

Welcome to Nature Therapies



Dear New Patient,

Welcome to Nature Therapies. Please feel at home when you come and take some time to enjoy the view and gather your thoughts before treatment. I would like you to know the healing work that I do considers not just your body, but also your mind and spirit. These three aspects make up a whole person and are interconnected, so it makes sense that what affects one system, for example the physical, may also cause stress in the mind and so on. I appreciate your trust in coming here, and acknowledge and applaud your decision to improve your health and happiness. In return, I am committed to helping you in any way that is beneficial to you.

26+ years of full-time natural medicine has led me to become qualified in, and develop a number of complimentary modalities and skills that may be useful on your journey, and provide you with truly holistic care. My mission has always been to treat the whole person and not just their symptoms, to identify and address any underlying causes, and to provide ongoing support on the journey of maintaining wellbeing.

Here are the modalities and programs that are available:

- Acupuncture / Chinese Medicine
- Musculoskeletal and Sports Injuries
- True Holistic Health Care
- Natural and Sports Nutrition
- Structural & Spinal Balancing
- 'Find Yourself' Programs
- 'Find Yourself in Nature' programs
- Stress Counselling
- Life Coaching
- Professional Supervision
- Energy Healing
- Athletic Performance Enhancement

I often use a combination of these modalities, and find excellent results are achieved when a health problem is approached from several causative angles, and your motivation to heal is harnessed into positive action. Let me know which of these modalities may be of interest to you.

How to get a great result – quickly

Lasting improvements occur when new 'frameworks of understanding' enable you to make sense of three factors integral to your condition:

1. How did I get the way I am?
2. Why is it that I have not healed to date?
3. What is it that I need to do to bring about healing, improvement and resolution?

There may be a few questionnaires for you to fill in, please focus on them carefully as they give me valuable background information and assist me to help you more effectively.

You'll find more information on Nature Therapies procedures over the page - please take time to familiarise yourself with these, and don't hesitate to ask any questions.

Meanwhile, a warm welcome once again and I look forward to serving you to the best of my ability.

Terry Hitzke

Working Together to Improve Your Health

My preference is always to address the *cause* of your health problems and help you resolve them permanently, not just treat the symptoms.

In order to identify the cause - or causes - of your condition, I may conduct a consultation, physical examination and any other assessments indicated (such as laboratory, nutritional, stress, etc). The results of these investigations, when available, will be presented to you, and if I feel that I can help you, a course of care will be recommended.

This usually includes education (those 'frameworks of understanding' I mentioned), consultations for specific therapeutic interventions, then subsequent reassessment and re-evaluation..... and that's just my little bit! The lifestyle changes, exercises, stretches and even changes in thinking that maybe suggested, are probably going to be the things that make the greatest difference.

The frequency of your appointments may vary according to the severity and urgency of your condition, but generally two or sometimes three times a week for acute and painful conditions and once a week for more chronic and corrective work

Your Practitioner:

Terry Hitzke

Terry began practicing natural therapies in 1983 and has been in full-time practice since 1985 when he founded the Ashgrove Sports Injuries Clinic. He has a gift for understanding how things work, and the insight to be able to explain things to you in simple terms, enabling you to take better control of your own health.

Terry has studied and lectured extensively and is qualified in **Chinese Medicine** (Acupuncture, Herbs, Dietetics, Massage and Manipulative therapy), **Nutrition** (Sports, Weight Loss and Optimal Health), **Sports Injuries Management, Structural and Spinal Balancing** (Joint and Soft tissue Realignment), **Counselling, and Energy Healing.**



Terry is also a Certified Life and Business Coach allowing him to guide clients in life transforming sessions for professional and personal development. He loves facilitating the release of blocks and restrictions to personal freedom, and allowing people's natural gifts and talent to rise above the saboteurs they have in their life. He conducts these sessions both in the clinic and outdoors in Find Yourself in Nature programs.

Terry is a "Health Enthusiast" and takes every opportunity in his own life to apply the principles that he shares through the practice. "Walking the Talk" is one thing you will find at Nature Therapies.

He is a passionate Organic Gardener and firmly believes that fresh, natural, nutritious and chemical free foods are the cornerstone of health and vitality... just ask to see the backyard! He is still

actively involved in running, mountain bike riding, gym, bush walking, kayaking, surfing and snow skiing, and brings his enthusiasm for fitness to those wishing to improve their exercise profile.

Terry is a competent public speaker and has designed and conducted seminars and presentations to groups and conferences on the topics of stress management, healthy lifestyle, mind body and spirit integration, back care, childhood nutrition, spirituality and reconnecting to Nature. He created and taught the Sports Injuries Management course for postgraduate natural therapists at two local natural therapy colleges. His speaking engagements have included keynote presentations at the Woodford Folk Festival and both Catholic and Queensland Education Department Conferences.

Terry is a family man and is married to his teacher wife Dianne and has two grown up children Rebecca and Samuel. Terry's first commitment is to health within family life and seeing that they enjoy the best of balance, life education and of course, freshly grown organic produce!

Terry's specialty is being able to use his 25+ years of experience to offer a truly holistic overview of your health, from the consideration of the Body, Mind, and Spirit and help you facilitate profound changes in your physical, mental and spiritual well-being.

*Terry believes wholeheartedly in our body's incredible ability to heal.
Identifying and changing any nonbeneficial influences, engages that incredible ability.*

Mission Statement

At Nature Therapies my mission is to facilitate the improvement in your wellbeing using the best natural care available, with a high level of integrity and respect for both your healing process and you the individual.

My goal is to make all levels of wellbeing available to you - physical, emotional, mental, energetic, as well as the more subtle aspects - and work with you to create the health and harmony you desire.

My belief is that time honoured natural medicine, shared with experience, compassion and understanding, combined with new technologies and techniques, provides the most effective and sustainable healthcare available on the planet. I offer myself as a working model of this belief and as an example of wholehearted engagement in the journey of holistic health.

I guarantee you **professional service** in a confidential manner and commit to ongoing professional education to ensure that the latest or sometimes oldest knowledge and understanding is available to assist you.



My vision is to offer a unique service where the principles of operation run beyond the normal confines of business and profits to a 'Centre of Natural Healing', where personal integrity, following my heart, and always choosing the best thing for my clients is the primary focus. I believe that all else follows as a result.

As a practitioner I aim to provide you with:

- Outstanding treatment
- High quality health education
- Inspirational service
- Support and encouragement
- Kindness and consideration
- Excellence in all I do.

*And above all to - **Improve your wellbeing ~ Naturally.***



House Keeping !

Appointments

In order for you to take full advantage of the peace and natural elements surrounding this practice, I ask you to please leave yourself plenty of time so that you are not rushing to make your appointment. I respect your time and always endeavour not to keep you waiting, however, there may be times when clients in need require extra time to finish a process or procedure.

If you find yourself kept waiting while I respond to another patient's needs, I ask for your understanding. Rest assured I would be just as available for you should the situation be reversed!

Appointments at short notice

There may be times when such appointments are necessary and I am committed to doing my best when circumstances change or an emergency arises. It is always worth a call to see if I can fit you in.

After hours and weekends

Appointments after hours or on weekends are sometimes possible under certain circumstances. A \$25 surcharge per hour will apply.

Cancellations

I would like you to commit to the appointments that you make, and not lose sight of your desire to be fully healthy. Often the old habits that caused us to lose sight of our health priorities in the first place, can challenge the times that we may have set aside for an appointments.

Try to resist these urges so that you don't disrupt the flow of your treatment and slow down your result.

Nature Therapies Cancellation Policy

I strive to offer highly effective natural health care at the most affordable cost. To do this, I spend up to an hour with each consultation, and often use multiple techniques in the one treatment. I have found the combination of these techniques achieve far better results than if each technique were used in isolation. This makes a treatment more involved and more time consuming for me, but vastly more rewarding for you. As a result I each see only a relatively small number of patients per day, for a fee I try to keep as low as possible.

When each patient keeps their appointment, I have a **win / win** situation, where an exchange of skill, experience and time for money:

- creates a health benefit for you, and
- an income for me.

When a patient fails to advise me of their inability to keep an appointment well before the due time, or worse, simply does not show, we have a **lose / lose / lose** situation whereby:

- the patient does not receive treatment
- another patient (who may be in need) is deprived of treatment
- time is wasted, and my income lost.

Raising the cost of each treatment to cover such events would unduly penalise those who do keep their appointments, and make my therapy less affordable for some. Therefore, I believe it is fair that if a patient:

- cancels an appointment within 24 hours of the due time, and I cannot fill that appointment,
- or simply fails to show,

then that patient be responsible for the cost of the appointment.

Directions

The Gap is a western suburb of Brisbane on the north side of the river. Coming from Brisbane city head out along Waterworks Rd and pass through Ashgrove and Ashgrove West shopping centres and follow Waterworks Rd a further 4km passing the Gap Village Shopping Centre on your left. Another 600 m brings you to the lights at the major intersection with Settlement Rd to the right and Illowra St to the left.

Turn left into Illowra Street and follow it across the bridge to the T intersection with Payne Rd and turn right. Moggill Rd is the third turn left at the crest of the hill after passing D'Aguilar and Glen roads.



78 Moggill Rd is 600 m along on your left hand side diagonally opposite the second entrance to Parkside Cr. The house is set on an angle to the block. Walk up the driveway (drive up if you are disabled and park in the parking bays halfway) and to your left you will see a table and chair. Please press the buzzer, take a seat, enjoy the view and I will greet you when I am finished with my previous patient.

If you would like a Google map, one is available on my Natural Therapy Pages website at <http://www.naturaltherapypages.com.au/therapist/ashgrovewellbeing/14717>

Fees

Fees are due after each consultation and are payable by cash, or cheque. I apologise for any inconvenience for not having EFTPOS or credit card facilities available.

If you get short of funds during the course of your treatment, please make me aware of this at your next consultation. I am open to altering your program to accommodate changes to your financial situation, should the need arise. My main priority is to see you healthy.

Initial Consultation 1hr	\$89
Normal Consultation	\$85
Extended Consultation	\$100
Life Coaching 1hr Gold	\$150
Life Coaching 1hr Platinum	\$220
Professional Supervision 1hr	\$150
Energy Healing 1hr	\$150
Remedial Massage 1hr	\$95



Contact

By far the best way to reach me is by phone on 0408 186 243 from 8 a.m. till 6:30 p.m. Monday to Friday. For urgent or serious situations only, please feel free to call outside these times.

There will also be times when I am on "Find Yourself in Nature" programs, out in the bush with clients, that I may be out of mobile range for a few hours to a few days. Please leave a message or better still, send a text and I'll get back to you as soon as possible. Please do not try to change or make appointments using e-mail as it can be unreliable. Thank you.

Wishing you all the best on your journey of health

Terry Hitzke
Nature Therapies



