

NATUROPATH

Naturopaths approach patients from a holistic point of view and make recommendations based on nutrition, emotional health and physical therapy.

To be qualified you will need to complete a bachelor in health science, majoring in naturopathy, or an advanced diploma in natural medicine.

You will work in a private holistic practice as the owner or an employee.

In a normal day you will see approximate 10 – 20 patients. Consultations usually start with iridology (examining the eye), to discuss any underlying issues with the patient. A health and lifestyle questionnaire might be given where the naturopath use the answers to connect the health dots and discuss sub-clinical issues that may be affecting the patient's health. Naturopaths offer a personalised treatment program, which can include herbal medicine, vitamins, mineral and diet plans.

The hard part is communicating effectively with your patients. You can only work off the information they give you. A naturopath can easily tweak programs, but they need to know if a program is not as effective as it should be, and communication is essential to be able to do that.

You will earn a starting salary of around \$40,000, which will increase to approximately \$60,000 as you become more senior. However, if you run your own business, this can be boosted to more than \$100,000.

Source: Women's Fitness Magazine July 2013