



October 2010

Welcome to the October Edition of '**Healthy News**'.

This month we welcome two new Practitioners to our team and also look at the benefits of Massage and Acupuncture and the issue of Menopause. **Please welcome our new Remedial Massage Therapist Samantha (Sam) and our new Acupuncturist Jessica (Jess).**

Samantha is a fully qualified Remedial Massage Therapist who specialises in Remedial, Deep Tissue, Sports and Relaxation Massage and also incorporates the therapy of Cupping. Samantha is registered with most major Private Health Funds.

Jessica is qualified in acupuncture and traditional Chinese medicine. She uses a variety of treatments including herbal remedies, acupuncture, cupping and dietary advice, to ensure that you get the best possible treatment. Whilst she is trained to treat a wide variety of conditions Jessica specialises in gynaecology, digestive disorders and musculoskeletal problems.

Benefits of Massage

Massage helps tension reduction, improvement of vascular and lymphatic circulation, and regulation of the nervous system. Remedial massage is used to improve:

- neuro-muscular dysfunctions and includes deep soft tissue massage
- trigger point therapy
- myofascial release
- muscle energy techniques joint mobilisation and posture advice



Therapeutic massage includes the benefits of remedial massage as well as relaxation massage.

Have you ever wondered how acupuncture can help you?

Acupuncture works on the internal energy of the body, which is called Qi (Chi). Qi flows through the body via pathways called meridians which can be likened to electricity running through wires. Qi can vary in intensity from very strong to very subtle. It is along these meridians where various acupuncture points are located.

Fine acupuncture needles are used to target treatment areas, from muscle tension, stress and anxiety plus fertility problems. To maximise the effect of your treatment other techniques used include Chinese cupping, moxibustion and electro stimulation. Chinese herbs are often used to assist your health and wellbeing. Disposable needles are used in every consultation for hygienic purposes. Acupuncture is a component of Traditional Chinese Medicine that has evolved over the last 5000 years. Although Acupuncture originated in China it has now branched into the Western world and is recognised for its wonderful ability to treat many of today's ailments.

Acupuncture treatment may include moxibustion (which puts heat into the body), Chinese herbs, suction cups, electro stimulation on needles and tongue and pulse diagnosis.

An acupuncture treatment takes a holistic approach and benefits include drug-free pain relief, assisting and preventing disease, treating the cause as well as the symptoms and effectively treating a wide range of common ailments. Some of the conditions acupuncture is effective for include:

- Headaches and migraines
- Stroke
- Facial Paralysis
- Cold and Flu
- Sporting injuries
- Lower back pain and sciatic pain
- Neck and shoulder pain
- Frozen shoulder and tennis elbow
- Lack of energy
- Stress, depression and anxiety
- Menstrual problems including PMT
- Infertility and gynaecological issues
- Menopause
- Insomnia
- Quit smoking

Is the “Change of Life” Ruining Your Life?



The menopausal phase of life is a time of huge change for many women. The physical and emotional changes can be overwhelming, debilitating and extremely frustrating. Many women experience a rollercoaster ride of symptoms during menopause, including bewildering mood swings, hot flushes, fatigue, cognitive impairment, insomnia and depression. These are all common symptoms that can occur in varying degrees during menopause and greatly impact on quality of life for many women.

Menopause is just the beginning of a new phase of your life. The ‘Change of Life’ often causes women to reassess many areas of their lives, and it is the ideal time for you to review your lifestyle choices and make your own health a priority. We can support you through menopause so you can focus on a healthy future with strong bones, a healthy heart, energy and vitality. **Nature has many answers to Menopausal miseries so if you aren’t coping well with the physical or emotional changes of menopause, talk to one of our Practitioners today about the natural treatment options available to support you at this time. You don’t need to endure alone, Help is available!!**



Have you heard the news?

Our current weight loss campaign on 96.5FM has already helped a number of people achieve some remarkable results; so if you want to lose a few kilos and look good for Christmas (**lose 10kgs in 5 weeks**) then you need to book in for a **FREE Information & Assessment** appointment with Jenny and **get started!! Stop putting it off, make the call and get started, you’ll feel better, look better, live a better life, and you will never regret your decision.**

Our November & December Radio campaign focuses on the issue of infertility and making families so if this is for you or for someone you know, stay tuned or contact the clinic for more details. We have helped many couples, some of whom have struggled for years, to have a healthy happy baby.

We look forward to welcoming you at the Clinic again soon!!



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