

Its only natural



Today most Australians try to avoid the hazards of an un-natural lifestyle, we have rediscovered the advantages of organically grown vegetables, unprocessed food, the texture of natural fabrics, and realise the necessities of fresh air, exercise and pure clean water.

Traditional pharmaceutical care and invasive surgery are no longer considered the only option to avoid or treat common health issues, creating an ever increasing demand for both Complementary and Alternative Therapies to fit with our enlightened lifestyle choices.

Medicare and the private health funds have endorsed consumer choice by both registering alternative care providers and providing rebates for most specialist healthcare disciplines.

You can now exercise your right to choose Complementary Therapies and Holistic treatments from specialised Alternative healthcare practitioners. Selecting your choice of specialised Complementary healthcare therapies is only natural at the McLaren Street Clinic.

Your Complementary and Alternative Therapies

Alternative therapies are those that offer a large set of systems of diagnosis, treatment, and prevention, based on philosophies and techniques other than those used in conventional Western medicine. Complementary Therapies are used in addition to conventional Western practice. Complementary and Alternative Therapies combined are known as Integrative Medicine.

If you are confused by your broad selection of new and traditional therapy choices, the McLaren Street Clinic practitioners are willing and able to explain the principals of their specialist disciplines and standards of care.

The McLaren Street Clinic's specialists provide advice and personal care on a range of health issues as diverse as corporate health and wellbeing, workplace ergonomics, business and personal relationships sports injuries, rehabilitation, women's health, stress, addiction, chronic pain and fertility.

Your natural approach to health starts by making an enquiry and gaining an understanding of your complementary health options on Sydney's North Shore.

**For further information
Call 9957 5858 today**



Clinic Specialities

Chiropractic Care

Chiropractors care can correct spinal conditions and injuries related to the nerves, skeleton and muscles to assist your state of health.

Psychology

A Psychologist can adjust your perception, emotion and personality traits to positively influence your behavior and relationships.

Massage Therapies

Your selection of therapeutic massage techniques includes Remedial, Deep Tissue and Lymphatic Drainage to alleviate stress and pain.

Naturopathy

Drawing on your body's natural healing powers and traditional medical therapies Naturopaths treat causes rather than symptoms.

Counselling

Understanding counselors assist you with stress management, dealing with anxiety and coping with your life's most difficult situations.

Acupuncture

Acupuncture is a natural therapy to improve your wellbeing by stimulating specific points to clear blocks and restore natural energy flow.

Herbal Remedies

Homeopathy uses traditional medicines made from plants and natural substances to treat disease and improve your health.

Your McLaren Street Clinic team

In addition to its unrivalled reputation for patient care, The McLaren Street Clinic is also held in high regard by the cream of Sydney's Complementary Healthcare Professionals. The clinic's gifted assembly of specialist practitioners continue to deliver superior care in keeping with the reputation the clinic has maintained over the last two decades.

The clinic operates convenient and flexible hours however, appointments are generally required. You will find us housed in a Victorian Terrace on the corner of McLaren Street and the Pacific Highway in North Sydney, where you will discover that your return to health and wellbeing is only natural

The McLaren Street Clinic

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Osteopathy

An Osteopath's manual therapy system is based on biomechanical principles to treat musculo-skeletal and other functional disorders.

Chinese Herbal Medicine

Traditional Chinese Medicine is a recognised system to prevent and treat illness and regain your body's natural harmony.

Iridology

Iridology is a diagnostic technique used to detect developing health problems and suggest ways to keep disease from progressing.

Emotional Freedom Technique

EFT neutralizes negative emotions caused by disturbances in your body's energy field to restore your body's natural balance.

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