

Inflammatory Diseases

- Arthritis

Respiratory Ailments

- Asthma
- Sinusitis

Skin Disorders

- Acne
- Eczema

Behaviour & Learning Problems in Children

- Autism
- ADHD
- ADD
- Dyslexia
- Dyspraxia

Sport Nutrition

- Peak Performance
- Improve Energy Levels
- Mental Alertness & Reflexes
- Health & Well Being
- Injury Rehabilitation



Dr Verena Raschke-Cheema

Doctor in Nutritional Sciences (PhD, MSc.)

Phone: 02 4268 4212

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www.drverena.com

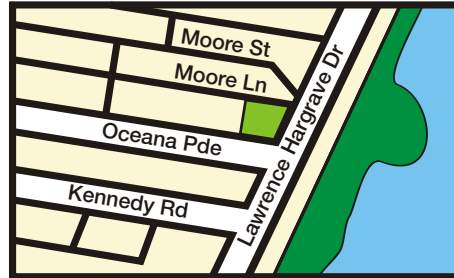
CLINIC LOCATIONS

Austinmer Clinic

1/132 Lawrence Hargrave Drive

Austinmer, NSW 2515

Phone: 02 4268 4212

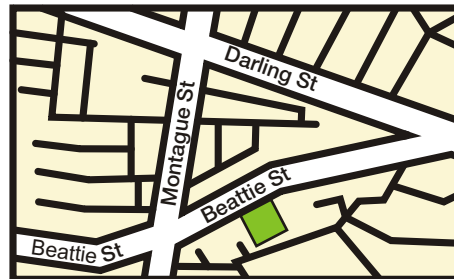


Balmain Centre for Holistic Health

70 Beattie Street, Balmain, NSW 2041

www.balmainholistichealth.com.au

Phone: 02 9555 6000



CANCELTION POLICY

If you are unable to keep your appointment, please contact Dr Verena at least 24 hours prior to your scheduled appointment time or a cancellation fee may apply.

Doctor Verena

Doctor in Nutritional Sciences PhD, MSc



Dr Verena

Dr Verena Raschke-Cheema (PhD, MSc.) is an internationally renowned Doctor in Nutritional Sciences. She is a widely published author, university lecturer and researcher.

Dr Verena seeks to identify and eliminate the root cause of disease, so that her patient can enjoy a more pleasurable and active lifestyle.

SPECIALTIES

Dr Verena specialises in treating the following conditions:

Digestive Tract & Related Disorders

- Irritable Bowel Syndrome (IBS)
- Ulcerative Colitis
- Crohn's Disease
- Stomach Upsets
- Acid Reflux
- Fibromyalgia
- Chronic Fatigue Syndrome
- High Cholesterol
- Allergies & Food Intolerance

Type 2 Diabetes

Weight Loss

Nutrition during Pregnancy & Lactation

Depression

“*Let your food be your medicine and your medicine be your food*”
- Hippocrates (460-377 BC)

Dr Verena includes Food Compatibility Tests and a personalised treatment plan to help regain optimal health.

Food Compatibility

Dr Verena uses a patient bio-feedback technique to help determine individual food sensitivities and incompatibilities. The method is also used to evaluate for any nutritional deficiencies and intestinal health.

The technique is easy to perform, provides immediate results and is suitable and safe for children and pregnant women.

CONSULTATION

Initial Consultation (90min plus)

Prior to your first appointment you will be asked to complete client questionnaire forms. These can be downloaded from: www.drverena.com under “Client Forms”. Once completed, return the forms via email or post to Dr Verena at least 24 hours prior to the initial consultation.

Follow-up Consultation (30-90 min)

A follow-up consultation is recommended three to six weeks following the initial consultation to identify potential barriers and ensure optimal success.

TESTIMONIALS

“Thank you so much for your care, your great advice, your understanding and all of the help you have given me related to my Irritable Bowel Syndrome (IBS), osteoporosis and arthritis. I don't know where I would be without you.”

- Sue

“I have had excellent results with my blood tests with the new diet, lowest cholesterol in three years, Yipee!”

- Tony

QUALIFICATIONS

Dr Verena holds a doctorate (PhD) and masters degree (MSc.) in the Nutritional Sciences from the University of Vienna, in Austria.

Dr Verena has specialised in the field of Nutritional Sciences in Austria, Germany, Africa, New Zealand and Australia. Her work has been published in leading international peer-reviewed journals and presented at major international conferences.

