



#### **Sydney Appointments:**

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## HELEN PADARIN

Naturopath and nutritionist Helen Padarin specialises in working with children and adults with Autism, ASD, ADH/D, asthma, eczema and allergies. For eight years she has worked at Pymble Grove Health Centre, one of Australia's most respected holistic medical centres. In this time she has worked closely with paediatrician Dr Antony Underwood.

Helen is concerned about food and environmental factors that are having such a detrimental impact on the health of our children today. She has a strong focus on wholesome diet, fermented food, healthy gut and immune function, detoxification, optimal nutritional status and on ensuring a healthy lifestyle and environment.

*Helen is passionate about educating and empowering individuals and families to understand the underlying causes of digestive, immune and neurological disorders, so they feel confident to make healthy proactive choices.*

In 2009 Helen will be working between Sydney, Australia and Wellington, New Zealand. For more information please contact [info@nourish-ed.com](mailto:info@nourish-ed.com)

#### **Helen's Qualifications:**

Bachelor of Health Science (Naturopathy) (University of New England)  
Advanced Diploma Naturopathy (Nature Care College, Sydney)  
Diploma of Nutrition (Nature Care College, Sydney)  
Diploma of Botanical Medicine (Nature Care College, Sydney)  
MINDD Forum Practitioner Training (Sydney)  
Diploma of Remedial Massage (Nature Care College, Sydney)