

## 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 your pet according to their individual needs.

## What happens when your pet visits a Naturopath?

You will be asked lots of questions - about your pet's symptoms, history of illness, diet and exercise to help determine your pet's overall health and you will be given recommendations on appropriate diet, supplements, exercise, etc. Follow up visits may be necessary to monitor your pet's progress.

## Natural therapies & animals

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

I use nutrition, herbal medicine, homoeopathy, iridology, NES Health, flower essences, canine craniosacral therapy, NAET allergy elimination, kinesiology, manipulative muscle Therapy, massage, Theta Healing, Thought Field Therapy & Reiki 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.

## What are the various natural therapies used to improve the health of your pet?

- **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** - uses the vibrational energy of flowers to act primarily on the emotional aspects of healing.
- **Tellington TTouch** – assists self-awareness by using a combination of touches and ground exercises to improve an animal's physical, mental and emotional balance and wellbeing.
- **CranioSacral therapy** - 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.
- **NES Health** - an integrated system that scans the energy field; detects imbalances; clears blockages, stress & trauma from the system; and restores balance and health to the entire body and energy field through the use of the MiHealth device and Infoceutical remedies
- **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. Also used to determine food intolerances/sensitivities.
- **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.
- **Nambudripad Allergy Elimination Technique (NAET)** - tests for and clears the body's inappropriate adverse reaction to various foods & environmental substances so the body no longer reacts adversely to those otherwise safe substances. A real solution for allergies & intolerances.
- **Theta Healing** - a powerful tool that clears the negative unconscious beliefs which create blocks to health and wellbeing.
- **Genome Healing** – uses the power of the mind to communicate with the body and bring about positive change in the various organs and body systems.
- **Thought Field Therapy (TFT)** – clears anxiety/stress, trauma, phobias, self-sabotage, negative behaviours, addictive behaviours and other emotional problems by clearing the associated negative emotions.
- **Reiki** - channels universal energy to promote healing and a feeling of well being. Reiki is generally calming and relaxing.

## More about Tellington TTouch

**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.**

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. As 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 also 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. Tellington TTouch also benefits elderly animals that are losing the ability to move freely due to pain and stiffness.

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 Tellington TTouch and other natural therapies.

### About me

I have been involved with animals all my life. My dogs compete in Obedience, Rally-O, 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 Practitioner (Companion Animals) Canine CranioSacral therapist; Cert IV

behavioural dog trainer (Delta Society CGC Instructor); RNSWCC qualified obedience instructor (since 1968).

My animal "family" has included dogs, cats, birds, poultry, horses, donkeys, goats, cattle & rabbits.

### Cost

Initial consultation	\$ 90.00
Distance consultation*	\$100.00
Follow up consultation	\$ 70.00
NES Health (initial scan & treatment)	\$ 90.00
(follow up scan & treatment)	\$ 75.00
(treatment only)	\$ 70.00
Tellington TTouch/CranioSacral therapy /Massage/Reiki/other bodywork	
1 hour	\$70.00
½ hour	\$45.00

\* Available by phone/zoom, post or email

Yes. I also treat humans - see separate brochure on services available for human clients

### How to contact me

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### Accredited member

Australian Traditional Medicine Society Ltd (ATMS)



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# Carole Bryant Naturopath

(ATMS accredited)

## Natural Therapies For Pets & Livestock

- nutrition • herbal medicine • homoeopathy
- NES Health • flower essences • iridology
  - canine craniosacral therapy
- Tellington TTouch • massage
  - NAET allergy elimination
- Theta healing • Genome healing
  - Thought Field Therapy
- manipulative muscle therapy
  - kinesiology • reiki
  - behavioural dog trainer

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people, pets & livestock  
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