

## Who is Friederike

Friederike is a Naturopath Graduate (Naturopathic College of NZ). She grew up in Germany and Holland and emigrated to New Zealand in 1988. She has also a degree in computer science and has been actively involved with the alternative health area since 1997. Naturopathy is her passion and part of her daily life-style. Friederike is married and a mother of two boys.



### For appointments please call:

Mobile (021) 124-8399  
E-mail [ike@naturenzhealth.nz](mailto:ike@naturenzhealth.nz)  
Web [www.naturenzhealth.nz](http://www.naturenzhealth.nz)

### Address for treatment:

9 Homebush Road  
Khandallah  
Wellington

### List of Charges:

Initial Consultation (1 1/2 hour)	\$130
Follow-up Consultation (60 min.)	\$ 80
Child 1 hour Consultation	\$ 80
Massage (1 hour)	\$ 70
Holistic Pulsing (1 hour)	\$ 70
Iridology reading (1 1/2 hours)	\$130
Ear Candling	\$ 60

### Functional Pathology testing:

Allergy IgG and IgA,  
Smart DNA GENE Test, Organic Acid  
test, SIBO, Stool Parasitology Analysis,  
Comprehensive Hormone DUTCH,  
Thyroid, Adrenal stress Profile,  
Hair Mineral Hair Analysis,  
MycoTox Mould test

### Practitioner Only Supplements

vary in price

All charges include GST and are subject to change at any time.

### Cancellation Policy:

A \$30 fee may be charged for appointments that are cancelled or rescheduled with less than 24 hours notice.

### Clinic Hours:

Monday —Thursday 9:00am — 7pm  
Friday 9.00am — 6 pm

# Improve Your Health and Well-Being



**Friederike von Rohden**  
NatureNZ Health Ltd.

**Naturopath NatDip**  
Reiki III, Dipl. Inf. (FH)

Member of  
NMHNZ Society of Naturopaths  
NZAMH Medical Herbalists

Phone 021-1248399  
Khandallah / Wellington

# Naturopathy—Gentle and Effective Treatments

## What Friederike can do for you

Recovery from an acute or chronic disease or simply changing your lifestyle can be a journey of personal discovery. Embarking on this journey by your self is hard; doing it alone is even harder. Friederike is devoted to teaching, helping and guiding you on your journey by using naturopathic principles **to help improve your health and well-being, your energy levels and vitality.**

## What is Naturopathy

Naturopathy is a natural form of health care treatment which harnesses the healing power of nature and stimulates an individual's inherent self-healing processes. As a Naturopath, Friederike's aim is to empower people to improve their health and well-being by providing them with dietary and lifestyle advice, and if needed with safe and effective remedies. She will try to find the underlying cause of a condition and treat the entire individual person, by taking into consideration their emotions, physical body, diet, genetics, environment, spirituality and lifestyle combined with scientific knowledge and research. Being a keen researcher and regularly attending workshops and seminars, Friederike endeavours to provide her patients with relevant and up-to-date information.

**Naturopathy** can be used **effectively alongside conventional medical treatment**, but should not replace it. However, it is **important to inform the patient's doctor as well as Friederike about any**

**medications and supplements they are taking** to avoid potential interactions. Friederike cooperates with all branches of medical science, including conventional medicine. Patients may be referred to other health practitioners or a GP for diagnosis or treatment when appropriate.

## What will the consultation involve

Because Friederike's approach is holistic, she needs to **consider your entire health history.** Before the first appointment with her, a questionnaire needs to be completed that requests information about you, your lifestyle, past and present medical history, family medical history, diet, medication and supplements, physical and emotional well-being, stress levels and coping mechanisms, as well as what you would like to achieve from a visit.

During an initial consultation you will be asked a number of questions regarding your health that help Friederike understand your individual needs. The consultation takes place in a safe and comfortable environment.

To help your body to heal itself and restore health, **Friederike will tailor a programme to your unique requirements.** She regards the patient and herself as a team, working together to formulate a treatment plan, that is both effective and "do-able". The treatment plan can be adjusted at any time at your request.

During a session Friederike may use one or more of the following modalities with your consent:

- Muscle testing Kinesiology
- Nutritional advice
- Detoxification methods
- Healthy lifestyle and exercise
- Herbal medicine
- Homeobotanicals, aromatherapy
- Nutritional supplements ( high quality practitioner only products )
- Iridology
- Functional scientific testing e.g. Hormone DUTCH, Thyroid, Adrenal stress, allergy and stool analysis tests, SIBO test, DNA genetic testing. Organic Acid test, Hair mineral analysis, MycoTOX mould.
- Massage, Holistic Pulsing, Reiki
- Stress, Depression/Anxiety support
- Preconception, Fertility and Pregnancy care
- Childhood illness care
- Female and Male complaints
- Digestive , Immune issues
- Muscular Skeletal issues
- Support of Specific illnesses like Cancer

The initial assessment will usually take about 90 minutes. The number of follow-up assessments varies, depending on the complexity of the problem and the healing process. Follow-up consultations will usually take about 60 min. and are required to assess your progress and treatment plan.

## Obligations

Friederike is committed and dedicated to practice to the satisfaction and well-being of her clients and to adhere to the ethical standards of the NMHNZ and NZAMH. All information given to her will be kept strictly confidential.