

How can we help?

Our highly qualified, experienced practitioners will use dietary guidance, lifestyle improvements and natural medicines to improve your health and wellbeing, leaving you feeling energetic and brand new!

We not only ease your symptoms, but we identify and treat the cause of your health concerns and guide you back to full health and vitality.

We can treat problems as simple as fatigue and stress right through to more serious illnesses. New patients are welcome!

Just book a consultation on (02) 9545

2992 to discuss your health concerns and we will create a personalised plan for you.

Suite 17 (upstairs), Eton Arcade 754 Old Princes Hwy, Sutherland

(Entrances opposite the Railway and Entertainment Centre)

Do you suffer from:

- Stress or anxiety
- Lack of energy
- Digestive problems
- Allergies/food intolerances
- Tendency to cold or flu
- Headaches
- Aches, pains & arthritis
- Chronic fatique
- Immune/autoimune disorders
- Female problems & PMT
- · Constipation, diarrhoea & IBS
- Itchy skin or rashes
- Depression or feeling low
- Infertility
- · Difficulty losing weight
- More serious illnesses

These are just some of the many health concerns we can treat. We will help you achieve full health naturally!

YOU CAN CLAIM OUR SERVICES FROM YOUR HEALTH FUND

Tracie Acheson ND & Colleagues

WINNER 2012 OUTSTANDING SPECIALISED BUSINESS

Recommended as one of five preferred naturopathic clinics by the Sydney Morning Herald's "Good Weekend" Magazine



Email: info@ssnc.com.au

Website: ssnc.com.au

Phone: (02) 9545 2992

What is naturopathy?

Naturopathy is a form of natural healing that works to rebalance the body. With the busy lifestyle we lead, poor quality food, pollution and stress, we often feel sluggish, unwell and less energetic. Treatment through diet, lifestyle advice and natural remedies will result in a healthy energetic body and a positive, dynamic mind.

Naturopathy is for everyone and is an effective way to treat your health concerns. See for yourself next time you are unwell, tired or fatigued.

Natural fertility

Planning for a baby is an exciting time, but we often find it difficult to fall pregnant. The results of our busy lifestyle can lead to hormonal imbalances and infertility for both men and women. Our naturopaths will create a personalised plan, correcting any imbalances to guide you towards successful conception and a healthy baby!



About our remedies

Herbal medicine has been used for thousands of years as a non-invasive form of healing, assisting the body to cleanse and strengthen itself. Eighty per cent of medications have taken the active principles from plants and synthesised them into pharmaceutical drugs. This of course makes the drug nothing like nature. So why not go straight to the source? We have a full liquid and tablet herbal dispensary, homoeopathics, bush and bach flowers, vitamins and minerals so let us create a personalised program for you.

Naturopathic testing

We use various tools to diagnose underlying conditions that may be causing symptoms. These tests allow us to make your treatment more specific.

Food Detective Intolerence Test

A blood sample from a simple finger prick allows us to test for IgG reactions to 59 commonly eaten foods. We will have results the same day so there is no need to wait for results.

Just some of our other tests include:

- · Heavy metals and mineral imbalances
- Urinary pH to determine acidity levels
- Urinary indican to identify digestive disturbances and IBS

Call us for more details about our testing or to book an appointment.