



Information for GP's and Allied health professionals

Nerthus Health is a Naturopathy service that is here to support the people in the community. Nerthus health advocates for a collaborative relationship with GP's and allied health professionals in the mutual interest of the patients. Naturopaths have a minimum of Bachelor's training with advanced training in herbal medicine and nutrition medicine. Additionally, we are trained in pharmacology, pathology, counselling, biochemistry, and research methods. Naturopaths are trained to support the medications given from GP's and have the tools to check interactions with herbal or nutraceutical treatment, ensuring patient safety.

Nerthus Health supports open dialogue between practitioners to support our mutual patients and support the work within our fields. We recognise our strengths and our limitations leading to enhanced and enriched patient outcomes, with a multimodality team. Obtaining consent with our patients, to share information and encourage discussions with other practitioners, supports the patient and enables effective treatment plans.

At Nerthus Health our treatment plans are in depth and support the patients to have a holistic understanding of their health and have support teams in place to ensure patient success. Nerthus Health is a general Naturopathic service with special interest in paediatric and chronic and complex health conditions.

To continue our work with our mutual patients, please email or call to support positive patient outcomes.

Eleni Hayek

Naturopath

Nerthus Health.