

Wellness Outcomes

What are Wellness Outcomes ?

This question drives your health aspirations today. That is - you don't just want to be treated for an illness : you want to get better. Then you want the robustness of rude health to stay that way. And all in a predominantly urban environment. You are'nt just happy with growing old gracefully - you want to stay young, energetic and vibrant for as long as possible. The modern woman doesn't just want to have a healthy baby while she's still in her twenties. You want to have a richly rewarding and fulfilling career and a lively, interesting youth, then have a baby in your thirties or forties or even fifties. And you want THAT baby to be happy and healthy.

And dad - you want to be able to complete that bucket list into your sixties and beyond.

It's happening all over the world and it's happening here.

You see, the tenet of the modern health care worker is to keep up with all these aspirations.

It means that health care workers have to develop new specialties, break new ground in attitude and direction. The new version of the old-fashioned GP is actually a collection of people these days - doctor, physio, natural therapist and chiropractor. We cheerfully play our part in helping to get you better. Obtaining Wellness Outcomes is a powerful goal and we offer the potential for all of these wellness goals at our Lane Cove Wellness Centre.

And pharmacists and doctors need to change also. That's why, as a seasoned pharmacist, I studied to become a naturopath, homoeopath, nutritionist and herbalist.

Why nutrition and herbal medicine? Well, our job as a pharmacist has always been to support the work of our doctors and consider ourselves part of the health care team. With wellness outcomes now being the focus of over 60% of the population (according to recent surveys) there is an additional "team" job to do as part of this support structure. That job is to support or complement acute treatment goals that you expect your GP to provide for you with the time, knowledge and patience to drive through your nutritional and dietary needs, coupled with needed body work that is often necessary to deliver a Wellness Outcome™;

That's why I wanted to add to my pharmacist skills. I wanted to be where my clients were and hopefully take them to where they want to go. You see, it is my belief that sound nutrition is the fundamental requirement of good health, and therefore is essential to wellness outcomes.

To achieve wellness means to recover FULLY from a chronic disease if possible. We have a growing list of people who are finding that to be possible.

How?

By teaching you how to become responsible for your own health outcomes.

How do we do that?

The main way is by gathering detailed information about your body and what is wrong with it, processing that information and delivering our Report Of Findings coupled with a suggested strategy that may deliver your solution. Yes, the solution will include directional changes on food, vitamins, minerals and lifestyle and their place in your health equation.

So, we see ourselves as the vehicle that delivers that information. It is my belief that our nutritional training should be directed in making you independent of us eventually because we try to educate you into being able to make the correct

choices.

More healing

As a naturopath also, I like to incorporate the healing aspects of homoeopathy, herbal medicine, other energetic medicines and techniques, and microcurrent therapy to hasten the healing. That's why I am constantly attending seminars around the country to keep abreast of the really impressive advances in research that are being undertaken - often for very little reward - by the modern day heroes of health - the quietly stated research workers. These people occupy corners in most universities around the globe and recently, exciting breakthroughs are being made in modern commercial laboratories such as Nutrigenomics.

So, let us deal with the problems that others cannot seem to solve. Finding solutions to these is my hobby.

Finally, don't forget to just pop in or drop us a line for a check-up and good quality food supplements and dietary advice to keep you healthy, slim and vital.