

Fatigue fighter: one woman's journey to optimal health!



Scenario

You've gone to bed early, had what you thought was a good night's sleep, but when the morning alarm demands your attention, you feel like doing nothing other than rolling over and having more sleep. "Why do I always feel like this," you say to yourself after you've dragged yourself out of bed, reached for that double shot of coffee and tried to switch on auto pilot for yet another day.

Day in, day out, many women feel this way! Not really *sick* and with the belief of no *true* medical reason to explain why they feel the way they do, many women struggle with constantly feeling tired. Ongoing and with no apparent relief in sight, primary symptoms of tiredness evolve into a seamlessly endless array of ongoing symptoms of minor digestive problems, recurrent weight and hormonal fluctuations, to feelings of complete exhaustion and utter despair.

Answers

"Most of my patients present to my clinic this way," says Lisa Bennett, Rosanna's leading Women's Health naturopath, herbalist and integrative medicine practitioner. "It comes with no surprise, but often a sigh of relief, when I explain to my female patients that there are valid biological reasons as to why they are feeling the way they are," expresses Lisa.

Most of the patients who attend Lisa's clinic have searched for years to find the answers to their current level of ill health. Endless appointments with doctors and specialists have failed to lead to any definitive answers or a proper diagnosis. "Most medical practitioners are generally looking for a disease," says Lisa. "These women have real and valid presenting symptoms; but because it hasn't progressed to a disease, and no prescriptive can treat this, most medicos are unsure of successful treatment options. Just because you don't have a disease, does not mean you are healthy!"

Lisa Bennett, the owner and resident naturopath of *Rosanna Natural Therapies* (a local natural health care centre) regularly treats women for symptoms of tiredness, hormone imbalances and ongoing fatigue. Interestingly, her quest for improving women's health and wellness hasn't always been so. It really wasn't until she herself experienced ill health that she began her journey to where she is today.

No stranger to fatigue

Fourteen years ago, whilst working as a Critical Care nurse, Lisa found herself needing to take leave from work for continual tiredness. Although in a profession she loved, Lisa was unable to fully complete a day's work without regular losses of concentration, feelings of apathy and loss of joy.

What originally started as a short break to 'get some rest', ended as six months sick leave and the medical diagnosis of Clinical Depression.

Not fully convinced by conventional medical opinion, Lisa sought naturopathic advice for answers and a path to restore her optimal health. This decision was the beginning of not only a better state of health for her, but an entirely new chapter in her life.

"Knowing what I now know, I think the main contributor to my depression was *Adrenal Fatigue*," states Lisa. "Healthy adrenals are fundamental for energy and wellbeing. If these are not in shape, neither are you. I don't doubt my medical diagnosis, but it was naturopathic methods of supporting my adrenals that has made the biggest difference to my recovery and good health today."

Evolution

After regaining full health, Lisa embarked on and completed a four year full time Degree in Natural Medicine (Bachelor of Health Science – Naturopathy, 2000-2004). Taking a leap of faith, she left her beloved career in nursing and worked alongside a local doctor, offering natural health options to her patients.

After only four months in this position, she decided to branch out to open up her own natural health care centre; *Rosanna Natural Therapies* was born. Since then, Lisa has continued to improve the level of healthcare she offers her women by completing extra courses in Advanced Fertility and Integrative/Functional Medicine.

Passion for health

Having more than 20 years of experience in healthcare (combining experience as a registered nurse, fitness instructor and as a degree qualified Naturopath), Lisa is passionate about treating in a very safe, knowledgeable and comprehensive approach. Believing the cause of ill health is complex, she identifies key areas of possible weakness and provides ways to address and correct them.

"I must stress that I am not a medical doctor," says Lisa. "I don't claim to be one, nor work like one. Yes, I do believe in conventional medicine, but I feel that naturopathy provides the *missing links* on how other factors such as diet, lifestyle and cellular nutrition are integral in optimising health and disease prevention."

"I love the fact that this type of healthcare allows me the time to sit with my patients so they have the time to fully explain their concerns," Lisa smiles. Genuinely wanting to provide the best approach, her initial consultations last for up to 1½ hours, with review appointments 30-40 minutes. "I don't know how other professions do what they do in such limited time and circumstances," she marvels.

Total Health

Your consultation with Lisa is a thorough and unique health review. Not only will she review your presenting complaint, she assesses your diet; digestive/liver function; hormonal state; sleeping habits; mood and energy levels; skin, hair, nail and circulation health, as well as your immune history.

Not purely relying on physical assessment and case taking, Lisa regularly investigates with conventional pathology testing as well as salivary, stool and urinary function tests. "It is imperative to get the whole picture," stresses Lisa. "Not only do I want to treat my patients' presenting condition, I need them to understand what is happening in their bodies and how it got that way. Most women want to understand more about their health, not just receive a diagnosis; it really is a joy to be able to provide ways to facilitate that," says Lisa.

The future

Making waves in the health and wellness industry is just the start of Lisa's future business plan. Hoping to open a chain of *wellness clinics* incorporating conventional medical practitioners as well as integrative health practitioners is a dream of Lisa's. "Embarking on this journey has been a fantastic opportunity to improve my health as well as others," expresses Lisa. "I truly want to help other women improve their health."

Your time to find answers

Lisa Specialises in:

Women's Health

Digestive Health

Adrenal Fatigue

Nutritional Advice

Natural Fertility Management

Stress and Anxiety

Believing that better health is the key to a happier life, Lisa urges you to call her now for an appointment. Regaining health and total wellness can optimise your current sense of wellbeing, as well as future wellness and longevity.

If you would like to arrange an appointment with her, please call her clinic: Rosanna Natural Therapies on 03 9457 1457. It is located only one minute from the Rosanna train station and surrounded by ample parking.

For more information please visit rosannanaturopath.com.au

