

I'm just a girl, and I don't know what's wrong with me.

A basic starter pack to help get your health back on track.



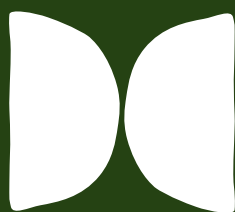
Made for women navigating symptoms, cycles and a
healthcare system that doesn't always listen.

Kerrie Dick - Acupuncturist & Chinese Medical Herbalist.

If you've downloaded this guide, chances are you've spent some time feeling like something is off – but you can't quite put your finger on it.

It's not in your head. And you don't have to figure it out alone.

This guide is a starting point. It won't diagnose you, but it will help you understand your body better, ask the right questions and take those first steps towards feeling like yourself again.



I'm Kerrie, an APHRA-registered acupuncturist and Chinese Medical Herbalist.

I'm just a girl who is passionate about supporting women.

I work with women who feel lost and overwhelmed by their health, creating a soft landing space for those who have been dismissed and whose symptoms have not been taken seriously. I use a combination of acupuncture, Chinese Herbal Medicine, bodywork, and lifestyle guidance to provide care that holds you and treatment that supports, helping reduce symptoms and create meaningful, lasting change in your health.

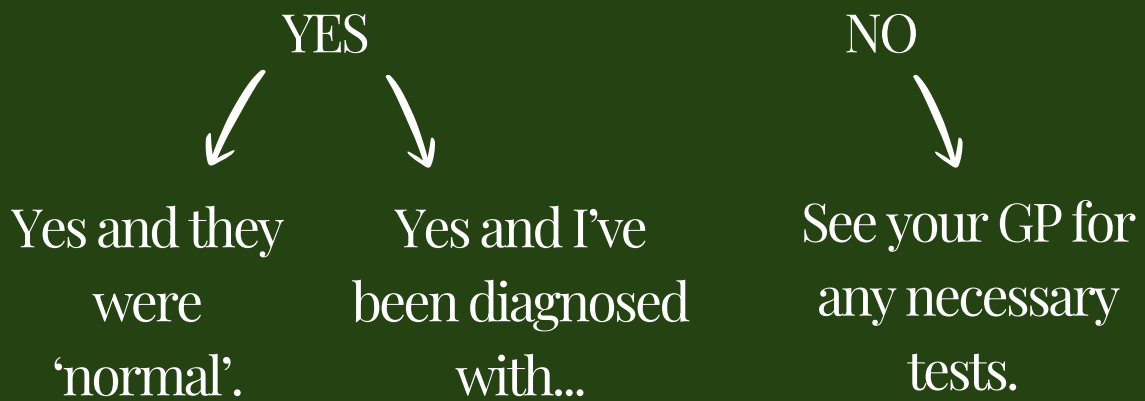
Let's figure it out together.

Do you experience one or more of these symptoms?

Fatigue Bloating Headaches Period Pain
Constipation Acne Insommmnia Irregular periods
Brain Fog Stress Hair loss

Have you had investigations done?

Investigations may look like blood tests, ultrasounds, or examinations.



Navigating the medical system when you're already exhausted is hard.

You are allowed to seek a second opinion.

You are allowed to ask questions.

You are allowed to advocate for yourself.

You've got the results – now what?

Have you been given a treatment that you feel comfortable with?

Have you been given any advice on what steps you should take to feel better?

Have your concerns been understood and taken into consideration?

If the answer is no, here is how Chinese Medicine and Acupuncture can help .



How does Acupuncture work?

Acupuncture may stimulate the nervous system, release endorphins and increase blood circulation, which may help you with those pesky symptoms you've been experiencing.

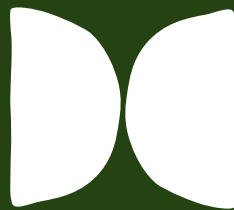
How can Chinese Herbs help?

Think of Chinese herbs as a pharmacy, but we use the medicine in its whole form. Herbal formulas have been used and perfected for thousands of years. Herbs are dispensed as powder or pills. They can taste a little funky, but they do some serious heavy lifting to help you reach your health goals. I create personalised herbal medicine to help support you and your body.

What to expect from working with me:

Your first appointment will be about getting to know you and your full health history. From there, we can establish a sustainable treatment plan that can help you reach your health goals.

Treatment is individualised but often includes bodywork (cupping and gua sha), acupuncture, the prescription of Chinese Herbal medicine and/or supplements, and lifestyle advice.



You're just a girl who is trying to figure it out, and getting your health back on track can take time, but with the right support, it makes the process so much easier. You don't have to figure it out alone, and you don't have to keep pushing through.

You can book with me via my website.