

## BODY/MIND ENERGY BALANCING

In this session Lia combines ancient healing modalities to bring balance to the whole being.

The session starts with the activation and opening of your energy centers and meridians.

Then, she will apply Pulse Therapy that she learned from Antonia Ruhl .

This will facilitate the flow of energy from the Cosmos (positive polarity) and from Mother Earth (negative polarity) to open the energy channels of your body, preparing you to receive the Universal harmonic energies from the SOURCE.

Then, Lia will apply Reiki energy to bring harmony to your energy centers.

She may use other ancient healing techniques and vibrational healing that works on the sympathetic nervous system (which is connected to all organs) to bring balance to organs and systems of the body to magnify the process.

**60 minutes - \$120**

## REFLEXOLOGY

Reflexology is a natural therapy that creates relaxation and harmony within the body. Reflexology is based on the principles that there are reflex 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. Reflexology supports hormone balance and reduces stress hormones.

**30 minutes - \$50**



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

### Qualifications:

- Graduate Diploma in Botanical Medicine
- Graduate Certificate in Nutrition Medicine
- Bachelor of Natural Therapies (Naturopathy)
- Bachelor of Metaphysical Sciences
- Advanced Diploma in Naturopathy
- Certificate in Herbal Medicine
- Theta Healing Core Belief Reprogramming Practitioner
- Reiki Master

### Memberships:

- Australian 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)

## NATURAL STRESS THERAPY

**12 Collins St, Suite 34, 2<sup>nd</sup> Floor  
Melbourne, Vic 3000**

**Phone: (03) 9650-6520**



## *How can a Naturopath & Herbalist help you?*

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

# LIA MILLS - Naturopath & Herbalist

*Specialist Areas include: Infertility, Pre-Conception, Women's Health, Men's Health, Digestive Upsets, Stress Disorders, Obesity and Energy Balancing*

## 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 health conditions.

Lia Mills is fully qualified, certified and University trained Naturopath. She incorporates body, mind and spiritual care in her holistic approach to natural health care..

Lia may use Nutrition medicine, diet, Herbal Medicine, life style modification and metaphysical therapy to deliver a treatment for her clients.

### STANDARD NATUROPATHIC 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:

- *Iridology Test*
- *Zinc Tally test*
- *HAA – Health Appraisal Assessment*
- *Assessment of Body's Energy centers*

## EXTENDED NATUROPATHIC CONSULTATION

The Extended Naturopathic Consultation is longer than the standard consultation and includes other health assessments

This type of consultation is suitable if you have a chronic condition or if you want to go deeper in analyzing your health status. The Extended Naturopathic Consultation takes 90 minutes and includes:

- *Iridology Test*
- *Cellular Health Test*
- *Indican Test (assesses digestive health)*
- *HAA - Health Appraisal*
- *DASS - Stress Appraisal*
- *Assessment of Body's Energy centers*

### Pricing of Naturopathic Consultations:

**Standard Naturopathic Consultation \$120**

**Extended Naturopathic Consultation \$150**

**Follow up Naturopathic Consultation \$90**

## FERTILITY CONSULTATION

Lia works with Antonia Ruhl, PhD, the creator of the Amazon Fertility Program to improve your fertility.

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 current health and fertility levels.

The consultation will be spent discussing your health history, your diet, lifestyle, etc.

The Naturopath may perform health tests such as Iridology and Cellular Health Test. She may also recommend that other tests are performed such as hair analysis to determine mineral & heavy metal toxicity levels.

Our approach is to restore a foundation of good health. Once this has been achieved, fertility will naturally follow.

The initial Fertility Consultation takes about 90 minutes and the follow up Fertility Consultation takes about 60 minutes.

### Pricing of Fertility Consultations:

**Initial Fertility Consultation: \$220**

**Follow up Fertility Consultation: \$120**

**PRIVATE HEALTH FUND  
REBATES APPLY**

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