

Macquarie Natural Health Services

- **One on One Initial consultations with Liza Twohill**
 - This is the consultation to start with if you are wanting to regain your health, maintain your wellness or have a health issue that you want expert advice and treatment.
- **Weekly wholefood workshops with Merrilyn Craig**
 - We offer small food workshops to help gain skills and recipes with all things healthy. These are done in house at our clinic and we can go to you.

This is best suited for:

- People on restrictive eating because of food intolerances,
 - People bored with their cooking and want to upskill their recipes
 - For people transitioning from a processed and packaged foods to wholefoods.
 - People who like to learn in small groups
- **Gut health appointments with Liza Twohill (Cost \$70)**
 - This is a 30min consultation offering assessment of gut health via pre appointment questionnaires and dietary assessment. Advice on style of eating that best suits your needs and treatment options to improve your gut health will be offered.
- **Mini 10min food coaching packages with Liza Twohill**
 - This is designed to assist in transitioning changes to your eating. We chat every 7-10 days. This package is available as a pack of 4 and offered after your initial or gut health appointment only.
- **Functional diagnostic testing**

We offer the latest functional testing available from around the world. Liza has been using these tests for over 15 years to assist in complicated health issues and to offer best care. All functional test are best used in conjunction with standard medical pathology and assessment.

What we offer:

- **Faecal Microbial testing** (poo test) – this is to assist in looking at the gut microbiome to address underlying pathology
 - **Organic Acids** (urine test)– This is designed to assess energy, mood, oxidative stress, detoxification, if you are absorbing the food from your diet.
 - **Food Sensitivity Screening** (blood test) – This is great when you are going around in circles trying to work out what food is upsetting you.
 - **Hormone Testing** (urine)– This test looks at the metabolites of hormones to gain a better picture overall balance. Stress hormones, reproductive hormones and hormones to do with energy are part of this test.
 - **Visit our website for more information**
www.macquarienaturalhealth.com.au/diagnostic-testing
- **Health Education with Liza and Merrilyn**
 - We offer a range of workshops to community group, schools, corporate organisation. Please contact us to discuss our packages.



Macquarie Natural Health

EMAIL US AT ENQUIRIES@MACQUARIENATURALHEALTH.COM.AU | CONTACT US ON 02 6882 2322
WWW.MACQUARIENATURALHEALTH.COM.AU | [f @MACQUARIENATURALHEALTH](https://www.facebook.com/macquarienaturalhealth) | [@2REDS1COOK](https://www.instagram.com/at2reds1cook)