balance the body. Kinesiology can also be used to determine food intolerances/sensitivities while Educational Kinesiology is used to help overcome learning difficulties.
- **Reflexology** - the feet (and hands) contain reflex points that are related to various parts of the body. Working on the reflex points assists in normalising energy flow to those associated areas of the body.
- **Theta Healing** - a powerful tool that clears the negative unconscious beliefs which create blocks to health and wellbeing.
- **Thought Field Therapy (TFT)** - clears anxiety/stress, fears, phobias, addictive behaviours and other emotional problems by clearing the triggers causing the negative emotions.

- **Neuro-Linguistic Programming (NLP)** - uses understanding of the way individuals process information to change negative behaviour patterns. Also used to optimise learning ability.
- **Reiki** - channels universal energy to promote healing and a feeling of well being. Reiki is generally calming and relaxing.

... and especially for pets

Natural therapies are also used with animals to improve their overall health and wellbeing.

See insert for more information on using natural therapies for animals.

Additional qualifications for animals:

- Tellington TTouch Practitioner (Companion Animals)
- Canine CranioSacral therapist
- Tellington TTouch (Horses) Practitioner-in-Training
- Cert IV Behavioural Dog Trainer
- RNSWCC obedience instructor (since 1968)
- Breeder Tristania German Shepherd Dogs (since 1977)
- Competitor in obedience/tracking/agility/endurance/herding/breed shows

Cost

Initial consultation	\$60.00
Follow up consultation	\$40.00
Massage/reflexology/Reiki	
(1 ½ hours)	\$60.00
(1 hour)	\$45.00
(½ hour)	\$30.00
Distance consultations (animals)	\$65.00

Available for personal consultations (consultations also available by phone, post or email for pets & livestock)

Rebates available from some health funds

Accredited member:

Australian Traditional Medicine Society Ltd
(ATMS)



Holistic Animal Therapy Association Inc.
(HATAA)



Carole Bryant©

ABN 28 275 787 633

Carole Bryant Naturopath

(ATMS & HATAA accredited)

- nutrition • herbal medicine • iridology
- homoeopathy • flower essences
- craniosacral balancing • massage
- manipulative muscle therapy
- reflexology • kinesiology • reiki
- Theta healing
- Thought Field Therapy
- NeuroLinguistic Programming

plus for pets & livestock:

- Tellington TTouch
- Canine CranioSacral balancing
- Behavioural Dog Trainer

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*... natural health care for
people, pets & livestock*

Carole Bryant Naturopath

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& livestock*

NATURAL THERAPIES & ANIMALS

Natural therapies provide a gentle means of assisting all animals to optimal health.

I use nutrition, herbal medicine, homoeopathy, flower essences, Canine CranioSacral balancing, kinesiology, manipulative muscle therapy, massage, Theta Healing, Thought Field Therapy & Reiki (see main brochure for information on these therapies) plus Tellington TTouch (Companion Animals & Horses), to help animals achieve optimal physical, mental and emotional health whether they are valuable performance animals or simply much loved pets.

When animals don't do what we ask or expect of them, it is usually because they are physically, mentally or emotionally unable to do so.

ABOUT TELLINGTON TTOUCH

Tellington TTouch uses a combination of touches and ground exercises to improve an animal's physical, mental and emotional balance and wellbeing. Tellington TTouch is a very gentle therapy, suitable for all animals from the very young to the very old and frail.

"When you know what you do, you can do what you want"

Many animals lack awareness of their body and how they use their body. This creates stress and tension, leading to behaviour problems and decreased performance potential. Tellington TTouch influences the animal's nervous system and the way it organises and uses its body. This gives the opportunity for change, leading to improved awareness and movement patterns.

Tension in the body is associated with many behavioural problems such as lack of confidence, fear, defensive behaviour, fear of thunder, excessive vocalisation, inappropriate chewing and other destructive behaviours. Releasing this tension can allow the animal to express more appropriate behaviour.

Performance animals that never realise their potential and those that don't fully recover their ability after injury may be holding the memory of injury, and the associated tension, at a cellular level (even if the injury is an old one). Tellington TTouch can help release these tensions and allow the animal to reach its full potential.

If your animal displays inappropriate behaviour or performs below its maximum potential, Tellington TTouch (and/or other natural therapies) may help.

I have seen profound changes in the behaviour and performance of animals after using natural therapies.

ABOUT ME

I have been involved with animals all my life. My dogs compete in Obedience, Tracking, Agility/Jumpers, Herding, Endurance and breed showing under my Tristania prefix (as well as being much loved family members), and I am passionate about maximising their health, behaviour and performance potential.

I am a Tellington TTouch (Companion Animals) Practitioner & Tellington TTouch (Horses) Practitioner-in-Training; Canine CranioSacral therapist; Cert IV behavioural dog trainer (Delta Society CGC Instructor); RNSWCC qualified obedience instructor (since 1968).

My animal "family" includes dogs, cats, birds, poultry, horses, donkeys, cows & rabbits.

HOW TO CONTACT ME

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