

The Wellness Centre

March, 2008.

Phone: 02 49561193

Chiropractor:

Michael Dunn

Herbalist/Iridologist:

Sharon Lindner

Psychologist:

Cathy Calder

Doug Calder

Body Therapist:

Janice Latham

Massage Therapist:

Sylvie Laboudigue

Bio/Neuro feedback:

Dianah Rodrigues

Acupuncture:

Dianah Rodrigues

Pilates:

Maree Frawley

Meditation:

Cathy Calder

Your Brain

Each Newsletter this year we will be keeping you up to date with what is happening at The Wellness Centre. We will also be giving you some information about your body's organs and systems and how our practitioners work with these areas.

This Newsletter is about your brain and nervous system.

If you would like to view this connection in more detail visit our website on www.thewellnesscentre.net.au click on Chiropractor and then click on nervous system.

Chiropractic care for the mind and nervous system.

Michael Dunn Chiropractor

Chiropractic has new scientific research which can identify the actual changes that occur in the body, the nervous system and the brain during and after chiropractic adjustments. The study was conducted by Auckland researcher, Dr Heidi Haavik-Taylor. It demonstrates that chiropractic care sends signals to the brain that change the way the brain controls the muscles. The process of a spinal adjustment is like rebooting a computer. The signals that these adjustments send to the brain, via the nervous system, reset muscle behaviour patterns.

By stimulating the nervous system we can improve the function of the whole body. Dr Haavik-Taylor and fellow researcher Dr Bernadette Murphy used EEGs to prove that there are definite changes to the way the brain processes information after chiropractic care.

This is something that Chiropractors and their patients have known for years, and this scientific evidence can now prove it.

Here at the Wellness Centre we have a unit, called the Invision, which is of research quality and can determine the stress level of our system and observe how our brain is functioning. By having a stress test you can immediately see any weaknesses that show up in your system so that you can then learn ways to help yourself.

Natural Remedies for the Mind

Sharon Lindner— Medical Herbalist

Herbalists have at their disposal a huge range of herbal remedies to support the mind and body. Many of the herbs that I use daily are very effective for mental or physical stress, helping to improve memory, concentration and focus. Many also assist in alleviating mild to moderate depression, anxiety and insomnia.

Vitamin and Mineral Therapy—Vitamin and mineral deficiencies can cause stress and depression. Correcting deficiencies, when present, often relieves these symptoms. However, even if a deficiency cannot be demonstrated, nutritional supplements may improve symptoms.

Fish Oil/ Essential Fatty Acids—

Fish oil is considered essential for learning, and concentration, and is particularly critical to our body because it is put to use literally everywhere—our eyes, hair and skin, brain, heart, nerves and joints. Every cell in our bodies needs Omega 3 fatty acids to thrive and survive.

Skullcap-

Helps to feed, tone and nourish the nervous system. Reduces anxiety and tension headaches and helps to promote restless sleep

Ginkgo Biloba-

Improves blood circulation to the brain and other organs; aids memory loss and depression; improves short term memory and mental clarity; great antioxidant to fight free radicals and slow aging process; improves nervous system function.

St John's Wort-

This unassuming plant with little yellow flowers is probably the best known of all herbal remedies for depression. Clinically used in Germany for over 40 years, St John's Wort has been proven to be a successful antidepressant as well as antibiotic and anti-viral agent.

It is to your advantage to have an individual consultation to see what the correct dosage is for you. Just phone our receptionists' at the office for your appointment with Sharon.

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, to answer any questions that you may have and to book in for an appointment with one of our practitioners.

Ignite Your Spirit 2

5th, 6th April

Child of God

3rd, 4th May

Chiropractic Workshops:

Tuesday 11:30 a.m. (monthly) and

Thursday at 6:30 p.m. (Fortnightly)

The



Wellness Centre

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Body Therapist—Janice Latham

“The Heart of Listening” is a book written by Hugh Milne, which I think completely describes how best to understand the body, mind and spirit. When you listen with an open heart the body responds with an acceptance and trust. It will openly give up information as to why the body, mind and spirit are out of balance. All that is required is unconditional patience trust and the offer of support.

My name is Janice Latham and I have come to call myself a body therapist. This best describes what it is that I do. Listening to the body’s needs so I am able to deliver the best form of treatment. I believe in the philosophy that only by working on oneself can one understand another.

My journey to this point has been interesting, sometimes painful but always rewarding.

I first discovered the art of giving about 10 years ago when I was introduced to Reiki- being able to heal through touch and channeling the universal energy that surrounds us all (sounds like it’s a bit out there doesn’t it?) Well, back then I was a Financial Futures Trader in London, yes I am a “pom.” You can imagine what my thoughts about it were. I actually thought I was being set up. Sitting around in a circle holding hands and burning incense, which it really was, I promise. This was the start and the foundation of my work. I didn’t start to use it until I decided to quit the financial world. I wanted to take a year off, de- stress, travel and discover a world out side the one I had been living in for the past 11 years. I found myself taking a massage course and the second degree of Reiki, yes it certainly got me interested. Soon after I found myself in Australia and fell in love with all it has to offer, I decided then and there I was never going back to England. I put myself through college learning Remedial massage, Reflexology and most recently Cranio Sacral Therapy, all of which have enabled me to learn, practice and listen to what the body has to say. I have been in practice for 5 years and have recently found my way to the Wellness Centre. I work on the basis that by listening and observing, I can create and direct the correct form of treatment that would meet those needs.

Balancing body mind and spirit is my passion and my journey. I can only do this by learning from my teachers which is each and every one that walks through my door. For that I am truly blessed.

Thank you.

Bliss Classes—Maree Frawley

Maree’s classes combine Pilates mat work, moderate to gentle yoga poses and breathing techniques to enhance abdominal strength, back strength, core stability, joint mobility, muscle length, muscle tone and muscle relaxation.

Benefits of these classes are: increased energy, abdominal strength, improved posture and muscle balance. This is a small group class customized for your individual needs, personal goals and health.

The cost is \$60.00 for five one hour classes or \$15.00 each if paid individually.

Session times

Mon 5:50p.m. and 7:00p.m.

Tues 1:00p.m.

Wed 7:00p.m.

Thurs 1:00p.m.

Yoga and the Carriage Metaphor

The carriage represents the body
The horses pulling the carriage represents the emotions
The driver is the mind and
The passenger is the soul (atman).

The state of the average person is as follows:

The carriage is in terrible disrepair
The horses are half wild
The driver is unfocused
The passenger is either King or Queen—is asleep- dreaming
he or she is a peasant.

Yoga

Repairs the carriage (body)
Tames the horses (emotions)
Refocuses the driver (mind)
Reawakens the passenger (soul)
The passenger then remembers his or her true purpose and instructs the driver on which route to take to their ultimate destination.

This is the purpose of Yoga.

We look forward to you joining us here at
The Wellness Centre to visit our practitioners and attending one of our classes.

