

*Do you want to:*

Be healthier, happy and have more energy?

Effectively treat health conditions without pharmaceutical drugs?

Address the causes of your health issue?

Lose weight?

Be free of pain?

Reduce the risks of chronic health concerns such as diabetes, heart disease and cancer?

Get professional advice from a highly qualified Naturopath?

**YES!**

**Call Sara-Jane for an appointment today**

**Mobile: 0434 962 462**

*Health is your greatest asset...*

## *Testimonials*

*'I'm a 53yr old female who hated my "middle age spread" never thinking I would be less than a size 14. I now fit size 12 jeans and lost a total of 20 inches.'*

*Margaret, Bowral*

*'I was diagnosed with Crohn's Disease, after battling relapses, surgical procedures and numerous medications I now use herbal medicines, my specialist is very impressed.'*

*Damien, Bundanoon*

*'The specialist recommended a hysterectomy for my fibroids, but I didn't want to be menopausal at 42.*

*Thanks to Sara's herbs I still have my uterus!'*

*Denise, Picton*

### **Sara-Jane Cleland Naturopath**

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**Health Fund Rebates**



**Sara-Jane Cleland  
Naturopath**





## Sara-Jane Cleland Naturopath

BAppSc (Nat)  
GradDipNat UWS  
MANTA

### About Sara-Jane

Sara-Jane is a university trained Naturopath. As a health professional Sara-Jane will effectively resolve your symptoms and address underlying causes using the best available herbal medicines and nutritional supplements backed up by clinical evidence and research.

As a member of Australian Natural Therapists Association (ANTA), Sara-Jane is dedicated to the highest standards of professionalism.

“My ultimate aim is to initiate shifts in health choices, so you can live a vibrant and healthy life.”

### Naturopathy

Naturopathy is a system of primary health care distinguished by principles which include the Healing Power of Nature; Identification and treatment of the cause; Treatment of the whole person; Emphasis on prevention and Doing no harm.

These guiding principles focus on the individual and empower you to take responsibility for personal health care and maintenance.

### Herbal Medicines

Herbal medicines are being substantiated with published scientific literature and clinical trials. In many cases they are found to be as effective as pharmaceutical drugs without the unwanted side effects.

Sara-Jane's herbal dispensary contains over 75 different liquid herbal extracts and pill formulations. This extensive dispensary is used to blend a very specific and individualized formula to address your health condition.

The herbs are produced by Medi-Herb, a reputable Australian company that supplies high quality herbal medicines and nutritional supplements using the latest clinical research and manufacturing technology.



### Diet and Nutrition

The importance of a healthy diet cannot be understated. The rising incidence of many chronic diseases has been positively correlated to an incorrect diet.

A variety of organic whole foods provides the necessary vitamins and minerals required for optimal cellular function. Sara-Jane will assess your diet and discuss changes to suit your health needs. She may also recommend nutritional supplements to address symptoms and correct nutritional deficiencies.



### Remedial Massage

Remedial massage involves deep manipulation of soft tissue in the body to hydrate, break down scar tissue and physically stretch out the muscles, tendons and ligaments. Remedial Massage treats back and neck pain, headaches, muscle tightness, sciatica, arthritis, joint stiffness and other pain causing conditions.

Sara-Jane uses remedial massage with myo-fascial and cranio-sacral unwinding techniques to release physical tension and emotional trauma. She has a firm therapeutic touch combined with sensitivity and softness which is ideal for a relaxing massage.



*‘Let the healing power of nature  
bring you back into health –  
your natural state of being!’*

*HICAPS on the spot rebates are available for  
all eligible private health funds*