

AB (34), Type 1 Diabetes and Autoimmune Thyroiditis

I was on the lookout for a naturopath after moving to Canberra, and wanting a general health check-up. Sarina's website first attracted me, providing lots of information about her approach, her expertise and a strong sense of dedication to her clients. After my lengthy first visit (expect lots of questions as she pieces the myriad of contributing health factors together) I knew I'd found a winner. Sarina is super friendly, incredibly knowledgeable, and eager to work with you to get to the root cause of any health issues.

On Sarina's advice I completed blood, hair and saliva tests and was surprised by the results. Together we worked on a plan to rebalance my health including dietary, herbs and lifestyle changes. I'm rapt with the results so far and continue to work with Sarina to monitor and improve my overall health.

Sarina is incredibly willing to share her knowledge, expertise and resources with her clients. She is very approachable and takes the time to understand you and your situation. I've never had a health professional go through blood test results in as much detail and the interaction with other test results.

I wish there were more health professionals with Sarina's attitude and knowledge across a broad range of disciplines. She backs up her knowledge with facts and science, and her friendly and caring nature makes you feel very welcome. Would highly recommend to anyone looking to improve their health.