

E Q U I T A R A

Inhabit the body and restore balance.

Naturopathy and integrative guidance

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What is naturopathy?

Naturopathy is a natural health discipline that brings together different tools to support wellbeing from a holistic perspective.

It can integrate nutrition, herbal medicine, lifestyle habits, fasting, cleansing, hydrotherapy and other natural resources that support the balance of the body.

*A perspective
that listens
to the body
as a
whole.*

My approach.

At Equitara, naturopathy becomes an integrative and personalised journey, adapted to each person, their story, their habits and their moment in life.

The aim is to sustain a clear and progressive process that helps restore balance, vitality and connection with the essential rhythms of life.

Integrative

Body, habits and
environment

Personal

Adapted to your moment

Progressive

Step by step, with
meaning

The five areas of the process.

The process is organised into five areas that allow us to look at health broadly and practically. They are not isolated blocks: they interweave as parts of one same care.

0 1

Nutrition
and terrain

Nutrition,
digestion,
elimination and
habits.

0 2

Biological
regulation

Rhythms, light,
rest
and nervous
system.

0 3

Body,
strength
and recovery

Movement,
manual therapy
and active rest.

0 4

Natural
resources

Herbal medicine
and natural
supports for the
process.

0 5

Mental
consumption
and
relational
environment

Stimuli, bonds and
daily consumption.



0 1 . A R E A 0 1

Nutrition and terrain.

An important foundation of the work is caring for the internal terrain through nutrition, digestion, elimination and the daily habits that sustain energy and the body's capacity for regulation.

Caring for the daily foundation.

What we work on

- Ancestral nutrition
- Basic nutritional education
- Healthy digestion and elimination
- Eating rhythms and meal windows
- Hydration and minerals
- Natural cleansing
- Fasting and digestive rest
- Deparasitation when appropriate



0 2 . A R E A 0 2

Biological regulation.

Health also depends on rhythm. This area focuses on the relationship between light, rest, the nervous system, exposure to the environment and daily habits that help the body return to a more coherent organisation.

Returning to the essential rhythm.

What we work on

- Circadian rhythms and organisation of the day
- Sleep hygiene
- Nervous system regulation (breathing and breathwork)
- Stress management and recovery pauses
- Sun bathing and exposure to natural light
- Red light, blue light and light hygiene
- Grounding or connection with the earth



0 3 . A R E A 0 3

Body, strength and recovery.

The body needs movement, stimulus, rest and physical support. This area integrates resources aimed at improving mobility, strength, coordination and recovery capacity.

Inhabit and sustain the body.

What we work on

- Movement and conscious body practice
- Yoga, somatics or natural movement
- Strength, stability and coordination
- Manual therapy
- Hydrotherapy
- Muscular and nervous recovery



0 4 . A R E A 0 4

Natural resources.

Naturopathy also includes the conscious use of natural resources that can support different processes, always from a responsible, personalised perspective adapted to each person's context.

Natural supports for the process.

What we work on

- Herbal medicine
- Plants for the nervous system and sleep
- Digestive and cleansing formulas
- Education on the responsible use of medicinal plants
- Natural fabrics and materials that accompany the body
- Natural resources that support the process



0 5 . A R E A 0 5

Mental consumption and relational environment.

What we watch, listen to and share: films, music, books, conversations and stimuli that also continuously influence how we live and feel.

Stimuli, bonds and daily consumption.

It's not only about what we eat or how we sleep. What also matters is the information we receive, the conversations we inhabit, the time in front of screens and the pace at which we consume content.

Conscious consumption

Films, music, books
and content that nourishes.

Bonds and conversations

The relational environment
as support or weight.

Digital rhythms

Pauses, gentle limits
and mental rest.

C L O S I N G · C O N T A C T

Each process is unique.

It is built progressively, attending to the story, needs
and moment in life of each person.

*If you'd like to learn more about this approach or book a first session,
you can find more information here:*

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