



MAGNOLIA APOTHECARY

LEAKY GUT SURVEY

Do you have low energy or complain of being fatigued?

- Yes
- No

Do you have any food intolerances, sensitivities or allergies?

- Yes
- No

Do you have any skin complaints: itchy skin, rashes, eczema, Rosacea, Acne, Hives, Psoriasis?

- Yes
- No

Do you have any seasonal allergies, environmental allergies or pet allergies?

- Yes
- No

Do you experience joint pain, muscle pain or arthritis?

- Yes
- No

Do you have any digestive complaints like: constipation, diarrhea, gas, bloating, burping, acid reflux, IBS?

- Yes
- No

Do you have any brain complaints like: brain fog, chronic headaches, depression, anxiety, ADHD?

- Yes
- No

Have you been diagnosed with Inflammatory Bowel Diseases like Crohn's Disease, Ulcerative Colitis, or Diverticulitis?

- Yes
- No

Do you have any of the following autoimmune diseases (for example: Hashimoto's, Rheumatoid arthritis, Lupus, Celiac disease, Multiple Sclerosis, Type 1 Diabetes)?

- Yes
- No



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If you have answered yes to any of the above questions you may be experiencing some gut health issues.

If you would like to know more about your gut health then you can book in for a consultation with me at www.magnoliaapothecary.com.au or leave your details below and I will contact you.

Name:

Email address:

Phone No:

What is Your Number 1 Health Complaint? (please choose one)

- My Weight
- My Energy Levels
- My Digestive Problems



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Why would you go to see a Naturopath?

This is an interesting question and one that people are not easily able to answer. Why? Because many people are not sure what a Naturopath does and why they would go and see one!

A Naturopath can assist with many health conditions, including ones that are regulated with pharmaceutical medicine. Like diabetes for example, this is a progressive condition that if caught early enough can be slowed or reversed (given that the lifestyle changes occur). Naturopaths can help with this by treating the cause, which would address why insulin resistance is happening in the first place. This may include using nutritional and herbal medicines along with lifestyle modifications. But the other aspect is that we help to educate you on why these changes are so important.

A Naturopath is like a private investigator! They keep exploring and hunting until they find the cause of the condition. They piece together the story that belongs to you and explain why you might be experiencing particular symptoms. It is like putting the pieces of a jigsaw puzzle together to make a whole picture.

I can still hear you saying ok but I am still not sure why I need to see you? Well you would do this if you want to take control of your own health and have a greater understanding of what is happening for you. There are many conditions where nutrition can be used as medicine rather than taking a pharmaceutical. Whilst pharmaceuticals can help with symptomatic management, they can come with unwanted side effects that can increase the risk of other disease states. Take antibiotics, whilst they have an important place in health they also strip the gut of zinc and destroy the microbiota balance. Both of which lead to gut issues such as Irritable Bowel Syndrome, bloating and nutrient malabsorption.

The other important aspect of what a Naturopath does is that we listen!!! We give you the time to explain your condition. Our consults are not 5 minutes and we don't rush you in and out. We want to hear your story and know what you are experiencing, as you are the expert of your symptoms.

What do you expect when you see a Naturopath? Well again we take more than 5-10 minutes to assess you. In fact you would expect to see us for at least 3 visits. This would include the initial consult where we take your full medical and family history and we may explore particular areas according to your presentation. We would then see you shortly after approx. 1-2 weeks later where we would present a treatment plan option to you and this may include prescriptions. We would then follow that up around 2-4 weeks later to assess how the program is going. If all is well and depending on the condition we may then see you again in 4-6 weeks for a maintenance follow up.

Naturopathy isn't a one pill fix option. We help you to implement changes that improve the quality of your health and lifestyle for prevention of future illness.

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