

# Emma Sutherland



Emma Sutherland (N.D.BachHSc) has spent years working with patients in the therapeutic areas of infertility, miscarriage prevention, IVF support and HypnoBirthing.

At her naturopath clinic in Sydney, she specialises in Detox diets and has pioneered a Detox program that is proving extremely effective in alleviating infertility and miscarriage. Her program is an innovative combination of organic food, herbal medicine and online resources.

Emma is the premier naturopath at the exclusive Golden Door Health Retreat where she is a keynote presenter and consults privately with clients. She consults to corporate companies such as Ernst & Young, The Australian Tax Office and Mission Australia and conducts seminars on weight loss, eating for energy and stress management. Emma is the expert naturopath for the TV show "Eat Yourself Sexy" airing on LifeStyle You in 2011.

Emma's popular HypnoBirthing courses are conducted either privately or in a small group. Currently, Emma is writing an innovative book on Female Health, collaborating with one of Sydney's leading home economists.

As an Infertility Specialist, Emma focuses her work in the field of perinatal naturopathy. Emma is a fully qualified Naturopath, having completed four years of training in Herbal Medicine, Nutrition and Homoeopathy as well as a Bachelor of Health Science. She has years of experience in treating women and children throughout the preconception to post natal period.

She has completed post graduate training in women's health and is a certified HypnoBirthing instructor. Emma is a registered Naturopath with memberships to both the Australian Traditional Medicine Society and the National Herbalists Australian of Australia.

Emma continues her education by attending the latest seminars on cutting edge research and this ensures that she is a wealth of information for her clients.

## **Areas of Speciality Include:**

- Preconception care to help you achieve a natural, healthy conception
- Infertility and IVF natural health support
- Pregnancy nutrition
- Nutritional and herbal medicine for pregnancy and postnatal health
- Homeopathy for pregnancy, labour and breastfeeding
- Individual Detox Programs

For more information: [www.emmasutherland.com.au](http://www.emmasutherland.com.au)



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