

Carla Hanlon ND BHSc. (Nat) ANTA

Gold Coast, Australia



Carla is a qualified Naturopath who uses her extensive life experience, compassion and knowledge, combined with an evidence based, critical approach to uncovering underlying cause of her clients' presenting health issues.

Having run her own Conference Management & Marketing company for 18 years, eight years ago Carla had a stress related health crisis. Rather than approach mainstream medicine for a solution, she sought help from a Naturopathic Doctor and was introduced to Herbal medicine. The impact was immediate and profound – so much so that she wanted to learn more about the power of natural medicine.

After completing a four year Health Science Degree Carla followed her passion for healing with herbal and nutritional medicine and bought a retail health supplement & herbal dispensary and clinic at Mermaid Beach on the Gold Coast, which she ran with a fellow Naturopath for two and a half years. The experience gained has proved invaluable as she had the opportunity to work with clients of all ages, successfully treating a wide range of disease process and health issues – such as:

- Auto-immune conditions
- Endocrine disorders
- Women's reproductive and hormonal issues
- Skin disorders and acne
- Children's behavioural and general health issues including vaccine recovery
- Stress, insomnia, panic attacks, OCD and other nervous system imbalances
- Tapering programs for anti-depressant/anxiety medicine withdrawal
- Immune insufficiency and viral load
- Gastrointestinal and respiratory disorders
- Inflammation and pain management
- Cardiovascular issues, cholesterol reduction and weight management
- Renal issues
- Men's mental and physical health
- And many more

Six months ago, Carla decided it was time to step away from the retail aspect of business and go into private practice where she continues to work with clients and their referred friends and family members.

As a Naturopathic Doctor, Carla takes a holistic view of disease process and addresses underlying cause rather than simply treating the presenting symptoms. Carla has developed a unique case taking process which she has called "Health Connect" whereby she takes clients through their health chronologically – from birth to present – in order to identify "illness events" along the time line that have potentially contributed to the presenting issue/s. Carla is highly intuitive and uses this to better uncover underlying contributing factors.

You – the client - are taken on a "journey" through your health history, that is enlightening and empowering and it becomes a collaborative process whereby you gain a true understanding – in lay terms – of what is going on in with your health and how to improve it. The objective is to restore balance – homeostasis – through supplemental, nutritional and herbal support and education.

Carla provides support, knowledge and experience to clients throughout Australia and overseas – without judgement - and respects client confidentiality at all times.

For further information or to book a consultation email: carla_hanlon.naturopath@yahoo.com.au
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