

ACHIEVE YOUR ULTIMATE BALANCED LIFESTYLE



anita's
HEALTH & YOGA

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Do You Experience Any Of The Following Symptoms?

- Weight gain around middle?
- Feeling tired especially at 3PM?
- Feeling foggy?
- Waking through the night?
- Poor memory?
- Depression and Irritability?
- Having no interest in sex?
- Constipation?
- Aching muscles and joint pain?
- Muscle cramps?
- Worrying you may be infertile?
- Craving sugar and carbs?
- Feeling the cold?
- Hair loss?
- Using coffee & alcohol to lift you?
- Poor concentration?

ANSWERED YES TO THREE OR MORE?

If so you may have an under active thyroid gland — even if you have had 'normal' blood tests. Phone now - make an appointment with our highly trained thyroid therapist.

Thyroid Function Test

Thyroflex is a non invasive thyroid test which measures your brachioradialis reflexometry and resting metabolic rate, providing results instantly. If you are already taking thyroid medication the thyroflex helps to ensure you are on the appropriate thyroid hormone replacement dosage with 98.5% accuracy.

Using modern diagnostics and skilled interpretation, our goal is to identify the underlying causes of your ill health. An integrative approach (both western and natural medicine) to get you back to feeling yourself again.

Other Services:

Hair analysis and compatible foods

You do not have to suffer through life-let your hair unlock the secrets to a healthier happier you! The hair analysis highlights foods that are RIGHT for your body and which foods are incorrect. This frees up the immune system to deal with other issues more freely providing you with an easy to follow restorative food program. More than 400 foods are tested and are available for babies, children and adults identifying ineffective and effective foods for the unique individual- you!

Includes a free consultation and food report