

# The Wellness Centre

January, 2008

Phone: 02 49561193

## Welcome to 2008

### Chiropractor:

Michael Dunn

### Herbalist/Iridologist:

Sharon Lindner

### Psychologist:

Cathy Calder

Doug Calder

### Massage Therapist:

Janice Latham

### Bio/Neuro feedback:

Dianah Rodrigues

### Pilates: Maree Frawley

The Wellness Centre offers a range of practitioners to assist in your journey toward optimal health, combining mental, physical and spiritual aspects of ourselves.

Please phone our receptionists, Anne and Michelle to answer any questions that you may have and to book in for an appointment with one of our practitioners

### Cathy Calders' Workshops:

#### **Ignite Your Spirit 1**

9th, 10th Feb

#### **Ignite Your Spirit 2**

5th, 6th April

#### **Child of God**

3rd, 4th May

### Chiropractic Workshops:

Alternate

Wednesday 11:30 a.m. and

Thursday at 6:30 p.m.

We hope that you all had a wonderful Christmas and New Years with family and friends and are looking forward to an exciting, happy, healthy and prosperous 2008. Our lives are so busy these days with all that we try to fit into them so don't forget to take time for yourself, relax along the way and "smell the roses".

Our first newsletter of the year is to introduce you to each of our practitioners and information about their specialties.

### **Chiropractor**—Michael Dunn.

Michael's patients range from new-borns to people in their eighties. Michaels' gentle and effective techniques help restore nerve function to all cells and organs of the body therefore helping with a multitude of symptoms and health issues. These include learning and behavioural problems, colic, headaches, ADD and ADHD, fatigue and more. Information about our Chiropractic services is given free at our information sessions held on alternate Wednesdays at 11:30a.m. and Thursday at 6:30p.m. Michael is available on Tuesday, Wednesday and Thursday.

### **Herbalist/Iridologist**—Sharon Lindner.

Why not start the year with a kick start and visit Sharon to help you with any dietary and health issues.

Sharon uses Iridology to help her investigate the body's strength and weaknesses and then makes the appropriate herbs and lifestyle recommendations that you may need.

### **Pilates**—Maree Frawley

Maree runs a combination of yoga and Pilates classes five times a week for one hour each. Classes are Tues & Thurs at 1:00p.m. Mon at 5.50pm am 7.00pm, Wed at 7:30p.m. Bookings are essential.

### **Psychologist**—Doug Calder

Doug offers psychological services for adults, children, couples and families. Doug

offers cognitive behaviour therapy and supportive counselling to assist with anxiety, depression, stress and other emotional challenges. Doug is at the Centre every Thursday.

### **Psychologist**—Cathy Calder

Cathy takes a holistic approach to health and well-being. What ever the challenge, be it personal or inter-personal, our body, mind and spirit can be affected. By focusing on all levels, the causes underlying symptoms can be resolved. Cathy uses energy healing techniques as well as cognitive-behaviour therapy. Appointments are available with Cathy on Mon., Tues and Weds. Medicare rebates are available for Psychology services.

### **Massage Therapist**—Janice Latham.

We would like to take this opportunity to welcome Janice as the newest member of The Wellness Centre team. Janice has a large number of techniques that she uses to help clients, such as Cranio sacral, remedial, reflexology, pregnancy and relaxation.

Janice also has massage gift certificates available for that special person in your life.

### **Bio / Neurofeedback**—Dianah Rodrigues

Dianah brings with her many years of clinical experience and knowledge to the Wellness Centre. She uses bio and neurofeedback computer technology to help clients gain more awareness of their body's stress levels and nerve system functioning. Bio and neurofeedback trains the body's stress responses (e.g. brain waves, heart rate, heart rate variability, skin conductance and temperature) into healthier patterns using computer games. Biofeedback has gained much acceptance and recognition for the ability to reduce the need for medication for disorders as ADD, ADHD, anxiety and depression. Dianah is here on Monday and Wednesday.

### **Detox Unit**

We have recently purchased a Dr Mary Staggs Detox unit which is a simple and effective way to remove heavy metals and toxins from your body and balance the bio-energetic fields. You spend a maximum of twenty minutes each session with your feet in warm water as the unit starts to re-balance your body and help the process of gradually improving health. Information brochures and bookings are available at reception. For more info visit [www.marystaggsdetox.com.au](http://www.marystaggsdetox.com.au).

The

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# Stress! Stress! Stress! Stress! Stress!

**Stress** is the body's response to a STRESSOR. The important factors are discovering what your stressors are, and then how to improve your response.

Studies now show **stress** to be the **leading contributor** in almost **80% of today's illnesses..** There are many new drugs on the market that mask the symptoms but they do not address the underlying cause.

Since you can't completely eliminate stress from your life, what do you do?

The key is not stress itself but your body's ability to tolerate it. Chiropractic is leading the fields of science with its ability to enhance not only the function of the musculoskeletal system of the body, but to enhance the function of the brain and nervous system.

The Chiropractic adjustment stimulates a complex nervous system response. The important factor is that it has the power to alter the body's physiology so that over time the body can return to a normal healthy state.

The Wellness Centre now has a state of the art instrument called the Invision unit which has the ability to monitor the physiology of the body.

When you have a stress profile, sensors are attached to your skin in areas such as your shoulder muscles, the top of your head, your forearms and your hands. The 12 minute computerised test is a totally non-invasive exam using an instrument found in research facilities around the world.

If you would like to know how your body responds to stress phone our office today for a stress profile. Please put aside an hour on Tuesday or Thursday and the cost is \$95.00.

Our office offers many options to help people learn how to balance the nervous system, dietary and lifestyle support, psychological support, meditation classes, Pilates classes and Bio and Neuro feedback.

Please phone us on 49561193 to book a stress test.

## Sumac-spiced lamb back-straps with quinoa and roasted grapes.

*After a gluten-free, dairy-free recipe that combines the heartiness of lamb with the sweetness of summer fruits? Look no further.* Roasted grapes work wonderfully with a range of dishes; cook them just until their skins burst and they form a delicious sauce. This dish can be served with wilted spinach or baby spinach leaves. Also good with duck and quail.

- 600g lamb backstraps
- Olive oil
- 1 tbsp sumac
- 1 tbsp fresh lemon thyme leaves
- 1 tbsp freshly ground black pepper
- 400g seedless black grapes
- 1 cup baby spinach leaves
- Lemon wedges to serve

### Quinoa salad

- 1 cup quinoa (available at health food stores)
- 2 cups chicken stock
- 1/2 preserved lemon, skin only, chopped
- 2 cloves garlic, chopped
- 4 spring onions, finely chopped
- 1 tbsp fresh lemon thyme leaves
- 1 tbsp chopped fresh oregano
- 1 tbsp extra virgin olive oil

To make Quinoa salad, combine quinoa and stock in a saucepan, season with salt and bring to the boil over high heat. Reduce heat to low and simmer, covered, for about 15 minutes or until stock is absorbed and quinoa is tender. Remove lid and stir over low heat and then cool to room temperature. Stir in remaining ingredients.

Brush lamb with a little oil and rub with sumac, thyme and black pepper. Fry lamb in a non-stick frying pan until browned, then place in an oven tray. Toss grapes with a little oil, place beside lamb. Roast at 200C (400F) for about 10 minutes for pink lamb. Remove lamb and rest, loosely covered, in a warm place for 10 minutes, then slice on the diagonal. Meanwhile, return grapes to oven and roast for another 10 minutes or until just beginning to burst.

Top baby spinach leaves with Quinoa Salad and sliced lamb, spoon grapes and their juices over and serve with lemon wedges.

## WHAT IS LOVE?

A group of professional people posed this question to a group of 4 to 8 year olds : **What does love mean?** The answers they got were broader and deeper than anyone could have imagined.

*"I know my sister loves me because she gives me all her old clothes and has to go out and buy new ones."* Lauren—age 4.

*"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love."* Rebecca—aged 8.

*"When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth."* Billy—aged 4.

*"Love is when you go out to eat and give somebody most of your french fries without making them give you any of theirs."* Chrissy—aged 6

*"Love is when Mummy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford."* Chris—aged 7

*"If you want to learn to love better, you should start with a friend who you hate."* Nikka-age 6 (we need a few million more Nikka's on this on this planet.)

*"Love is when Mummy gives Daddy the best piece of chicken."* Elaine—age 5

*"Love is what's in the room with you at Christmas if you stop opening presents and listen."* Bobby—age 7.

*"You really shouldn't say "I love you" unless you mean it. But if you mean it, you should say it a lot. People forget."* Jessica—age 8

*"Love is when your puppy licks your face even after you left him alone all day."* Mary Ann— age 4

*"When you love somebody, your eyelashes go up and down and little stars come out of you."* Karen—age 7

*"Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other."* Karl—age 5

### Your Health starts in your gut.

Metagenics provides scientifically proven probiotics for specific conditions. In this day and age when we have so many chemicals in our food they can get absorbed into our system and can cause many health problems. Sharon Lindner, our herbalist can help with specific herbs and dietary advice to help your system back to normal.

Any of the following may be successfully treated

- Low immunity
- Allergies
- Digestive complaints-bloating, diarrhoea,constipation,
- Irritable bowel syndrome
- Intestinal inflammation
- Candida
- On a contraceptive pill or antibiotics
- Poor diet.

Please phone the office to book an appointment with Sharon.

### **Cathy and Doug Calder-** Psychologists

We now have psychologist services available from Monday to Friday.

**Medicare rebates** are now available with a **medical referral**. Listed below are a few of the many areas that can be helped:

- Stress management, panic & anxiety disorders
- Eating disorders
- Sleep problems
- Attention problems
- Behavioural problems
- Addictions of all types
- Relationship issues
- Depression

If you feel their services can help you, please discuss this with your GP on your next visit so that you can claim the medicare rebate. Private health funds also rebate psychologist visits. Check your level of cover.

### **Cate Larke-Essential Moves**

Much research has been done in the past 20 years, into the link between early brain development and the learning and behaviour difficulties many children face.

Cates programme helps with learning difficulties, reversing letters, reading problems, poor concentration or attention problems, fidgety and behavioural problems.

Cate runs an information evening every three weeks on a Tuesday night at 7:00p.m.

The next two talks are on Tuesday 24th April and Tuesday 15th May.

Bookings are essential so please phone the office on 49561193 to reserve a seat.

## The Wellness Centre

- Chiropractor
- Psychologist
- Pilates
- Biofeedback
- Medical Herbalist
- Essential Moves
- Meditation
- Neuro feedback

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