

THE HEALTH LODGE

Byron Integrated Medicine



IN THE PURSUIT OF TOTAL WELLNESS, PUT YOURSELF AT THE CENTRE OF INTEGRATED HEALTH PROFESSIONALS WHO ARE AS PASSIONATE ABOUT YOUR HEALTH AS YOU ARE.

A vision 15 years in the making, Reine DuBois, Clinical Director of The Health Lodge, saw first-hand benefits from integrative medicine, a place where patients could receive comprehensive health care that employed a range of modalities.

"I wanted to create a haven for patients where they could receive all the treatment they needed to regain health - offering medical, psychological, nutritional, herbal and physical support. The Health Lodge is the culmination of this vision, where dedicated health professionals work with each other to keep people healthy."

"The vision is still developing and The Health Lodge will continue to evolve as we answer the calls of more members of our local community, to provide them the best in health care. There are many paths to wellness, The Health Lodge provides many avenues for people to travel on their personal journey of wellbeing," Reine said.

Reine's vision has become an exciting reality, which has grown tremendously over the past two years, thanks to the support from the local community.

"Here we are creating the future of medicine and what better place to offer this holistic approach to health than here in Byron, where people want to live healthy lives. We are proud to say we really are a team of 'health geeks' who love nothing more than a challenge. It's not just a profession, we care about the wellbeing of the community and work to great lengths to collectively solve complex health problems and illness," Reine stated.

Much like servicing a car, Reine commented that it is more affordable to maintain wellness than to treat disease.

"We aim to be preventative rather than reactive and encourage people to crack their wellness code. What that means is there are means and ways to maintain peak health, whether it's weekly or monthly massage, acupuncture, yoga or meditation combined with mainstream medicine. Discovering what works for you, cracking your health code to realise what makes you feel your best, that's exciting stuff."

"Don't ignore those niggling problems, get them seen

to before they turn into a larger problem. Talk to our experts about how you're feeling, before your immunity is compromised and your body operates under duress. Stress can lead to adrenal fatigue which can leave you feeling tired and run down. Invest in your health. Some of our practitioners bulk-bill and we aim to be affordable for the community."

Health and wellness stays are available, some are designed for maintaining health while others are uniquely tailored to fight chronic mental and physical disease, a place to rest and recover.

"Our practitioners come together to provide a united approach to wellness. With something as frustrating or debilitating as chronic pain, a team will work together to reach a solution. It's at the one location, so the patient doesn't have to re-explain themselves or try to explain what the practitioner before did. Our experts share cases and work together on the common goal of wellness," Reine said.

Rediscover your health and live life with vigour and zest. Spanning both mainstream and complementary practices that focus on medical science, nutrition, physical, mind and emotional wellness; The Health Lodge is your local wellness destination.

To book your next appointment call The Health Lodge, 78 Bangalow Road, Byron Bay on 02 6685 6445 or book online at www.thehealthlodge.com.au.

THE HEALTH LODGE PRACTITIONERS IN FOCUS

SIMON SULLIVAN

Osteopath

Pain. It is something which many people live with on a daily basis, accepting it as a part of life. But as Simon explains, it can be managed or improved.

"My job as an osteopath essentially is to find what is not moving well in your body and help it move. We work together to free up any restrictions which then allows you to feel less pain, exercise better and live your life to its fullest," he said.

Simon has been working in the health industry for more than 10 years, starting as a sports massage therapist before completing his Masters of Osteopathic Medicine in 2015. With a two-year-old son, he spends more time in the whitewash than out on the waves, but his keenness for surfing is one of the reasons he's so passionate to help treat pain.

"If you are in pain try not to feel disheartened, there are things we can do that will help alleviate it. I aim to be as gentle as possible with any technique and always strive to find the underlying cause of your discomfort."



SAM GILL

Chiropractor

"I believe in harnessing the body's amazing ability to heal itself and have a keen interest in how your emotions (both conscious and subconscious) affect your physiology."

Sam graduated from Macquarie University in 2009 with a Masters of Chiropractic. After graduating, Sam practiced in Scotland and Denmark for three years. In order to meet the Danish board requirements, he was required to learn Dutch.

"The people I worked for put up signs around the practice in Danish saying "Sam is not allowed to speak English". I found this both amusing and very challenging, as I had no prior experience with the language!"

He is passionate about empowering individuals to thrive optimally. "I find that having an integrated approach to facilitating optimal health and function achieves greater balance in our nervous system, body and lives. My focus encompasses the physical, chemical, and emotional aspects of your family's wellbeing," Sam said.



MATT WIERZBICKI

Yoga and Remedial Massage Therapist

"My aim is to help people with their overall health and wellbeing, no matter what stage of health or fitness they are at."

Spending 15 years as an engineer, Matt still has a great deal of interest in environmental and sustainable engineering, but now sees the body as an amazing structure which moves and works every day. He has spent the past 10 years as a yoga teacher, where he has a particular interest also in meditation, helping people with chronic illness and assisting injury rehabilitation and management.

"Through yoga, I offer something for the body, emotions and the mind. Through this holistic an inner harmonizing and balancing occurs, leaving people feeling rested, relaxed and rejuvenated," Matt said. Through yoga, corrective stretching and massage, Matt can help overcome muscular skeletal imbalance, to alleviate tightness, pain and restrictions in movement. It can also assist other afflictions such as headaches, fatigue, insomnia or digestive issues.



JOSHUA LEISHMAN

Acupuncture and Chinese Herbal Medicine.

Acupuncture is more than needles. Acupuncture can assist in the reduction of anxiety, depression, pain and improves overall health by combining a range of techniques.

Joshua obtained his Bachelor of Health Science almost 20 years ago and has enhanced his study in China and Japan in Chinese herbal medicine and massage acupuncture.

"Chinese medicine from the classics is my primary interest. The classical formulas are recorded in a 2000 year old text. These texts are as relevant today as they were in the ancient era. I continue to spend time in China studying under master herbalists with a wealth of experience. This is my passion. Text is useful but a teacher with fifty years' experience is invaluable.

"With proper and skilled diagnosis and assessment, traditional Chinese medicine and acupuncture is able to treat many acute and chronic conditions effectively. It can enhance the body's capability to utilise medications effectively, resulting in better patient outcomes," Joshua said.

