

January 2011

Welcome to our first Edition of '**Healthy News**' for 2011.

This edition we look at:

- **Weight Loss, our**
- **New Diagnostic Screening machine called 'NES' and**
- **We welcome *Kevin* our new Musculoskeletal & Remedial Massage Therapist who will be starting in early February.**



As you probably already know we are registered practitioners of the Ultra Lite Weight Management System which has been developed by naturopaths and proven over the past 15 – 20 years. **Another plus** is that our practitioners will also look at other issues that may be inhibiting your success. Things such as Insulin Resistance, Thyroid issues, Medications, Food Sensitivities and Oestrogen to name a few!!

At SNHC we treat the whole you, we do not just sell you a weight loss system which fails to deliver once you come off the supplements and powders. So if you are serious about your health and weight 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, save money long term and you will never regret your decision.

What Is **NES ProVision**?

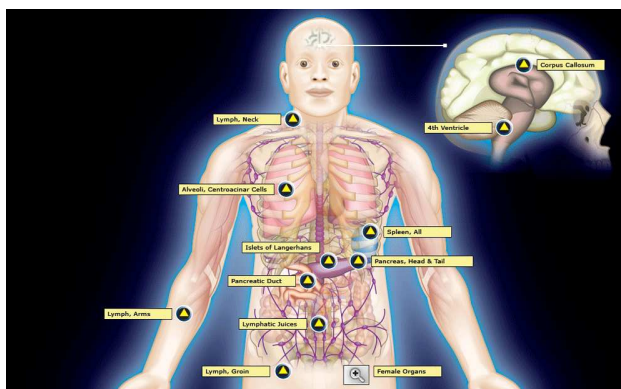
NES ProVision is a beautifully designed, incredibly comprehensive TGA Approved health assessment software that probes the human body-field to identify the bioenergetic and bio-informational distortions that may underlie physical and emotional concerns. You simply place your hand on an input device that is similar to a computer mouse and in minutes the software returns more than 150 results about the body-field and body in anatomically correct and extremely detailed graphical representations that include:



- Major organs and organ systems
- Environmental influences, such as toxins, EMF fields, and more
- Nutritional influences
- Musculoskeletal system
- Emotions, including trauma and shock
- Body-field structures, including:
 - **Energetic Drivers** - the fields that power the organs and organ systems
 - **Energetic Integrators** - the channels that regulate information transfer within the body-field and to the body
 - **Energetic Terrains** - the energetic environments that correlate to emotions and encode healing messages for the body-field and body
 - **Energetic Stars** - the multifaceted energetic pathways correlated to metabolism and the "survival" instinct of the body

Many thousands of people from around the world have reported significant positive changes through NES therapy, including:

- Improved well being
- Deep, restful sleep
- More energy
- Improved digestion
- Improved skin condition
- Reduced pain and discomfort
- Improved blood-sugar regulation
- Mental clarity
- Calmer emotions
- Tolerance to stress



Angela, one of our experienced and highly qualified Naturopaths is our Qualified Nes ProVison Technician and Therapist and will often use this system as an aid to diagnosis for a number of health and wellbeing issues. **Why not consider booking in to have an NES Check next time you are in.**

Here comes Kevin our remedial Massage Therapist and Musculoskeletal Therapist!!

We delayed Kevin's start because of Christmas and also to ensure that the major Private Health Funds were on board before he started. As mentioned before Kevin is a Musculoskeletal & Remedial Massage Therapist and is also a Registered Nurse. **So What Does Kevin Do?** Well apart from Remedial Massage, Musculoskeletal Therapists assess and treat the musculoskeletal system using various specialised soft tissue techniques. These include myofascial release techniques, muscle energy techniques, neuromuscular techniques and stretching techniques to prevent and alleviate pain and enhance movement and function. Kevin is an holistic health professional who gives particular attention to the relationship of muscles and fasciae to structural and neurological aspects of the body in health and disease, and is educated in the relevant basic and clinical sciences as well as in related health subjects. He can significantly contribute to the fields of pain management, acute and chronic injury, and rehabilitation.



Dr Paul Gray our Osteopath is expected back from his overseas travels at the end of the month and will be taking appointments from Tuesday 1 February 2010. Welcome back Paul!!



Remember we are now also at **Petrie** and don't forget about our reliable **Postal and Courier Delivery Service, great for busy people!!**

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



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