

Herbal Medicine

Benefits of Herbal Medicine

The centuries old traditional use of herbs to heal common and not so common ailments is still effective and more than ever appropriate today.

Herbal medicine can support all systems of the body and bring it back into balance.

Herbalists work on all aspects of health and lifestyle -the physical body, the underlying emotions as well as the circumstances of the patient.

The hectic lifestyle in which we find ourselves in modern society requires a more conscious and balanced approach to living to be able to maintain our energy and wellbeing.

Common Conditions

Both work and family life places many demands on us, and can bring about physical, mental and emotional changes.

Stress and aging can exacerbate problems such as:-

- Poor digestion**
- Respiratory difficulties**
- Hormonal imbalances**
- Sleep problems**
- Joint pain**
- Lowered immunity**
- Anxiety and depression.**

Possible causes can be identified with iridology and an in depth consultation. Issues can be addressed with guidance in diet, lifestyle adjustments and herbal medicine.

Consultations

Judith offers one hour consultations including iris analysis, lifestyle guidance and herbal mixes to suit individual needs.

She looks forward to assisting you and your children towards a greater feeling of vitality and wellbeing.



Iridology - Analysis of the Eyes



Iridology is a painless, non-invasive practice of analysing the inner workings of the body through the markings, colour and structure of the iris.

It can assist in the diagnosis of potential health issues and reveal areas of constitutional strength, and areas requiring nurturing to prevent the later onset of symptoms.

The iris reveals three generations of health history.

Iridology helps people understand their own health issues and therefore live more consciously and be the best they can be!

What Health Predispositions are Revealed in your Eyes?

For an appointment phone:

Central West Womens Health
Centre
02 63314133

The Classical Herbalist
52 Keppel Street, Bathurst.
02 6332 6799.

or

Judith Burton 0428 136 651

Consultations -\$40
Written Iridology Report: \$30



Judith Burton Naturopathic Herbalist Iridologist Be The Best You Can Be

With in every human being there is a healing energy which includes our immune system and our psyche which are responsible for our wellness and general ability to heal.

Herbal medicine aims for long term health and addresses the individual circumstances as well as the emotional and physical states of each person.