



## WHEN TO REFER

**NATUROPATHY IS A HIGHLY  
EFFECTIVE TREATMENT ON ITS  
OWN OR ALONGSIDE  
CONVENTIONAL MEDICINE.  
FOR EASE OF REFERRAL WE  
HAVE OUTLINED SOME OF  
THE MOST COMMON  
REASONS FOR REFERRING TO  
A NATUROPATH**

## CONTACT US

**Stasia Petralia  
Naturopath**

**Metabolic Balance Weight  
Loss Practitioner**

**0414 147 314**

**HealingNaturallyWithStasia.com.au**

**Online Australia & New Zealand Wide  
Home Visits Brisbane—Logan—Ipswich**



**Weight Management.** Using dietary and lifestyle changes, weight management, along with metabolic syndrome and diabetes type 2 symptoms, can be addressed successfully. The Metabolic Balance program has had success worldwide for over 20 years and I offer this program in my practice.

**Chronic Skin Conditions.** Eczema and Psoriasis that may require a systemic treatment approach, can be improved using nutrition and lifestyle enhancements.

**Any other condition that can be modified with good nutrition and lifestyle measures.** This can include High Cholesterol risk, Teenage Acne, High Blood Pressure.

**IBS and Digestive Complaints.** IBS is a common condition that responds incredibly well to simple dietary modifications. Through gentle supplementation, it is possible to restore the gut microbiome, and improve bowel function and indigestion. Early treatment can assist with preventing associated nutrient deficiencies.

**Fatigue.** There can be so many reasons for fatigue in patients, many without blood tests indicating any medical reason. Naturopathy can provide so much support to these individuals, by helping them regulate their blood sugar, gain better quality sleep and manage their stress.

**Recurrent UTI's.** In those that experience recurrent UTI's, nutrition and naturopathy can offer long term relief through supplementation, herbal medicine and modification to diet and lifestyle. Recent studies have demonstrated the use of certain herbs alongside antibiotics to be more effective than abx alone.

**Antibiotic Overuse.** Modifications to diet and lifestyle as well as education on preventative measures, can be useful for reducing the need for repeated antibiotics. Nutritional supplements and herbal medicine are also a great choice for those that react to a variety of abx.

**Hormone Rebalancing and Support.** HRT isn't always an option, and the need for this kind of treatment can be reduced through supporting the body in perimenopausal and menopausal women. This can assist with lessening the symptoms experienced, and easing any discomfort experienced.

**ADHD and Behavioural Disorders.** For children exhibiting signs of behavioural disorders, hyperactivity, learning and developmental delays, nutrition can play a pivotal role in their treatment. Through trailing dietary modifications and investigating nutrient deficiencies, prescription drugs can often be avoided.