

HERBAL MEDICINE

Herbal medicine combines an ancient system of healing with modern scientific validation. It is still the most widely used system of medicine in the world today.



A Medical Herbalist:

- is a highly trained professional
- approaches health and illness in a holistic way and treats the person, not the disease
- aims to treat the underlying cause of illness
- works with the body's innate ability to heal itself
- prescribes safe and effective plant and nutritional medicines tailored to each individual
- provides education to prevent disease, restore and maintain health

Different forms of herbal and nutritional preparations may be used including liquid extracts, capsules, ointments and teas.

NUTRITION & DIETARY THERAPY

Nutrition and diet are the foundation for good health with research providing evidence to support the use of whole foods and nutritional supplements as therapeutic intervention. Individual prescriptions are formulated as a treatment for health conditions and as a preventative measure.



PROGRAMMES FOR:

- **WEIGHT LOSS**
- **DETOXIFICATION**
- **STRESS SUPPORT**
- **NATURAL SKINCARE SOLUTIONS**

An individualised treatment protocol providing skincare product advice and a naturopathic prescription to correct internal imbalances. May be combined with a customised facial.

DO YOU SUFFER FROM?

- **DIGESTIVE DISORDERS**
Indigestion, constipation, liver and gall bladder problems
- **SKIN CONDITIONS**
Dry skin, eczema, psoriasis, acne, boils and warts
- **RESPIRATORY PROBLEMS**
Sinus, cold and flu, asthma
- **NERVOUS SYSTEM DYSFUNCTION** - Stress, insomnia, sexual dysfunction, headache, migraines
- **IMMUNE DYSFUNCTION**
Reoccurring infections, allergies, chronic fatigue and autoimmune diseases
- **WOMEN'S HEALTH**
Menstrual or menopausal symptoms. Reproduction and fertility.
- **MEN'S HEALTH** - Prostate and fertility
- **URINARY AILMENTS**
Infections, kidney and bladder dysfunction
- **MUSCLE, JOINT AND BONE HEALTH** - Muscle cramps, sport performance, arthritis and osteoporosis
- **CIRCULATORY HEALTH** - Hypertension, vascular weakness, heart health and circulation problems
- **ENDOCRINE DISORDERS** - Hormone imbalance, diabetes and thyroid problems



Why see a professional?

There are many factors to consider when treating health problems. A professional with a high level of skill and training will choose the correct remedies for an individualised prescription.

FOOD DETECTIVE™

Are you reacting to the foods you eat? Bloating after eating certain foods? Tired at certain times of the day? Suffer headaches for no apparent reason?

These are all symptoms of food intolerance.

Food intolerance is not usually life threatening but can make the sufferer feel extremely unwell.

Food Detective™ is a quick and easy test for food intolerance that can be performed in the clinic. You don't have to wait weeks to receive results from a testing laboratory.

Living with food intolerance

If you test positive to any of the food groups, the simple act of removing them from your diet can completely change your life. Jivan at **Body and Being** can advise on alternative foods and removal of foods from your diet.



SHAKE IT PROGRAMME

Shake It is a professional weight management system with individualised practitioner advice and support to help you feel great and be healthy.

The benefits of the **Shake It** programme are:

- Professional advice to overcome obstacles to weight loss
- Tailored to your individual needs
- Simple to follow and convenient
- Ketostix to measure fat burning
- Website, meal plans and enticing recipe book
- Great tasting supplements including shakes, soup and bars in a range of flavours.



HOMŒOPATHY

A complete system of medicine based on the principle of "let like cure like". Homœopathic treatment is believed to stimulate the body's ability to fight infection and susceptibility to disease. It can treat the symptoms of a wide range of conditions including:



- **ACUTE COMPLAINTS** – coughs, colds, earache, gastric upsets, hangover, travel sickness etc.
- **CHRONIC COMPLAINTS** – skin conditions, hormone imbalances, depression, headaches, behavioural problems, digestive disturbances, asthma, arthritis etc.
- **FIRST AID** – bites/stings, hives, injuries, trauma, shock etc.
- **VAGUE SYMPTOMS** - where there are no identifiable causes of disease, but the person feels far from well.

Homœopathy aims to treat the whole person, taking into account personality, lifestyle and hereditary factors as well as the history of the disease. Treatment can be of benefit for all ages, including pregnant women, babies, young children and the elderly.

JIVAN HARITO

Dmh DN MATMS MNHAA

A herbalist, nutritionist and massage therapist, Jivan has been in practice since 1988. She is dedicated to a mind, body and spirit approach to healing.



Jivan is experienced in treating a wide range of medical conditions. She uses a variety of herbal and nutritional medicines, stress management techniques and detoxification programmes.

Her focus is on preventative health management and education. She also has a particular interest in wholistic skin care. Her facials and body treatments are deeply relaxing and wonderfully rejuvenating. Jivan is the proprietor of Body & Being.

FROM THE DISPENSARY

- **Liquid Herbal Medicines**
- **Herbal Teas, Creams & Ointments**
- **Vitamins and Minerals**
- **Nutritional Medicines • Ear Candling**
- **Homœopathic Medicines**
- **Bach Flower Remedies • Essential Oils**
- **Natural Hand Made Products**

SKINCARE PRODUCTS

Body & Being stock a range of quality natural skincare products for our treatments and are available for purchase.

Vivresse
Artisan Body, Bath & Beauty


uskincare


miesence®
certified organics

Other Therapies Available:

- **MASSAGE • PAMPERING Body TREATMENTS**
- **Bodywork • Deluxe Facials**
- **Counselling, Healing & Readings**
- **Packages, Groups & Mobile Bookings**

Gift Vouchers

Make the gift of massage, a facial or one of our luxurious pamper packages to someone special.



Open 7 days - by appointment
(02) 4784 3498

A cancellation fee is payable if less than 24hrs notice is given for changes and cancelled sessions (group bookings - 48hrs). Surcharge applies for credit card payments.

Wellness • Healing • Health



Body
BEING

Nutrition
Naturopathy
Herbal Medicine
Homœopathy

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