

**All Natural Beauty Care**

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**T**hank you for coming to



## Leanne's Natural Therapies & Natural Medicine

"My speciality is health and wellbeing. My aim is to assist you to that very end."

Ask yourself the following questions

### Isn't it time

- I had more energy?
- Took better care of myself?
- made a lifestyle change ?
- Fixed my .....condition?
- Got some help with .....?

## If you go to a Doctor when your sick who do you go to prevent getting sick again ?

- **Preventative medicine covers a range of treatments and natural products that may assist you to achieve optimal health.**
  - **Along with conventional medicine Natural medicine can complement your health care plan.**
- **Sometimes herbs may be used to lessen the need for stronger drugs to alleviate symptoms.**
- **Minerals and herbs can, when correctly prescribed assist to improve immune function .**

*“For centuries ,people have used extracts from plants and herbs to treat illness. We now know that some of these preparations contain valuable therapeutic drugs. Aspirin from willow bark : morphine from opium poppy seeds :quinine, used against malaria, comes from the bark of the chinchona tree: and digitalis, used in the treatment of heart disease, was first extracted from foxglove. Many of these treatments were successful but the mechanism by which they effect a ‘cure’ was unknown”. Extract from ‘Microbiology and infection control’ by Penny Bishop & Garry Lee*

### Services Offered

The services provided by this health practice includes patient natural health care in private consultation as described below and online services pages as listed above. A video presentation is available on list below .

### Health consultations

Private consults for most health complaints including massage , hypnotherapy , herbal and nutritional counselling ,iridology etc .Tests available--ABO blood group typing--Candida testing--muscle testing ,postural tests and Range of motion testing.faecal Immunochemical test.

## *Psoriasis & Acne Clinic*

Natural treatments for reactive skin conditions Options for treatment explained and discussed in this half an hour evaluation. **All treatment products are steroid and drug free We selectively isolate and correct immune triggers to reduce flare ups**

## *Menopause Clinic*

Natural options for hormone replacement health issues explained and solutions offered **We have a treatment plan that addresses the following symptoms of low or imbalanced hormones Hot flushes Incontinence Weight gain Headaches and migraines Osteoporosis mood swings Tiredness.** [hormones](#) /[anti aging](#)

## *Back Pain Management*

Assessment and treatment plan discussed. Treatment may include **Massage** Forms of massage available Remedial Swedish Reflexology Deep Muscle Lymphatic Drainage, Aromatherapy .Used for soft tissue , sports injuries and repetitive strain injuries Magnetic therapy. Hot stone massage, Exercise programs may also be recommended.

**Light therapy** stimulates metabolism of cells reducing cellulite and helps with healing scars and stretch marks ..All the benefits of natural sunlight without the risk of overheating or sunburn. Rejuvenating, stimulates the body to increase vitamin D that strengthens bones and skin. Increases energy ,vitality and wellbeing. Used during massage treatments .

**G5 physiotherapy massager** A stimulating massage that quickly reduces tension and pain. Used for soft tissue and sports injury , muscular spasms, pressure sores , oedema , nerve pain and respiratory problems. Treatment sessions are 30 minutes and can be combined with other types of massage.

## NEW TREATMENT HOT ROCKS MASSAGE

*"divinely relaxing ' a bit like tantra" " I feel really good it's suprising " find out more about Hot Rocks [HERE](#)*

## Natural Infertility Treatments

Natural conception for infertility. Better understand how to improve your chances of falling pregnant .Though planning and correct time 95% of women have fall pregnant within 2 years of using natural methods. For male infertility herbal remedies to improve general health have proven successful in increasing sperm count, motility and vitality.

The beauty of natural healing is the gently rebalancing of vital healing forces which are essential for mental,emotional and physical [Healing](#). By using natural remedies and time honoured healing treatments the body is brought back into its naturally healthy and abundant state of wellness. Each person is treated individually with emphasis on increasing the speed of recovery.

## PLEASE

New - video presentation click here. The file is large so please wait a minute or too, it will be worth it

1. view our [Testimonials](#) page to read what results others have had
2. View the [Health Points Club](#) page
3. View [book extracts](#) page
4. View [FAQ](#) page
5. View [Top Ten Products](#) page
6. View [Treatment options](#)
7. View [Natural fertility](#)
8. View [Massage](#)

## Clinic Information

### Office hours

Online 24 hours For private consultations- Bookings are essential.

Tuesday/Wednesday,Thursday,Friday = 9.30am -6pm

Saturdays 10am to 2pm.

For More Information Contact: Leanne Winner 9730 4372

When travel to Sydney Advanced appointments can be arranged via E-mail.

### Consultation Fees

1 hour consultation \$65

Half hour Consultation \$49

Medicines are additional if needed .

Efpos and credit cards transactions available .

2000 copies sold through this practice in 1996. Now revised ,expanded and more comprehensive. This book was written for you !

It is a straight forward manual of health and healing.

- o Get well and stay well with simple techniques .
- o Learn how to use your common kitchen herbs to **improve your health and ward off illness.**
- o How to **self treat common skin problems** easily by following these instructions.
- o Find out how to **improve back conditions** quickly with a few simple techniques.
- o Complete guide to effectively using what you already have at home to improve your wellbeing.
- o To find out more about **Consult Yourself** *the new revised book by Leanne Winner*

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**net.au**

Updates @ <http://leannesnaturaltherapies.blogspot.com/>

Music courtesy "Owl in the mind" from Sorcerers Daughter by Medwyn Goodall MG MUSIC

## *Location and Directions*

**From the Hume highway turn into Hoxton Park road Continue along HOXTON PARK RD, LIVERPOOL Turn left at WEBSTER RD, LURNEA**

**From Hinchinbrook / Hoxton Park Continue along HOXTON PARK RD towards LIVERPOOL Turn right at WEBSTER RD, LURNEA**

**From Hume highway from Campbelltown direction turn left into Reilly street at set of lights, follow down 1 kilometre to second round about, turn left into Webster road**

**From the M5 .Take the Liverpool Hume Highway turn off.Follow directions as above.**

### **Public Transport option**

**From Liverpool station please catch a bus to the corner of Webster road and Graham avenue,Lurnea .**

**I am 5 houses from this corner**