



Nirala Jacobi, BHSc, ND (USA) is a highly qualified, medically trained naturopathic physician who will help you on your way to wellness. She is the only one of her kind in Queensland! In the United States, naturopathic physicians are primary care physicians. Nirala brings over 10 years medical experience to her practice to provide unparalleled care and in-depth understanding.



welcome

Congratulations on initiating this important step towards your health. We are excited that you have chosen us as part of your health care team. We endeavor to bring you the highest quality of naturopathic care.

We are a unique clinic which focuses on excellent customer service, superior results, and improving your health throughout your life!

Our goal is to provide you with primary care naturopathic services—this means, unless it's an emergency, you'll want to call us **FIRST** when you have any health problems, for example at the first sign of a cold or flu.

Not only are we going to help you get healthy, but we are also here if you need us for fat loss, cholesterol lowering, heart disease prevention, hormonal balancing, anti-ageing, and cancer prevention.

Our guarantee to you. If you do not see **significant improvement** in your health after having implemented our simple and easy-to-follow protocols and action steps within 8 weeks...

Nirala will see you **FREE** until you do!



What Is Optimal Corrective Care

What happens during your first and second appointment.

First Appointment (1 hour)

During your first appointment, Nirala Jacobi will review the Nutritional Assessment Questionnaire you have downloaded or that was sent to you in the Welcome Pack.

The focus of the appointment is to gather as much information about you and your ongoing health conditions as possible. Additional questions during the appointment include your family history, toxic exposures, diet history, elimination processes, as well as sleep patterns and exercise routines.

If you have had any blood tests done by your GP or other health care professional within the last year, we highly recommend you obtain copies and bring them to your first appointment.

For Medicare coverage, blood tests such as cholesterol, liver function, vitamin D status, and hormonal panels can be requested through your GP. Nirala can also order these important blood tests if you do not have a GP.

A preliminary treatment plan will be given to you. This may include supplements, dietary recommendations, menstrual record keeping, exercise routines, and other lifestyle recommendations.

Checklist

What to bring to your first appointment

- Completed Nutritional Assessment Questionnaire
- A list of supplements and medications you are currently taking
- If possible, medical records (i.e. blood tests, diagnostic reports, etc)

When will I have to come back?

Follow up appointments (30 minutes) as required to assess progress. Typically long-standing health problems take between 3 - 6 months to resolve, some need longer. Typically Nirala sees patients every 4-5 weeks after their initial appointments.



Second Appointment (1 hour)

This appointment is usually scheduled 2-3 weeks after your first appointment to allow lab tests to return and for you to get accustomed to some of the suggestions given to you during your first appointment.

Quite often, you can already feel remarkable improvement!

During your second visit, Nirala will perform a physical exam with a special focus on nutritional deficiencies. She will also perform some in-office tests, such as mineral status and digestive health (urine test).

Please note: some foods can affect the accuracy of the digestive health test. Please make sure you eat a good meal containing protein (meat, fish, chicken, tofu) the night before. Please also avoid alcohol and iodine containing supplements the night before the test.

Your individualised program will be discussed during this visit so you can be completely informed about every part of your journey with us. We look forward to working with you!

Appointments and fees

Please let us know which level of care you would prefer before your appointment.

1. Optimal Corrective Care

This level of care is designed for those wanting to finally understand and address the underlying factors to their illness.

It has probably taken many years for your current problem to develop. Years of sub-optimal diets, stress, hormonal imbalances, and exposure to pollutants can leave a heavy toll. Chronic cases require a strategic approach of proper assessment and targeted treatments.

Optimal Corrective Care includes:

- An extensive health assessment
- In depth analysis of all contributing factors
- Comprehensive physical examination
- In-office tests: zinc status, dysbiosis markers, pH
- Functional Laboratory Test recommendations
- Comprehensive Treatment Plan Strategy

Fee

\$120 for each of the first 2 appointments/\$75 follow up. Off-site fees subject to change.

2. Symptomatic Care

Symptomatic care is ideal for those requiring specific naturopathic recommendations for an acute problem or would prefer a “taste” of what naturopathic medicine can do for them before committing to Optimal Corrective Care.

Symptomatic care visits include:

a brief look at potential contributing factors to your health condition such as

- Digestion, hormonal, etc
- Diet assessment
- Problem focused physical exam
- Symptomatic treatment plan

Fee

\$95 initial/\$75 follow ups. Off-site fees subject to change.



Did you know?

FACT 1 in 2 men and 1 in 3 women will be diagnosed with cancer before the age of 85. Cancer is a leading cause of death in Australia – more than 42,000 people are expected to die from cancer in 2009.

FACT Research indicates women, with as much as 10 percent more body fat than men, are able to store more fat-soluble toxic materials. These toxins have been linked to breast cancer and hormone disruption

FACT During your lifetime, you'll eat over 27,000 kgs of food. That's the weight of about 6 elephants. Most of that food is laden with pesticides and has far less nutrients than food grown 100 years ago.

FACT All major diseases are preventable with lifestyle choices.



IMPORTANT

Please read all materials carefully

If you have any questions regarding this packet or about your appointment, please email nirala@niralajacobi.com or call the clinic on (07) 3368 1300.

Welcome Pack Content

- Nutritional Assessment Questionnaire
- Appointments and Fee schedule
- Natural medicines
- Article: "Why do I feel so unwell? The underlying causes of illness."

What types of natural medicines will be prescribed?

Besides diet and lifestyle recommendations, you will most likely also receive a prescription for certain supplements specifically indicated in your health condition.

This could be

- herbal extracts
- homeopathic medicines
- or specific vitamin/mineral combinations to bring you back to health in the most efficient way possible.

The supplements are an important part of a treatment program which may change according to how quickly your body responds. Prescriptions could also be recommended to correct nutrient deficiencies. For example, women who are on birth control pills need extra B6 because the pill depletes this vital nutrient. Another example would be smokers need extra vitamin C because each cigarette depletes about 30mg of vitamin C from the body.

Quality

We prescribe supplement from "professionals-only" companies.

This means that the supplements will have highest quality and research to prove their effectiveness. Many health food store and chemist brands of supplements are not effective and will therefore not be recommended.

Refilling

This can be done conveniently via email to nirala@niralajacobi.com to order your supplements either for pick up or mail out (a \$10 shipping charge applies)

Cost

This obviously varies depending on how many supplements and what type. You are never required to make any purchases from this clinic and some brands are stocked by certain health food stores. Alternatively, you can request a written prescription so you can order directly from the supplement company. The average total price of the supplements that may be prescribed on the first visit can vary from \$20- \$120.





“Why do I feel so unwell?”

Looking deeper into the causes of illness

Living in the 21st century is not for the faint at heart. Not only is our mind constantly bombarded by “information overload” through the media, our body is also suffering from exposures of a different kind:

- Pollution
- Chemicals in our foods and water
- Chemicals in skin care
- Heavy metals in the fillings of our teeth
- A nutritionally depleted food supply
- Stressful work or relationships

... and the list goes on and on.

Is it any wonder that chronic illness seems to be on the rise? In Australia one in 2 of us will develop cancer in our lifetime. But even less threatening diseases of chronic degeneration appear to crop up now in our younger years. True, the life expectancy is still higher for adults living in industrialized nations, but what about the quality of those years? We can be kept alive by drugs and medical procedures but for many older people, this is not the life they imagined. We are not living longer—we are dying longer

Whatever their disease or medical condition, when people come into my office wanting advice about how to treat their health problems naturally I always talk to them about reestablishing the foundations of health.

What does that mean? It means that regardless of what ailment you are suffering from, the body wants to heal but you have to remove the obstacles that stand in its way. These obstacles include:

- A poor diet
- Stress and poor sleep
- Chronic toxic overload
- Hormonal disturbances

What happens to all the pollution you breathe in, chemicals in food and water you eat and drink, chemicals in skin care you rub onto your body, heavy metals in the fillings of your teeth? Have you ever wondered?

All these toxins get detoxified and excreted or—very commonly—they accumulate and contribute to dis-ease.

This situation is similar to your car. Your car has several filters requiring routine cleaning or changing. When the fuel filter gets clogged, for example, your car still runs but starts to sputter and not run very well. Your body works the same way—when you eat a highly processed diet for years and years your digestive system and liver get “clogged” and you start feeling sluggish and unwell.

The poor diet and clogged digestive and detoxification system start the process of inflammation. Research has shown that inflammation is very often the underlying factor to many diseases.

In addition, if your diet is low in whole grains it will lack certain nutrients—like the B vitamins. Your liver needs these to properly detoxify certain chemicals and hormones like oestrogen. Inefficient detoxification of oestrogens can lead to menstrual symptoms in women and prostate problems in men.

But the problems don't stop there! B vitamins are also necessary for your adrenal gland to make stress hormones. So when you're depleted in B vitamins you can also suffer from exaggerated stress responses that can lead to insomnia.

Deep sleep is necessary for emotional stability and body repair. People who sleep only 5-6 hours are more prone to depression, anxiety, injury and body aches due to incomplete sleep cycles.

You see how one thing leads to another? That's why treating just the symptoms doesn't work when you have health issues that arise from a number of factors.

I see so many chronically ill people who are frustrated by their lack of health because they feel they are doing "everything they can" when in fact they are missing this foundational step of looking deeper.

For example, many people take the popular herb St. John's Wort for symptoms of mild depression. I would consider that symptomatic treatment for a potentially deeper problem requiring further investigation.

Now don't get me wrong, St John's Wort can be very helpful for many people, but my point is why take a supplement for a symptom that can be addressed and resolved? The ancient Greek word for depression is "melancholy"—which means "black liver". Thousands of years ago, before even the first glimpses of modern medicine, physicians treated depression by giving patients potions for "liver stagnation". This principle is often very effective because congestion in the liver's detoxification pathways can cause alterations in mood.

Because each person is truly an individual, it is also important to take into account their particular genetic make-up, life style history, general health state, and age group when considering why someone is suffering from a particular illness. During your visit with me, many of these issues and potential problems will be ferreted out and finally addressed. I will thoroughly explain the physiological and pathological issues affecting your health and what can be done about them.

Your treatment plan may include some of the following:

- Diet changes
- Herbal and/or nutritional supplements with a time frame for use
- Recommendations for treatments you perform on yourself at home
- Possibly a detoxification regimen

Welcome to the first step of this exciting journey---your journey to wellness!