



Nicky Gonis Holistic Health

Hello and thank you for choosing me as your Naturopath.

During your time with me I will be doing my very best in helping you to improve your health and preventing illnesses or your symptoms from recurring. Naturopathy is about helping the body heal itself naturally and strengthening the body. It is not about suppressing symptoms as pharmaceutical medicine does, but finding the cause for your symptoms for long term results. This can take as little as a week to months, depending on your symptoms, current health, lifestyle and diet. It is your responsibility to adopt the suggested changes and take your supplements as directed. As Your Naturopath, I will use a natural and individualised treatment to initiate your body's own healing capacity. The causes of your symptoms will be treated and I will take into consideration the physical, emotional and mental aspects that impact your health. The long term goal is prevention - orientation medicine to maintain your optimal health.

If needed, further testing will be recommended. I work with a highly regarded GP and often send patients to him for testing. We will discuss this in more detail at your appointment.

If you need to reschedule please give me at least 48 hours' notice so I can fill the appointment with another patient who is waiting. Charges may be incurred if you miss your appointment.

To your first appointment please bring with you

- Any supplements or medications you are currently taking
- Any recent pathology (blood) tests you have and results

If you are getting Live Blood Screening, please abstain from eating any high fat foods such as cheese, fried or oily foods, dressings, nuts and seeds and dairy products for 2 hours prior to the appointment. Fat will show in your blood and can obscure other possible and important elements in the blood. If you have any problems or queries at all during your treatment, please do not hesitate to contact me.

I look forward to meeting you and helping you on your best path to vibrant health!

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