



Recommended Practitioners – July 2008

We recommend the following practitioners as those we (the Future Families committee members) have utilised personally and believe to provide effective / worthy / excellent services.

Naturopaths

Details	Comments
Shauna Ashewood Semaphore / Wayville Ph: 8242 2083	Homeopath / Naturopath Can do vega machine testing and also excellent treating general health problems, serious illness, women's problems
Thomas Dellman 101a Mt Barker Rd, Stirling 5152 Ph: 8339 6055	Homeopath / Naturopath Also consults at Glenelg and Fullarton Excellent with children and pregnant women He is also a counsellor
Ursula Notari 548 Portrush Rd, Glen Osmond Abergeldie House Ph: 8338 2620 info@healthnatural.com.au	Will have a waiting list but can ask to go on emergency waiting list. Can do extensive testing of saliva and urine for accurate results.
Geoffrey Bonwick 188A Strathalbyn Rd, Mylor Ph: 8338 7188	Nutritional Counselling and Kinesiology (not naturopath but may be helpful depending on your requirement)
Wayne Leibelt Mt Barker Ph: 8398 4888	Naturopath and Nutritionist
Catherine Tume Bodyhealth Clinic 269 The Parade Beulah Park Ph: 8333 1999	Naturopath and Midwife
Shane Whitham Seaford Rise Ph: 8327 0079	Bio-Resonance Therapy Expert on worms, parasites etc.



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Chiropractors

Details	Comments
Tori Bartram Dynamic Health, 293 Kensington Rd, Kensington Park 5068 Ph: 8364 6663	Excellent wholistic practitioner (on maternity leave early 2008)
Simon Porteous The Parade Chiropractic Centre 292 The Parade, Kensington 8333 2715	Good with pregnancy adjustments and working with small children.
Dr Mary Clutterbuck Total Body Chiropractic 18-20 Hawker St Bowden Ph: 8346 1955	Chiropractor and Cranio Sacral Therapist
Steven Boord – Balance 20 Kensington Rd, Rose Park 5067 Ph: 8364 3500	Also does some naturopathy. Excellent with baby and pregnancy problems – will have a waiting list but can ask to go on the emergency waiting list.

Homeopaths

Details	Comments
Julia Twohig 18 Pelham St, Ethelton 5015 Ph: 8242 3888	Classical homeopath
Hardo Bottin Sunflower Clinic Hahndorf Ph:8188 1008 www.sunflowerclinic.com.au	Classical Homoeopathy, homoeoprophylactic treatment, first aid and birthing kits. Cellular Health Investigations using live/dried blood analysis. Counselling. Spiritual Life Coaching – Hardo has been offering personal development seminars over two weekends (residential) called The Completion Seminar for the last 22 years. For further details and a DVD please visit the website.
Josephine Firms 7 Albert Street Tranmere Ph: 8331 8211	Offers homeopathic first aid courses (levels one and two) – useful and practical guidance in remedies to care for the whole family. Get a small group together and Josephine will come to your home(s) to run the course over 6 weeks, with remedies available for purchase at very reasonable prices. Highly recommended!



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Massage / Counselling / Other Modalities

Details	Comments
<p>Julia Fry 2/30 Cleland Ave, Dulwich SA 5068 Ph: 0407 724 628</p>	<p>Massage, pregnancy massage, infant massage</p>
<p>Lalli Parkin 1078 Greenhill Rd, Summertown 5141 Ph: 8390 1257 Mob: 0400 275 752</p>	<p>Bodytalk (energy healing) Excellent modality for babies and children – emotional disturbances, behaviour problems etc.</p>
<p>Arnaum Walkley Parent Counsellor / Nanny Ph: 8338 4266 Mob: 0417 876 455</p>	<p>Excellent for parenting issues or children behaviour problems</p>
<p>Jennifer Doubell Stirling House 155 Mt Barker Road, Stirling, 5152 Ph: 0414 317 414</p>	<p>Remedial Therapies practitioner specialising in remedial massage, trigger point, Bowen therapy, neuralign. Treats accident trauma, sporting injuries, migraine, back pain, whiplash etc.</p>
<p>Jenny Chou 37 Edgeworth Street Prospect Ph 8269 7422</p>	<p>Acupuncture – traditional, moxa, cupping. Helpful in getting labour going.</p>
<p>Southside Osteopathy Sarah Crosby 104 Rose Tce, Wayville SA 5034 Ph 8272 1012</p>	<p>Osteopathy to treat a number of pediatric problems such as colic, sleep issues, hyperactivity etc.</p>
<p>Bronwyn Barter Mawson Lakes Ph: 8260 2086 bronwyn.barter@bigpond.com</p>	<p>Rebirther and counsellor</p>
<p>Dr Andrew Kow Burnside Village, Greenhill Rd Ph: 8379 4444</p>	<p>Dentist – expert at removing mercury fillings and replacing</p>
<p>Dr Margaret Evans, Dr Sue Springbett 8 The Parade, Norwood, Ph: 8362 0100</p>	<p>Children's Dentist</p>
<p>Dr Vicki Farmer Rose Park Ph: 8332 3222</p>	<p>Children's Dentist</p>



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<p>Peter Hill Blackwood Hospital Consulting Rooms Ph: 8278 0400</p>	<p>Nutrition Therapy, Accredited Practicing Dietician Psychotherapist</p>
<p>Grant Horsfall Ph: 8389 1554 www.EFT2Peace.com www.healing4birth.com</p>	<p>Emotional Freedom Technique practitioner (EFT)</p>

General Practitioners (GPs)

Details	Comments
<p>Dr Peter Baratosy 297 Waymouth St, Adelaide Ph: 8410 0202</p>	<p>Supportive of vaccination alternatives for children</p>
<p>Dr David Anderson 1 Hilda Tce, Hawthorn Ph: 8373 3371</p>	<p>Conventional doctor, good with diagnosing and open minded about treatment. Sensitive to supporting women and children.</p>
<p>Franklin Street General Practice 43 Carrington St, Adelaide Ph: 8410 0774 Dr Julie Chan Dr Lesley Shorne Dr Moira McCaul Dr Emma Ryan Dr Maureen Gallagher</p>	<p>Doctors listed here specialise in pregnancy and children and supportive of natural health and conscious parenting. <i>* I have seen Julie Chan and can highly recommend her as being extremely sensitive and gentle with young children and open minded regarding treatment. Regards Heidi</i></p>

Helpful Organisation Contacts

Details	Comments
<p>VISA Vaccination Information Serving Australia President: Kathy Scarborough Ph: 8336 5236 www.visainfo.org.au</p>	<p>Any information on vaccination, alternatives to vaccination, dangers, benefits etc.</p>
<p>CARES Caesarean Awareness, Recovery Education and Support Email: carolyn@cares-sa.org.au www.cares-sa.org.au</p>	<p>Assistance on all aspects of planned or emergency caesarean – before or after it occurs.</p>
<p>Homebirth Network SA Email: info@hombirthsa.org.au www.homebirthsa.org.au</p>	<p>Information on home birthing, independent midwives etc.</p>
<p>Birth Matters SA Phone: Tania 8339 4074 www.maternitycoalition.org.au/member/birthsa.html</p>	<p>Information on choices for birthing in SA, statistics on intervention, risks of birth types etc.</p>