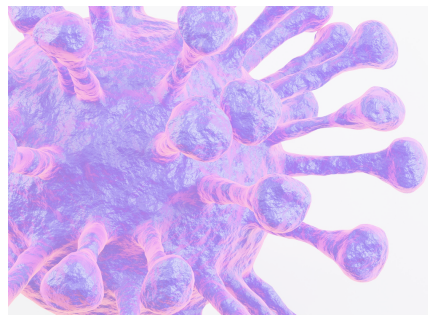


You've done your week ISO and you still aren't quiet right?



OK, so you've joined the club, you've had Rona, you've done your week ISO and its weeks later and you still just aren't quiet right.

You may be experiencing:

- Irregular bowels, or even worse than previous,
- reflux,
- shortness of breath or tightness in your chest, or asthma,
- struggling with energy, you feel blah!
- insomnia,
- body aches and pains,
- headaches,
- loss of smell and taste,
- or unresolving mucous just to name a few.

We often find that these “left over” symptoms are areas of your health that needed attention prior to your illness. You may have not been acknowledging these symptoms or they may be areas of your health that need ongoing attention.

We are seeing many patients post covid infection with issues that are unresolving. Herbs and nutrients are unsurpassed in their effectiveness in helping the body to recover from an illness such as Covid. Tweaks to your diet and lifestyle are also paramount in a full recovery. This type of recovery and convalescence you will not get from any other modality, it is unique to naturopathy. And we love being amazed at how well and quickly our clients recover when given the opportunity to do so.

Research and science are catching up to what we have always known in Naturopathy. That managing nutritional deficiencies correctly, managing stress, getting adequate rest and sleep (they are different!) and being aware of your “areas of weakness” in your health can be amazing preventative tools in contracting a virus but also how you recover. And you don't have to eat kale and drink kombucha to achieve this!!

If you would like help with prevention, treatment and recovery from viruses then please touch base with us, we love what we do and the results speak for themselves.