

### Practice Manager:

Jude Lown acts as the part-time Practice Manager and is responsible for the financial management of the practice. She is also responsible for patient bookings. She can be contacted weekdays for any assistance. She has been with the practise since 1995.

### Administrative and other Staff

We have several staff who are all qualified in holistic therapies. They all bring special skills, experience and abilities to the practice.

### Appointments

Appointments can be made for both practice locations by telephoning 38461222. Office hours are between 9 am and 7pm Monday to Friday, and Saturday 9am to 4 pm, but messages can be left after hours and will be answered promptly.

Communications can also be made via Facsimile on 38466114 or by email on [anjeelenlata@tbhb.com.au](mailto:anjeelenlata@tbhb.com.au)

### Billing Structure

#### Ayurvedic Consultation

1st Consultation	\$120
Subsequent Consultation	\$65

#### Homeopathic Consultation

1st Consultation	\$88
Subsequent Consultation	\$55

#### Acupuncture

1ST Consultation	\$60
Subsequent Consultation	\$50

Homeo - Acupuncture	\$65
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Payments may be made by Cash, all major Credit Cards, Eftpos and Amex.

### Concessions

We happily give 10% discount for full-time students, children, seniors, pensioners, Princess Alexander Staff and Mater Hospital Staff (must show ID).

Our Serenity Vip Card (enquire at reception) holders get 15% discount on all consultations and treatments.

### HiCaps and Health Fund Rebates

Hicaps is a electronic health claiming and payments system that lets you process your claim automatically after your treatment before leaving the practice.

With Hicaps you your claim is finalised on the spot immediately after your consultation. All you need is your health fund membership card! Once your claim is authorised by the health fund, you simply pay the balance amount - the difference between the full fee for the treatment and the amount claimed from your health fund.

### Special Interests

Anjeleen has special interests in womens health problems, exhaustion weight loss programmes, pregnancy and childbirth and digestive complaints. In addition cosmetic facelift acupuncture is also her passion. She has designed an unusual and unique spa treatment menu for stressed minds and body for the Total Bliss Day Spa.

### Emag

To join our FREE monthly EMAG Newsletter send your details to [anjeelenlata@tbhb.com.au](mailto:anjeelenlata@tbhb.com.au).

Information contains latest trends in day spa, de-stress tips, health issues, new herbal and beauty treatments, health fund info, traditional ayurvedic treatments, discounts, healthy recipes, supplements and beauty tips and suggestions, and detox tips.

### Associations: Member of:

AAMT  
AACMA  
AAPH  
AROH  
Ayurvedic

### Principal Practice address (since 1994):

**586 Stanley St  
Woollongabba /South Brisbane  
Brisbane Q 4102**

Opp the Mater hospital  
**Telephone 07 38461222**  
Email: [anjeelenlata@tbhb.com.au](mailto:anjeelenlata@tbhb.com.au)

### Secondary Practice address (since 2005):

**Shop 8 Buranda Centro  
Cnr of Ipswich Rd and Cornwall st  
Buranda Q 4102**

Opp the Princess Alexander Hospital  
**Telephone 07 38919934**  
Email: [admin@tbhb.com.au](mailto:admin@tbhb.com.au)

# Anjeleen Lata

B.Ac, B. Hom

*Acupuncturist*

*Homeopath*

*Natural Medicine Practitioner*

*Ayurvedic Practitioner*

### Welcome

We are honoured that you would choose this practice for your ongoing health and wellbeing care. We have a special interest in womens health problems, detox and weight loss programmes, pregnancy care and childbirth, acupuncture obstetrics, depression and emotional support, postnatal depression, allergies, chronic fatigue and tiredness, back pain, stress and anxiety related problems. The long term management and relief of these conditions is also a prime focus. In addition, we have an ongoing commitment to continued education and training and alternative health care research.

**This practice is dedicated to excellence in natural medicine.**

### Practice Locations

The Woollongabba practice is located opposite the Mater Public Hospital and next to the Baby Arrivals Obstetric centre. The centre can be approached from Stanley Street or through Jacobs Lane which is behind the centre. There is also ample parking at the Mater carpark just rear of the centre.

Anjeleen also consults from Centro Buranda, opposite the Princess Alexander Hospital. There is free parking on 2 levels of the Centro Buranda Shopping complex.

Both centres have suitable entry for patients on wheelchair or on crutches.



## Personal

Natural Medicine Practitioner: **Anjeleen S Lata** holds Degrees in Acupuncture and Homeopathy from the Australian College of Natural Medicine since 1991. She also specialises in a unique modality; Homeo - acupuncture (famous in Sri Lanka) for chronic disorders. She also holds Diploma in Applied Science and finished her advanced studies in clinical application of homeopathy Homeo therapeutics through Bengal Allen Medical Institute. In 1993 She completed Post Graduate Clinical Methodology through Stephen Simpson Homeopathic Medical school.

She is also Guest Lecturer at Australian College of Natural Medicine on Ayurvedic guidelines on Food as Medicine. Anjeleen has a particular interest in Ayurvedic medicine and finished her Metagenics training Program in Ayurvedic Medicine in 2003. She holds Senior First Aid and CPR certificate. She also holds Diploma in Remedial Massage and practitioner certificate in Bush Flower Essences and has interest in Bowen Technique bodywork and Lymphatic Drainage Treatments and holistic facial rejuvenation. Anjeleen is a member of Australian Acupuncture and Chinese Medicine Association (AACMA), Australian Association of Massage Therapists (AAMT), Australian Association of Professional Homeopaths (AAPH) and AROH. Anjeleen is the Founder and director of Ultra Health Centre specialising in Holistic therapies since 1994. She is also the Founder of Ayurvedic Indian Day Spa and Total Bliss Health & Beauty; Body and Wellness Centres which she started in 2005. Anjeleen is also the head trainer and educator for her staff at both centres.

Anjeleen has been practising since 1991 with Dr Don Tugby in the Brisbane CBD and later managed the Brisbane health centre for Dr Tugby for 3 years.

## Frequently Asked Questions

### What is Naturopathy?

Naturopathy treats your body as whole and doesn't just concentrate on relieving the symptoms of a single problem but teaches you how to maintain a healthy body which will keep illness and ailments away. So when you are in a consultation with the naturopath you will be asked to give a complete run-down of your lifestyle, diet and eating patterns. And then from there you will be given a personalised plan to get your body functioning perfectly again - by using only natural products and achievable fitness goals. Naturopaths have an extensive knowledge of medical treatments and drugs, as well as a complete understanding of the medicinal value of plants and herbs. So you will be advised on herbal preparations and nutritional diet. The best analogy for the benefits of naturopathy is to think about your car.

Do you think it is best to drive it into the ground and only get fixed at a time when it goes wrong? Or do you reckon its best to treat it with some respect; regularly checking the oil and air levels weekly and giving it a full service at regular intervals?

### What is Homoeopathy?

This is a system of medicine that starts by looking at your total health picture and individual ways in which the body has its own healing powers. In homoeopathic treatments the pattern of the patient's symptoms is matched with those of a remedy. The more closely the remedy pattern matches that of the patient, the more effective will be the cure. Homoeopathy is based on the philosophy cures like. The homoeopath will take into consideration the physical, mental and emotional state of the individual, and match it with the remedy best suited to them. Remedies are dispensed in a pill or drop form. Once again by treating the whole person - physical, spiritual and emotional and not separating everything up, you are helping your body to restore itself.

### What is Ayurvedic Medicine?

It has been acknowledged as the world's oldest system of health care and the most ancient and holistic. It is recognised by the World Health Organization as an effective, traditional health treatment. It aims for well being (constitutional) analysis, pulse diagnosis, tongue and other techniques to determine appropriate treatment. Advice on suitable diet, exercise for your constitutional type and daily routine are prescribed. Also, Ayurvedic herbal and mineral remedies and other treatments may be recommended to maximise the healing process and improve general well being.

### What is Acupuncture?

Acupuncture takes a holistic approach to understanding normal function and disease processes and focuses as much on the prevention of illness as on the treatment. When healthy, an abundant supply of Qi or "life energy" flows through the body's meridians (a network of invisible channels through the body). If the flow of Qi in the meridians becomes blocked or there is an inadequate supply of Qi, then the body fails to maintain harmony, balance and order, and disease or illness follows.

This can result from stress, overwork, poor diet, disease pathogens, weather and environmental conditions, and other lifestyle factors and becomes evident to the practitioner through observable signs of bodily dysfunction. The practitioner looks carefully for these signs of health and dysfunction, paying particular attention not only to the presenting signs and symptoms, but also to the medical history, general constitution, and the pulse and tongue.

Acupuncture treatment involves the insertion of fine, sterile needles into specific sites (acupuncture points) along the body's meridians to clear energy blockages and encourage the normal flow of Qi through the individual. The practitioner may also stimulate the acupuncture points using other methods, including moxibustion, cupping, laser therapy, electro-stimulation and massage, in order to re-establish the flow of Qi.

As a natural form of healing, acupuncture has the following benefits:

- Provides drug-free pain relief.
- Effectively treats a wide range of acute and chronic ailments.
- Treats the underlying cause of disease and illness as well as the symptoms.
- Provides an holistic approach to the treatment of disease and illness, linking body, mind and emotions.
- Assists in the prevention against disease and illness as well as the maintenance of general well-being.

### How long will be the first consultation?

Approximately 1 hour. Some patients could take longer depending on the presenting health concerns.

### What to expect during the consultation?

You will be asked a number of questions in regards to your past and current health history, digestion, eating habits, bowel function, sleep, lifestyle habits and mental and emotional characteristics. These will provide the practitioner information to assess imbalances and to provide the correct programme for you. The Practitioner may perform a number of physical tests including urine, blood, tongue, pulse and body diagnosis. This full health assessment also includes Iridology diagnosis.

### What is Iridology?

Iridology is the science and practice that reveals body constitution, inherent weaknesses, levels of health and inflammation in the tissues by analyzing the delicate structures of the iris. The iris is the extension of the brain so the iris is connected to every organ and tissue of the body by way of the nervous system. The iris reveals an individuals strengths and weaknesses and what has been done to the body through correct or incorrect living habits by way of the nervous system. The iris reveals an individuals strengths and weaknesses and what has been done to the body through correct or incorrect living habits.

**Can I bring a diary of my symptoms and other info relating to my condition?**  
That will help!

**Can I bring my past and recent blood tests results and if any prescriptions (medication and supplements )prescribed in the last 1 year?**  
Definitely.

**What about Xray, ultrasound or allergy tests?**  
Yes bring it with you on the first consultation.

**Can I expect to have more tests done?**  
Yes (it will help get to the bottom of the problem).

**Will my lifestyle and diet be changed?**  
Most possibly, to help you get better sooner. If needed sometimes quite a few changes are made depending on the severity of the condition presented. Most times the changes are quite achievable and give positive results to your wellbeing.

**What type of treatment will I be given?**  
A holistic approach is taken to restore vitality and health. Treatments may aim to correct your digestion, remove toxins, restore balance and rejuvenate your body and mind. They can include: food and herbs as medicine, individualised and specific lifestyle routines, techniques to enhance mental wellbeing, personalised exercise program, detox program, homeopathic medications, acupuncture, remedial massage and herbal prescriptions.

**When can I see changes in my health?**  
Every individual is different and depending upon their immune systems could range between 7 days to 30 days.

## Question for you?

Do you suffer from tiredness, weight gain, mood swings, digestive upset, headaches, irritability, trouble sleeping, poor memory, hormonal imbalance, depression or trouble coping with life? Are you experiencing side effects from taking antibiotics, anti inflammatory or anti depressants to treat your illness? We specialise in CFS, bowel problems, poor immune function, women's problems, weight loss and detox programs and stress related conditions such as headaches, feeling 'Liverish' or out of sorts. So stop living your life below your potential. We will show you a guaranteed way to energize your body and get the results you want.

## Benefits to You:

You will feel better, eliminate health problems, live longer, cope with stress better, resolve issues, understand yourself better, become stronger and healthier!