

## WHY CHOOSE NATURAL THERAPY?

Natural Therapies :

Are safe, gentle, non-invasive and effective in treating and relieving your symptoms.

Cater to your unique physical, mental and emotional health and needs.

Enable you to make the decisions about your own health.

Our practitioners here at WILMA are accredited and experienced professionals who are members of professional associations.

They are committed to all women being able to access natural therapies as a choice to address their health needs, regardless of the cost.

### Contact Us

WILMA Women's Health Centre  
6 Bugden Place, Campbelltown 2560  
Open 9am-4pm Mondays to Fridays  
Phone messages taken on 12.30-1.30pm  
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Facebook: [www.facebook.com/WILMAWomensHealthCentre](http://www.facebook.com/WILMAWomensHealthCentre)



## WILMA Women's Health Centre

Evidence Based Woman Centered  
Health and Wellbeing

- ⊙ Counselling
- ⊙ Casework
- ⊙ Women's Health Nurse
- ⊙ Naturopathy
- ⊙ Acupuncture
- ⊙ Massage
- ⊙ Information and Referral
- ⊙ Wellbeing Workshops
- ⊙ Gentle Exercise Groups
- ⊙ Legal Advice

Dharawal Language

**Njunalin ngaralang dharawal wala  
nguradhanhay ngaliya**

English translation

**We respect Aboriginal peoples as the first  
peoples and custodians of NSW.**

Content given by Karen Adams. Permission given by Frances Bodkin of the Dharawal People.



Artwork by Aboriginal Artist Leanne Hunter



# WILMA NATURAL THERAPIES



© Photo by Chris Fysh

**NATUROPATHY  
HEALTHY LIFESTYLE COACHING  
ACUPUNCTURE  
MASSAGE**

Funded by NSW Health

## Naturopathy

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Naturopathy looks at every aspect of your health and seeks to find the underlying cause of problems, rather than just treating the symptoms.

Our Naturopath can tailor a health program to your individual needs to help restore balance in the body and help prevent future illness. She uses a range of modalities such as clinical nutrition, herbal medicine, iridology and flowers essences.

Naturopathic medicine can assist with a wide array of conditions such as;

- ⊗ Allergies and auto-immune conditions
- ⊗ Arthritis
- ⊗ Cardiovascular disease
- ⊗ Digestive complaints, including IBS
- ⊗ Colds and Flu
- ⊗ Headaches and Migraines
- ⊗ Infertility and Pregnancy Health
- ⊗ Anxiety and Depression
- ⊗ Stress and Insomnia
- ⊗ Women's Hormones i.e. menopause/ problem periods

## Acupuncture

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Acupuncture treatment involves the insertion of fine needles in various acupuncture points on the body, along with cupping, moxibustion, and heat therapy.

But before this happens it is important to firstly diagnose YOUR problem through a series of questions, pulse, and tongue diagnoses which will reflect any illnesses, and/or imbalances in your physical and mental health.

As a natural form of healing, acupuncture has the following benefits:

- ⊗ Provides drug-free pain relief
  - ⊗ Treats the underlying cause of disease and illness as well as the symptoms
  - ⊗ Provides a holistic approach to the treatment of disease and illness, linking body, mind and emotions
  - ⊗ Assists in the prevention against disease and illness as well as the maintenance of general well-being
- It can effectively treat a wide range of acute and chronic ailments including:
- ⊗ Anxiety and Stress
  - ⊗ Depression
  - ⊗ Pain
  - ⊗ Digestive problems
  - ⊗ Women's Health Issues
  - ⊗ Immune problems
  - ⊗ And many other conditions.

**Low-cost service.**

## Massage

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Massage is a way to relax the tissue, increase the flow of blood and oxygen and decrease pain.

Massage can help with the following:

- ⊗ Help to reduce stress
- ⊗ Improve Circulation
- ⊗ Reduce Pain
- ⊗ Eliminate Toxins
- ⊗ Improve Flexibility
- ⊗ Improve Sleep
- ⊗ Enhance Immunity
- ⊗ Reduce Fatigue

## Healthy Lifestyle Coaching

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WILMA Healthy Lifestyle Coaching is a program that consists of nutrition exercise plans and goal setting that will help develop and maintain a healthier way of living.

This program also takes into consideration individual health risk factors, and personal and cultural preferences.

Bookings are necessary for all services and can be made over the phone. If you're unable to attend, please advise us as soon as possible.