



Could you benefit from naturopathic care?

Naturopathy is a healthcare model that emphasises prevention, treatment and best possible health through the use of tailored diet and lifestyle advice, nutritional therapy and herbal medicine.

Many people are not sure what naturopathy is and why they would see a naturopath. This short quiz will help to provide an insight into whether naturopathy may be suited to you and your needs.

1. Do you feel that you are in good general health?	Yes	No
2. Do you wake up feeling rested and energised in the morning?	Yes	No
3. Would you like to take a more active role in managing your health?	Yes	No
4. Do you appreciate clinicians taking a holistic approach to health?	Yes	No
5. Do you value being provided with a balanced view on conventional and natural medical treatment options from your healthcare providers?	Yes	No
6. Have you been diagnosed with a medical condition that you would like additional / natural support to help manage?	Yes	No
7. Is the idea of using diet, lifestyle and natural remedies to support your health appealing to you?	Yes	No
8. Do you have one or more long term health complaints that you would like additional support in managing and reducing symptoms?	Yes	No
9. Have you had any experience of naturopathy before – including advice in a health food store or pharmacy – that you'd like to investigate further?	Yes	No
10. Do you have health goals that you feel would be easier to achieve with specialised health support?	Yes	No
11. Do you experience any of the following? Please tick all that apply:		
<input type="checkbox"/> Stress and anxiety		
<input type="checkbox"/> Low moods and/or depression		
<input type="checkbox"/> Fatigue or general low energy		
<input type="checkbox"/> Difficulty sleeping		
<input type="checkbox"/> Recurrent infections		
<input type="checkbox"/> Allergies and intolerances		
<input type="checkbox"/> Digestive upsets such as: bloating, cramping, indigestion, IBS		
<input type="checkbox"/> Menstrual cycle issues such as: PMS, period pain, heavy periods, infertility, irregular cycles, menopause		
<input type="checkbox"/> High blood pressure		
<input type="checkbox"/> High cholesterol		
<input type="checkbox"/> Difficulty maintaining healthy weight		
<input type="checkbox"/> Skin issues such as: rosacea, acne, eczema, psoriasis, melasma		
<input type="checkbox"/> Pain disorders such as: arthritis, injury-related pain, fibromyalgia		



Adding up your score

For questions 1 and 2, give yourself 5 points for each 'No' SCORE: _____

For questions 3 – 10, give yourself 5 points for each 'Yes' SCORE: _____

For question 11, give yourself 5 points for each condition ticked. SCORE: _____

If you are currently trying to conceive, are already pregnant or recently had a baby, give yourself another 5 points.

Add up all your scores to find your total. TOTAL: _____

What your score means

0 – 20: No additional support required. This result suggests that either you are in very good health and do not require additional support, or naturopathic care isn't suited to your needs.

20 – 50: Naturopathy would be of benefit to your overall health. This result suggests that you are interested in taking a holistic approach to your health and have included some good health practices into your daily life. There are still areas that could use support however, and it would be beneficial for you to make time for a naturopathic review to get tailored diet, lifestyle and health advice; particularly if you come down with an infection, feel under stress or experience any other health challenge.

50+: It's time to make some changes. This result demonstrates that there are a number of areas of your health that could benefit from additional support, and that you are interested in taking a holistic approach. As such, including naturopathic support in your health plan will be a valuable tool to help you understand *why* you are experiencing these health issues and work out *how* you can best manage them. One of the key principles of naturopathic medicine is to treat the underlying cause of disease, which is done through individualised treatment and advice.



Clinical naturopath, Kathleen Murphy, takes an evidence based approach to practice; using diet and lifestyle changes, herbal medicine and nutritional therapy to help you achieve the best possible health and wellbeing.