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A natural approach to serene childbirth



Name: Emma Sutherland
Job: Naturopath

How long have you been a naturopath? Eight years

How did you become interested in this field?

When I lived on the Greek island of Ithaca, I noticed the old people had vitality and energy that left young people for dead.

I learned their secrets: they ate from their own gardens, used mountain herbs as medicines and led very active lives.

So I researched which professions would enable me to embrace these philosophies, and discovered naturopathy.

My interest in natural remedies led me to hypnobirthing, which helps women give birth naturally.

What are the benefits of hypnobirthing?

It mainly helps a woman to experience the natural birth she desires. These skills can be used in many facets of life, as they enable her to remain calm in

challenging situations.

Any particular skills or qualifications needed?

Empathy by the bucketload and brilliant communication skills are an absolute must.

The qualifications are a four-year double degree in naturopathy and science.

To become a hypnobirthing practitioner, I trained with the HypnoBirthing Institute.

It involves a week of intensive theory and practicals, and ongoing training is required to remain certified.

A typical day at work?

Some days I will be consulting privately with clients in Sydney. I also travel to present and run my detoxification program.

Any myths about your profession to debunk?

Yes. Naturopaths are highly trained health professionals who use the best of traditional and modern medicine. There's no hocus-pocus involved!

The most rewarding part

of your career?

Seeing the profound difference natural medicine makes to people's health.

The most challenging part?

As a business owner, I face a constant learning curve. I have learnt so many valuable skills about running a business, mainly through trial and error, completing courses, finding mentors and trusting my intuition.

- BRIANA DOMJEN



Empathy: Emma Sutherland