

## n8 health



n8 health can help you to

- feel good
- look after yourself

**and**

- be your best.



n8 health is for people of all ages.

## What you can get at n8 health.

### Chiropractic

A bad back can cause lots of other problems. For example,

- headaches
- sore neck
- pain in other parts of your body

Chiropractors help you look after your back.

Chiropractors

- work on your back
- give you exercises
- tell you how to look after your back.





## Yoga

Yoga is

- stretching
- paying attention

**and**

- breathing

Yoga is a good way to exercise. You stay strong and fit.

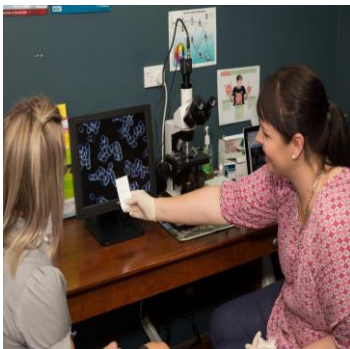
Yoga helps you to relax.



## Massage

n8 health offer different types of massage. For example

- to relax
- for sore muscles
- for pregnant woman
- using essential oils such as lavender and rose oil.



## Naturopathy

A naturopath can help with lots of problems.

For example, you

- feel tired all the time
- have a sore stomach
- get hayfever

- have tried to have a baby for a long time

A naturopath talks to you about lots of things in your life.

- Food
- Exercise
- Your family
- Stress

A naturopath helps you make good changes in your life.



## Speech Pathology

Speech pathologists work with people with

- communication problems
- and**
- swallowing problems.

Communication problems include problems with

- speech
- language
- swallowing
- stuttering
- voice.

## Find the best bed mattress and pillow for you

n8 can help you find a good mattress.

A good mattress will help you to

- sleep
- and**
- look after your back.



You can visit us at

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Website [www.n8health.com.au](http://www.n8health.com.au)