

How I Help

For over 30 years I have been developing my skills as an agent of transformation in the field of holistic health and wellbeing. I have had the privilege of helping thousands of clients regain their naturally vibrant well state. My approach is different...it's about finding and identifying the root cause of health issues...and resolving them., and facilitating return to full optimal health and wellbeing...the natural way.

I offer many wonderful therapies to enhance healing...each of which has the power to stimulate your healing process and quickly resolve your health challenge...but what if the healing process itself is already blocked or inhibited? The therapy will be of limited effectiveness. The key is to identify what is causing the blockage and remove it.

Why is it necessary to identify the root cause rather than manage the symptoms?

Homeostasis is the term doctors' use for that force of Nature we all have within us that rebalances, reboots and revitalizes our body every day...our natural healing ability. Our bodies are naturally self-regulating and well. So why do we get sick?

Symptoms are never the cause...they are the alarm system the body uses to alert us to a problem. Something has triggered a process which has led to the symptoms. If you have a health challenge then something is blocking or inhibiting this force of Nature from achieving its goal of balance and vitality. How efficiently the homeostasis action is working will determine the way our genes express, and what pathological process is developing, and ultimately which diseases you become afflicted with. It is essential to identify and remove the underlying root cause which has triggered the pathological disease making process and which is blocking and inhibiting your natural healing ability. Only then can the body begin to heal, and it is at this point we can enhance the healing process naturally, and resolve the symptoms.

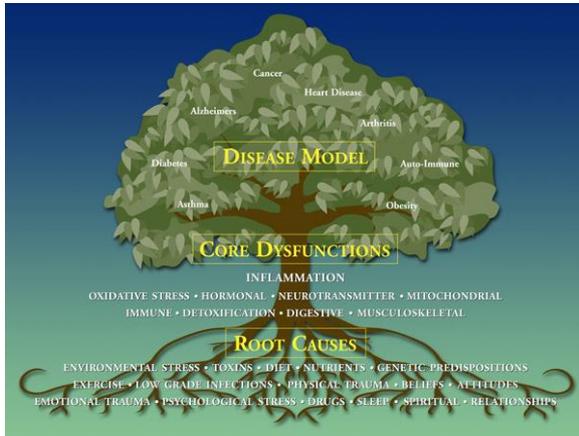
Unfortunately modern medicine is about symptom management. Pharmaceutical drugs are not designed to treat the cause of any disease as the cause is unknown to modern medicine. 90% of all chronic disease has "aetiology (cause) unknown" written after it in the medical text books. In fact the toxic effects of the pharmaceutical drugs actually adds to the homeostasis blocking effect...this is part of the reason more and more people are getting Cancer and other chronic disabling diseases. The average patient over 60 is on 13 different medications every day! NO wonder they are sick!

It is possible to reverse ANY condition which the body has created. The key is to identify and remove the root cause trigger, then resolve and reboot the system back to its naturally well state. This has proven to be extremely effective for a vast array of chronic conditions such as Autism, ADD, ADHD, MS, Parkinson's disease, Fibromyalgia, Chronic Fatigue Syndrome, Arthritis, Digestive issues, Reflux, IBS, Chron's disease, Ulcerative Colitis, Allergies, Asthma, Psoriasis, Depression, Bipolar, Stress and anxiety, behavioural difficulties, learning difficulties, panic attacks, phobias and many many more.(see conditions tab

"The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease. ~ "

Thomas A. Edison

OFFERING YOU A POWERFUL PRO-ACTIVE SOLUTION.



Functional Medicine offers you a unique opportunity to find the solution to your health challenge by accessing the root cause of your disease or disability and proceed to root cause resolution.

Functional Medicine is a science-based system featuring the very best that Modern Medicine, Nutritional science and lifestyle medicine have to offer all in one place. We address the factors which have led to the pathological process within your body. They are what make up the epigenetic influences. These influences dictate your health and your future...but they can be modified and changed using the expertise available within Functional Integrative Medicine. Chronic disease is not addressed in Modern Medicine...it is only managed. Symptom management is never a cure.

Meta-Health Screening

I have developed a Root Cause Identification process which I have named the Meta-Health-Sreen Utilizing the precision accuracy of Clinical Kinesiology muscle testing I can challenge the Autonomic Nervous System and elicit a yes/no response from the body. Using a specific protocol I can systematically work deeper into your system, right back to the root cause, and specifically identify it. Not only will this scan identify toxicity, sub-clinical infections, allergies, and organ imbalances, but it also reveals the themes of any emotional issues which are influencing your body.

The Meta-Health-Sync Process

Once identified, I use my skill as a Functional Nutritional Therapist to discuss the results with you in detail, and explain how this has come about, how it is damaging your system, and how to get it out safely. The Meta-Health-Sync process involves specific detoxification plans, supplementation with tailored nutrients depending on the cause, and possible dietary and lifestyle changes. A personalized Treatment Plan will be created for you, and you will be supported through the treatment with follow up visits when required. Most of the treatment can be done safely by you at

home with my support and guidance. This process is designed to remove the cause, reverse and resolve the disease making process, and reboot and restore the naturally healthy you.

The Meta-Health-Screen and Health Sync Process are done together in a single consultation which takes 90-120 minutes. If complied with properly, this process has been proven over and over to optimise your healing ability and hugely improve your health.