

Our Philosophy

The main principle of naturopathy and herbal medicine is 'vix medicatrix naturae', or the healing power of nature. In natural medicine, we understand the connections between lifestyle, diet, emotions and the environment, and the impact these can have on health.

In naturopathy and herbal medicine we focus on each individual in the search for the underlying cause of disease or ill health holistically. Rather than suppressing symptoms, we look deeper and aim to gently improve health. In this way, the healing process is strengthened and the organs and tissues of the body are supported, with care to minimise harm or side effects.

Don't just take our word for it

"Yesterday was my first formal experience of a naturopathic consultation and I would like to pass on to you that the experience was extremely positive. I'm not sure what my expectations were but the whole operation of Paua Clinic was very professional. The receptionist was welcoming and made a great first impression. My consultation with the Student Practitioner was extremely relaxed and stimulating, as during the 90 minute session I had time to reflect on the question and my health issues. The questions were thorough and thought provoking."

Paua Clinic Client, 2018

Paua Clinic

Our on-site student Clinic has been serving members of the public and the local community for many years.

Paua Clinic is dedicated to natural medicine and wellness.

The third year student practitioners are fully supervised by qualified Naturopaths.

Paua Clinic offers:

- Holistic care with dignity and respect
- Comprehensive health assessment
- Client-centred therapeutic approach

Book your appointment now

- Free visits for children under 6 years & seniors (65+)
- Consultations fully supervised by qualified naturopaths
- Holistic approach

*Please tell your family, friends and colleagues about us!
Bring your children and your parents!*

Paua Clinic, 8-12 Arthur St, Ellerslie
09 526 9277 | www.pauaclinic.co.nz



**"Take care of
your body
and it will take
care of you"**

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Consultation Procedures

At the first visit

The Student Practitioner will take your full health history which may take up to one and a half hours. You may be prescribed something at this first visit, but it is more likely that your Student Practitioner will need to work on your case to find the best possible course of action.

Second consultation

Presentation of your personalised health and wellness plan. Your Student Practitioner will present their analysis of your health issues and their recommendations to achieve the best results.

Follow-up visits

It doesn't stop there: Your Student Practitioner needs your feedback on what lifestyle, dietary, herbal medicine or supplement recommendations you have implemented. We hope to see you for a follow-up approximately once a month, or more if you feel you would like extra help. Remember though, natural medicine can take a while to work its full course.

If you are already sick (Don't cancel!)

We can also help if you become acutely ill - coughs, colds, aches, pains, upset tummies. Please come and see us!

Follow-ups free

All our follow-ups are free of charge. These visits are usually about three quarters of an hour and these really help our Student Practitioners maximise their learning. Plus you should benefit from gradually improved health.

As a teaching clinic, other students and clinic supervisors will regularly observe consultations.



Research at Paua Clinic

We are actively involved in a number of research projects and may ask you to take part - your participation is voluntary.

At most adult consultations we will ask you to complete an anonymous health survey. Please ask for further information.



Your health, your decision

The South Pacific College of Natural Medicine provides tertiary level education in natural medicine and welcomes members of the community to attend the on-campus Paua Clinic.

We are aware that there is an abundance of information available about health and wellbeing and that this can be accessed via the internet, books, magazines and from other people. It is common to encounter more than one opinion about any particular health issue or course of treatment and often these opinions may differ widely. Many health and wellbeing issues attract attention in the general media and points of view are strongly debated - vaccination, nutrition supplements and dietary trends are some examples of these.

Our staff and students are well informed and will often hold clear opinions of their own, but we will endeavour at all times to ensure that people using our clinic have access to information that is relevant to them and their situation and presented to them in a useful and meaningful way.

We encourage you to ask questions and seek information.

