



**SeekVitality**  
NATURAL HEALTHCARE  
www.seekvitality.com

## Vanessa Hitch Natural Medicine Practitioner

Naturopathic Nutrition, Herbal Medicine, Health Coach.  
BHSc (CompMed), Adv. Dip.Nat., Dip. BotMed., Dip. Nut., Dip. Hom  
Fully Accredited member of the ATMS: 8356  
ABN: 12375833982



### Online Clinic (skype/faceTime/phone)

vanessa@seekvitality.com

## Nutrition and Herbal Medicine

Vanessa is a highly qualified natural medicine practitioner with over 20 years' experience as a naturopathic practitioner. She is experienced at getting to the heart of each person's health issue, correcting underlying imbalances and restoring her client's energy levels, happiness and passion for life, through the use of evidence based natural medicine, individualised nutrition, herbal medicine, dietary and lifestyle advice.



## Areas of focus

Vanessa's focus is on improving health and wellbeing through effective detoxification, digestive, hormonal and endocrine support, and through the use of genetic and functional testing.

Main therapeutic interests:

- Hormonal health
- Thyroid health
- Adrenal health
- Nutrigenomics

## Natural Medicine Consultations online

The first consultation (called an 'Initial consultation') is longer than a GP's visit because it includes a comprehensive case history, dietary breakdown, family history and physical assessment, as we uncover underlying imbalances which might be hindering health and prioritise areas of focus for your personalised naturopathic support program. For more information go to

[www.seekvitality.com](http://www.seekvitality.com)

## Online Natural Medicine support

You will receive a natural medicine support program, designed specifically for you, outlining areas of focus for your health. This can be divided into three main categories:

- **Dietary and lifestyle advice** - based on your individual requirements, health status and any food intolerances.
- **Nutritional and herbal supplementation** – a specific supplementation program designed to correct any nutrient deficiencies and support your body's optimal wellness.
- **Further testing** – Sometimes, we may need to investigate further and test for metabolic, gastrointestinal, hormonal or specific imbalances which may be affecting your health. You may be given referrals and instructions for general and functional pathology laboratories.

## Coaching sessions for practitioners and students

Private coaching sessions are available for practitioners and student practitioners, who have tricky cases. Have a one-to-one online appointment with Vanessa Hitch and review your cases in a personalised and comprehensive manner.

## Vanessa's qualifications

Vanessa is a fully accredited naturopath with the Australian Traditional Medicine Society (ATMS). Her qualifications include a degree in Health Science in Complementary Medicine from Charles Sturt University, diplomas in Naturopathy, Nutrition, Herbal Medicine & Homoeopathy and certificates in teaching and public speaking. In addition, her passion for mind/body medicine led her to further train as an NLP Master Practitioner, Results Coach and in Ericsonian hypnosis.

- Advanced Diploma in Naturopathy (Adv. Dip. Nat.)
- Bachelor of Science in Complimentary Medicine - BSc (Comp Med)
- Diploma in Botanical Medicine (Dip. BotMed.)
- Diploma in Nutrition (Dip. Nut.)
- Diploma in Homoeopathy (Dip. Hom.)
- Certified Master Practitioner in NLP
- Certified Results Coach
- Certification in Ericson Hypnosis
- Cert IV - Training and Assessment

## Health fund rebates

Currently no health fund rebates are available. This is due to a government decision affecting the health fund rebates of many natural therapies which is currently being reviewed.

## Schedule of fees

- **Initial consultation / skype / phone** (allow up to 1.5 hrs) \$180.00
- **Follow-up consultations / skype / phone** (allow up to 1 hr) \$95.00
- **Coaching sessions for natural medicine practitioners & students** (30-60 mins) \$95.00
- **Quick follow-up / skype / phone** (less than 30 mins) \$70.00
- **Practitioner-only Supplements** – Natural medicine supplements are available from our Vital.ly our online virtual dispensary. You will be given access to your personalised natural medicine prescription list at your consultation.
- **Payment:** to be made via credit card at the time of consultation

## How do I book an appointment?

### Online Clinic (skype/facetime/phone)

Currently Vanessa is seeing clients online only. This is done through skype, FaceTime or even over the phone. Zoom is also available.

Skype name: vanessahitch

### QUICK AND EASY STEPS TO BOOK AN APPOINTMENT ONLINE:

1. Go to [www.seekvitality.com](http://www.seekvitality.com)
2. Click on 'online booking' on the left-hand side of the website screen
3. Click on the appointment type option you require  
**NOTE:** First time bookings are always 'Initial Consultation' – allow up to 90 minutes. Initial consultations also need to fill in the 'New Client Form'. This pdf form can be download on the same web page.
4. Choose a date and time
5. Enter your details
6. Click 'Schedule Appointment'
7. You will receive confirmation of your appointment