



## Congratulations on taking the first steps towards improving your health and wellbeing

These Frequently Asked Questions may help you, if you have any further queries, please feel free to [contact us](#).

### What do I bring to my first appointment and how long will it take?

Your first consultation will take ninety minutes and will cost \$160. The more information you bring about yourself, the easier it is to help you with your health goals.

Please bring along the following: Checklist for your first consultation

- o Your completed Client Questionnaire (this should take you about 10 minutes to complete – download PDF or [complete online](#))
- o Bottles or boxes of any medications or supplements you are currently taking or using regularly
- o Copies of any medical test results that you may have had during the past 12 months (eg blood tests, ultrasound reports, bone density reports, colonoscopies, etc)

### How can I pay?

Payment can be made by Cash; Cheque; EFTPOS; Visa or Mastercard. We also offer PayPal as an option for online purchases.

### Can I claim for my consultations with my private health fund?

Yes. Tabitha is a provider with almost all Private Health Funds, which means that you can claim some of the consultation fee back, as long as you have the appropriate cover. Your rebate depends on the details of your cover with your specific fund. Unfortunately at this stage, no Australian Health funds offer reimbursement for your investment in any supplements or herbs that may be prescribed to you.

### What hours are you open?

Clinic hours are:  
Wednesday: 8.00am to 2.00pm  
Thursday to Saturday: 8.00am to 4.00pm

We will try to accommodate your needs if these hours aren't suitable for you – [please call](#) to discuss.

### How many appointments will I need?

This is different for every patient, and is far easier to answer after your initial appointment. Please ask us then.

Generally, however, it is very valuable to have a follow-up appointment within 4 weeks of your initial appointment, so that your progress can be monitored and your treatment plan modified as you move closer towards your health goals.

### Can I see a Naturopath if I am also seeing a Doctor?

Yes – absolutely.

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Naturopathy can play a very useful role in supporting or increasing the benefits of orthodox medical treatment. The treatments Tabitha may prescribe integrate Naturopathic Healing Principles with the latest scientific research, so you can feel confident discussing your management with your GP.

Tabitha has several GP's and other specialist practitioners that refer to her, and she is happy to work as part of a health-care team to further your health.

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### **Is Tabitha a member of an association?**

Yes. Tabitha is an accredited member of the Australian Traditional Medicine Society (ATMS member number 19375) and holds Professional Indemnity Insurance.

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### **What conditions can Naturopathy, Nutrition & Herbal Medicine treat?**

Whether you suffer from chronic ill-health, an acute condition or just don't feel 100%, Naturopathy can work for you. Conditions that respond particularly well include:

- o Digestive disorders - bloating, constipation, IBS, parasitic or yeast infection, allergies
  - o Stress, anxiety or sleeping problems
  - o Low energy or stamina
  - o Low mood or inconsistent mood
  - o Poor immunity or frequent infections
  - o Women's and Men's reproductive disorders
  - o Hormonal imbalances
  - o Pre-conception care
  - o Pregnancy care
  - o Labour recovery and breastfeeding support
  - o Newborn Care
  - o Toddlers and Children's health
  - o Integrative cancer support
  - o Detoxification
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### **What else does Tabitha do?**

Tabitha is passionate about helping people lead healthier and happier lives. Amongst her many regular activities:

- o Tabitha professionally lectures to her Peers, around topics such as Pregnancy Care, Labour recovery, Newborn care, Reproductive Health, Cervical dysplasia; HPV Infection; and Chemical minimisation.
  - o Tabitha regularly gives talks on Community talks on Nutrition to disadvantaged people, and has lectured for Anglicare; Create Foundation for Youth; Charle O'Neill House for Homeless men; and for Nature Care College.
  - o She is a frequent contributor to articles on Nutrition for the several publications. See our '[news](#)' page for more info.
  - o She is a regular guest providing nutritional advice on the Kerrie-Anne show seen on the Nine network. You can see her recent appearances on our '[media](#)' page.
  - o Tabitha is also mother to two beautiful children Jasmine and Max whom bring her much joy and who teach her a great deal.
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*so that you can feel better and live your life to its fullest potential.*

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