



## Are you tired of:

- feeling tired?
- recurring health problems?
- a "one size fits all" approach to healthcare?

Practical health solutions to help you be "the best you" you can be.



**3D Health Clinic**  
Complete natural health care

For an appointment call 3367 8118 or 0438 877 871



**Hello.** My name is Margaret McNamara and I can help you reach and maintain maximum health and wellbeing. I'm a naturopath, herbalist and iridologist who can determine your unique health needs based on your individual constitution.

Once your strengths and weaknesses are analysed, I can assist with the appropriate natural therapies and in adapting your diet, lifestyle and attitudes. The result? Your energy levels will soar, any recurring health problems will be minimised, and you'll be equipped with the knowledge and understanding of how best to cope with life.

Taking care of the 3 dimensions of your health needs: body, mind and spirit.

Let me help you get the balance, health and vitality back into your life.

**Call me now.**

## **3D Health Clinic can offer you relief.**

### **Services:**

- Constitutional Iris Diagnosis
- Personal Designer Health Profile
- Designer Herbal and Nutritional Solutions
- Corporate Health Presentations and Solutions
- Gift Vouchers

### **Margaret McNamara Qualifications:**

Bachelor of Herbal Medicine

Advanced Diploma of Naturopathy

Certificate of Physical and Mental Iridology

Certificate of Scleragraphics

Certified NLP Practitioner (Neuro-linguistic Programming)

Bachelor of Further Education and Training



### **3D Health Clinic**

29 Barton St

Rainworth Qld 4065

Phone: 07 3367 8118

Mobile: 0438 877 871

Fax: 07 3367 1780

info@3dhealthclinic.com