

REFLEXOLOGY

Reflexology is a natural therapy that brings relaxation and harmony within the body. Reflexology is based on the principles that there are reflexes points in the feet that relate to all parts of the body. The feet are like a map of the whole body. All organs and other body parts are laid out in a similar arrangement on the feet.

30minutes - \$50

Specialist areas are: *Infertility, women's health, men's health, digestive upsets, obesity and metaphysical healing*

**PRIVATE HEALTH FUND
REBATES APPLY**

**Medibank Private, MBF, HBA, and
many others**

***NATURAL STRESS
THERAPY***

**12 Collins St, suite 34, 2nd
floor
Melbourne
Phone: (03) 965 65 20**



Lia Mills actively pursues her continuing education and professional development in order to provide you with the highest quality care in Natural Medicine

Qualifications:

*B. Natural Therapies
GradCert. Nutrition Medicine
Adv. Dip Naturopathy
Dip. Botanical Medicine
Cert. Herbal Medicine
Metaphysical Healer Therapist*

Membership

*. Australia Naturopathic Practitioners Association
. National Herbalists Association of Australia. .
. Australia Reiki Professionals
. Associate Member of Australian College of Nutritional and Environmental Medicine
. Senior Member of Ancient & Mystical Order Rosae Crucis (AMORC)*



***Naturopath
&
Herbalist
What a Naturopath &
Herbalist can do for you?***

- Improve your health & vitality
- Balance your hormones
- Decrease risk of chronic diseases
- Improve your libido
- Reduce your weight
- Improve your metabolism
- Increase your Fertility
- Improve your digestive function
- Decrease your stress
- Reduces your biological age
- Improve your skin

NATUROPATHY

Naturopathy integrates modern medicine & scientific methodology with traditional systems of healing. It is a holistic form of medicine that treats the whole person with natural solutions and management for many conditions.

Lia Mills is fully qualified, certified and University trained Naturopath. She incorporates body, mind and spiritual care. Lia uses Nutrition medicine, diet, Herbal Medicine, life style modification and metaphysical therapy to deliver a treatment for her clients.

She supports her clients in their path to good health and wellbeing.

Lia is offering three types of consultations:

Standard consultation \$100
Follow up Naturopathy \$ 70

Extended consultation \$140
Follow up Naturopathy \$ 70

Fertility consultation \$220
Follow up \$90

STANDARD CONSULTATION

Naturopathy would benefit anyone who wants to address a particular health concern and bring back health and vitality to their bodies.

For continuing good health, the answer is preventative health care. People who have periodic reassessments, they stay healthy. In a healthy body all body's functions and glands work in perfect balance.

Standard Naturopathic Consultation will provide you a valuable early warning of any future health problems. Naturopathic Standard Consultation takes 60 minutes and includes:

- o Iridology Test*
- o Zinc Tally test*
- o HAA – Health Appraisal Assessment*
- o Body's Energy centres assessment*

FERTILITY CONSULTATION

The initial consultation aims to determine your current health and fertility status, nutrient status and stress level. Before the consultation you will receive a fertility & health appraisal questionnaire to fill in. This will provide to our practitioners a good indication of your health and fertility levels.

The consultation will be spent discussing your health history, your diet, lifestyle, etc. The Naturopath may perform tests such as Iridology and Cellular Health Test. She also may request other tests such as hair Mineral & Heavy Metal Toxicity Analysis.

Fertility consultation fees: 1 ½ h - \$220
follow up 1 hour - \$90

EXTENDED CONSULTATION

Extended Naturopathic Consultation is longer than standard consultation and includes other health assessments This type of consultation is suitable if you have a chronic condition or if you go deeper. The Extended Consultation takes 90 minutes and includes:

- o Iridology Test*
- o Cellular Health Test*
- o Indican Test (test for the presence and level of dysbiotic bacteria in the GI tract)*
- o HAA – Health Appraisal Assessment*
- o DASS - stress appraisal Assessment*
- o Body's energy centres assessment*

METAPHYSICAL THERAPY

Lia has studied in several Ancient Traditional Metaphysical Schools and she realized that we are dual in nature. We have a physical body and an energy body.

Any imbalance of the energy body will affect the health of our physical body. Current Medicine sees us as having only physical chemistry acting and reacting in our bodies. Therefore, they concentrate exclusively on keeping physiological health.

This kind of view is incomplete if our spiritual dimension is not recognized as important as well to maintain our health and wellbeing.

Be aware that metaphysical healing is not a substitute for medical treatment. In certain circumstances it is a supportive therapy

60 min \$90