

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:

Phone (04) 977-2199
Mobile (021) 124-8399
E-mail ike@naturenz.com
Web www.naturenz.com

Address for treatment:

9 Homebush Road
Khandallah
Wellington

List of Charges:

Initial Consultation, including Urine Analysis (1 1/2 hour)	\$ 85
Initial Consultation (1 hour)	\$ 75
Follow-Up Consultation (45 min.)	\$ 60
Follow-Up Consultation (30 min.) (Reduced consultation fee for children)	\$ 40
Massage (1 hour)	\$ 60
Holistic Pulsing (1 hour)	\$ 60
Iridology reading (1 hour)	\$ 75
Urine Analysis	\$ 25
Ear Candling	\$ 50
Hair Mineral Analysis	\$ 146
Oxidative Stress Test	\$ 36
CanDia5 Test	\$ 45
Biocard Celiac or Helicobacter	\$ 45
TestAllergy and Stool Testing	vary in price

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:

Tue — Fri.	9:00am—5pm
Tue — Thur	7:00pm—8:30pm
Saturdays	9.30am—12:00pm

Improve Your Health and Well-Being



Friederike von Rohden
NatureNZ Health Ltd.

Naturopath ND,
Reiki III, Dipl. Inf. (FH)

Member of
NZ Charter of Health Practitioners
NZ Society of Naturopaths Inc.

Phone (04) 977-2199
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:

- Nutritional advice
- Detoxification methods
- Healthy lifestyle and exercise
- Herbal medicine
- Homeobotanicals, Flower essences
- Aromatherapy
- Nutritional supplements (high quality practitioner only products)
- Ear candling
- Urine analysis
- Iridology
- Hair mineral analysis, allergy and stool analysis tests
- Massage, Holistic Pulsing, Reiki
- Stress management
- Preconception, fertility and pregnancy care
- Childhood illness care
- Endometriosis, heavy bleeding and other female complaints care
- Depression

The initial assessment will usually take about 60 to 80 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 1/2 hour 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 NZ Society of Naturopaths and the NZ Charter of Health Practitioners. All information given to her will be kept strictly confidential.