Information for GPs and Allied Health Professionals

At **Nerthus Health**, we value collaborative, patient-centred healthcare and welcome communication with GPs and allied health professionals in support of shared patients.

As a Bachelor-qualified naturopath, I utilise evidence-informed nutrition, lifestyle medicine, herbal medicine, and nutritional supplementation to support patient health alongside appropriate conventional medical care. Naturopathic training includes nutrition, herbal medicine, pharmacology, pathology, biochemistry, counselling, and research literacy, providing a strong foundation for safe and informed clinical practice.

Patient safety is central to our approach. Relevant medication, pathology, and medical history are considered as part of care, and interaction-checking resources are utilised where herbal or nutritional interventions are recommended. We recognise the important role of medical and allied health practitioners and work within our scope of practice, referring when appropriate and encouraging patients to maintain engagement with their healthcare team.

With patient consent, we are happy to communicate with treating practitioners, share relevant clinical information, and support coordinated care. We believe that open dialogue between healthcare providers offers the best opportunity for positive health outcomes, particularly for patients with chronic, complex, or multi-system health concerns.

Nerthus Health provides general naturopathic care, with particular interests in **women's health, paediatric health, chronic disease, autoimmune conditions, digestive health, and preventative healthcare**.

We welcome professional communication and collaboration in the ongoing care of our mutual patients.

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