



August 2011

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

This month we relaunch our **Heart Health Screening Service**; take a look at **Acupuncture for Sinus Colds and Flu**, **Fathers Day ideas**, and a few other interesting bits and pieces including **some price reductions**. Bit odd I know but true just the same!!



Boost Your Immune System This Winter

It's Ekka and Show Season and with all the fun and excitement that comes with it so comes the colds & flu and the tummy bugs. Prevention **is** better than cure which means it is time to Boost the Immune System and do your bit to ward off the bugs. Until the end of winter and because people have different needs and preferences we are cutting the cost of a number of highly effective products that will help boost your Immune System and help protect you .

Until the end of winter, Mediherb Andrographis, Metagenics Andro NK and Mediherb Herbal Throat Spray are all 10% off our regular price. Other ways you can protect yourself are:

- Stay at home when you are sick
- Wash your hands prior to touching your eyes, nose and mouth (Don't forget our Herbal Hand Cleaner)
- When coughing and sneezing, cover your mouth and nose with disposable tissues which should be disposed of immediately
- Maintain at least one metre distance from people who have flulike symptoms such as coughing and sneezing.

Don't Suffer Through another Ekka Season!!! By making some simple changes to your diet and lifestyle and by taking the appropriate supplements, you can boost your immune system and reduce your risk of catching colds and 'flu. Not Sure? Then speak to us about the best way to manage your colds and 'flu naturally and enjoy a symptom free Ekka season!



Can't drop in to the clinic, then why not consider our reliable **Postal and Courier Delivery Service**; great for busy people!!

Heart Health Screening



Heart Health Screening is back!! We now have a renewed Heart Health Screening System (formally Intelliheart) in our own right which means we now have control over the reporting and management of this amazing system. We are also released from the need to pay royalties so that will allow us to offer the 'Service' at the more realistic

price of **\$180.00 (formally \$250.00)**. "Cardiovascular Disease is the most prevalent cause of death in the developed world claiming around **17 million** lives globally each year with the majority of patients suffering heart attacks and strokes. This represents around one-third of global deaths. In developed countries like Australia the proportion is even higher, where approximately **40% of all deaths are caused by Cardiovascular Disease**. This is significantly **higher than mortality from all forms of cancer combined**. It's a massive problem and more than 1.1 million Australians have a disability as a result of cardiovascular problems." By combining conventional tests with Pulse Wave Analysis (a test that examines arterial stiffness and measures the Central Blood Pressure) and a Resting ECG, a comprehensive, non-invasive assessment can determine the true condition of the heart and arteries long before symptoms manifest. **Most Heart events occur without symptoms and 'one hour could save your life' – It's Time to Ring and**

find out what your Heart Health Risk really is – your family and your Heart will love you for it!!

Fathers Day gift ideas



Looking for something different for Dad this year? Then why not consider a **Massage Voucher** or **Wheat Heat Bag** (great Hot Water Bottle without the Leaks). Wheat Bags are monogrammed and cost \$18.50 Small or \$35.00 Large, a great gift alternative. Massage vouchers cost \$45 for half an hour and \$75 for an hour. If you can't drop in to the clinic, we can post or courier to you or Dad in time for

Fathers Day. Ring the clinic to order.

It's time to consider how Jess and Acupuncture can help you! Consider these symptoms, and consider Acupuncture, it WORKS!!.

- Headaches and migraines
- 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



This month we concentrate on **Sinus Infections, Colds & Flu, and Infections of the Nose.**

Sinus issues and infections are a problem for many people. As the nose becomes congested from cold weather, allergies, a cold or the flu, infection and inflammation often occur. Acupuncture, herbs, and lifestyle suggestions can keep the sinuses clear and infection-free. Sinus issues may be acute or chronic, and are typically considered viral infections which last ten days. Many people suffering from chronic sinus infections go for months with headaches, teeth and jaw pain, low energy, and nasal congestion, among other symptoms.

Acupuncture often offers relief. Using a combination of local and distal points, acupuncture can clear the sinuses and boost the immune system making it less likely for sinus infection to return. Chinese herbal formulas are also available to clear the sinuses and relieve headaches and other symptoms such as red itchy eyes, sore throat and sneezing which can be related to sinus issues. For relief from sinus and many other issues book in and see Jess today!

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



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