



TESTIMONIALS

“...I was so impressed with the results that I am still going after 11 years... They have been a life-saver for me on many occasions as their kind and gentle nature is very soothing.”  
■ M. O.

“When we were searching for answers, their knowledge of both naturopathy and pharmacy was very helpful.”  
■ D. C.

“Their calm, reassuring and professional manner, and their compassion and respect, has certainly encouraged my healing.”  
■ J. B.

KNOWLEDGE IS EMPOWERING

We regularly run information sessions on health and wellness matters. Our most popular include:

**Weight Loss:** This session covers setting realistic goals, lifelong good nutrition, the importance of exercise and good emotional health.

**Menopause:** What are the options for treating the symptoms of menopause? How will they affect you?

Phone or ask in store for details of upcoming sessions.



Cnr View and Barnard Streets, Bendigo

STORE HOURS:

- ✓ Monday to Friday, 8.00am to 8.00pm
- ✓ Saturday, 8.30am to 4.00pm
- ✓ Sunday, 10.00am to 3.00pm

Phone: 5443 4610

[www.bendigoufs.com.au](http://www.bendigoufs.com.au)



# ACHIEVE THE RIGHT BALANCE

TO GET WELL or TO STAY WELL



## A BALANCED APPROACH TO WELLNESS

**People are rather like ecosystems - every part of the system is connected. Like an ecosystem, wellness is about achieving the right balance. You can't look at one part independently of the others.**

Our **Wellness Clinic** takes a "whole of person" approach to helping you get or keep well. Whatever your particular goal, we always start with a consultation to see how you're faring in all parts of your life.

You might have a mineral deficiency or need to rid your body of toxins. Perhaps you're working your way through grief or suffering from stress or fatigue. They'll all affect how you feel and your success in reaching your wellness goal.

## DEDICATED CLINIC

The **Wellness Clinic** is a dedicated facility within our View Street store with three private consulting rooms.

You can make an appointment to see our wellness practitioners during clinic hours by phoning or when you are in the store.

Natural medicines and a range of other health products are always available in the store, so you can take advantage of the store's longer opening hours.



The Wellness Clinic uses a range of complementary therapies to help you achieve the balance you need to get or stay well.

# our services

## Natural Therapies

- ✓ **Biofeedback Device**
- ✓ Weight loss program
- ✓ **Muscle & Body Fat Analysis**
- ✓ Live Blood Analysis
- ✓ **Ear Candling**

## Naturopathy Services

- ✓ Sports Nutrition
- ✓ **Hormone Therapies**
- ✓ Iridology
- ✓ **Homeopathy**
- ✓ Herbal Medicine
- ✓ **Flower & Gem Essences**
- ✓ Clinical Detoxing
- ✓ **Food as Medicine**

A pharmacist is always on duty in the store. If you're taking some form of medication and planning to take herbal or natural supplements as well, talk to the pharmacist first. They'll be able to advise you what's suitable.

*A health fund rebate is available on many of our services.*

