My name is Anand V. Bhatt. I’m a qualified Naturopath, Yoga therapist, Energy healer and Chinese Medicine practitioner with over 16 years of experience.

Upon completion of my Doctor's degree in the Naturopathy and Yogic science from India, I had been practicing in various fields including hospital and clinical set ups, Hotel and spa industry, Faculty, corporate wellness in India, Africa, British Virgin Islands, United States and currently based in Australia.

My practice uses a unique blend of diagnostic methods such as Iridology, pulse mapping, hair analysis with the therapeutics such as Western Herbs, Acupuncture, Reflexology, Chakra Balancing, Nutrition natural medicines

Since 2002 I’ve helped thousands of clients to recover from various ailments globally. I specialize in Mental and emotional health in addition to other systemic issues.

I believe that the community needs to connect with each other more for enhanced healing (especially with anxiety and depression at rise). Keeping this in mind, I have started a community spirit program where time to time there are meet ups/Potlucks to help them connect. I have been actively participating in Fundraising programs supporting cancer patients and also raising funds for various humanitarian causes.

I have conducted the following Workshops/Presentations:

- The Breathing workshop

- PTSD- A natural Approach

- Stress management- A holistic way

- Beyond the boundaries of medicine

- Yoga workshop for Arthritis

- Zero stress zone- Yoga Nidra.

- Mindfulness in action

- Ignite your Chakras

- Guided Meditation

- Wring out the old and breath in the new-Intention setting workshop

- Corporate wellness

I love supporting and educating people, helping them to regain wellness and achieve optimum physical, mental and emotional health along with prevention, vitality and nutrition. Come and see me to get a roadmap to your positive and vibrant health.

I have also successfully organized and run Cultural/Health retreats to India.

**Treatments offered:**

Naturopathic Consults

Herbal Medicine

Chakra Balancing

Reiki

Acupuncture-Fertility, Hormonal conditions, Anxiety, Stress, Endocrinal issues, quit programs.

Therapeutic Massage/ Ayurvedic Massage

Chakra Puncture

Reflexology

**Professional Memberships:**

ANTA- Australian Natural Therapists Association

AHPRA(Traditional Chinese Medicine)

INYGMA, Australia Chapter

Yoga Alliance- USA