



NEWSLETTER

NOVEMBER 2005

CHIROPRACTOR:

Michael Dunn

HERBALIST/

IRIDOLOGIST

Sharon Lindner

HYPNOTHERAPY:

Sharon Lindner

MASSAGE THERAPIST:

Karen Daniels

Jo Fitzgerald

Glenn Robinson

MEDITATION:

Ric Marley

NEURO EDUCATION:

Cate Larke

PILATES/YOGA:

Maree Frawley

PSYCHOLOGIST:

Cathy Calder

Doug Calder

Our Centre offers a range of practitioners to help us in our journey towards optimal health combining mental, physical and spiritual aspects of ourselves.

**The
Wellness Centre**

65 Orchardtown Rd,
New Lambton, 2305.
Ph: 02 49561193

Pilates / Yoga Classes

Our classes have now begun and we are all feeling the benefits. We still have room for a few more people and would love you to join us. Please talk with Anne or Di at reception to book.

Classes are **Tuesday 1:00p.m.** and **Wednesday at 7:00p.m.** We are considering an early morning class so if you are interested please let us know. The cost is \$15:00 each class or \$60.00 for five.

Neuro Education.

Cate Larke who is a qualified teacher has joined our team here at The Wellness Centre with a Programme called **“Essential Moves”** and will be working on Tuesdays.

Essential Moves is a non evasive, drug free method of approaching behavioural problems, reading, writing and learning difficulties, focussing on movement and neurological development.

Cate will be giving information talks at the Centre twice a month. If you are considering bringing your child to Cate, then these classes will be full of information that you will need before you see her. Cate’s work can be related to reprogramming the soft ware on a computer so that the information from the brain is directed to the desired areas in the body.

Cate’s next talks are:

Monday 21st Nov. at 10:00a.m.

Tuesday 22nd Nov.at 7:00p.m.

Monday 5th Dec at 10:00a.m.

Tuesday 6th Dec at 7:00p.m.

Please phone reception to book.

Chiropractic.

Michael Dunn, our Chiropractor, offers complementary first visits to all children. Our focus here is Family Chiropractic Care with an emphasis on Chiropractic care for Children, so it is with great excitement that we welcome Cate Larke whose work on Neuro Education complements our Chiropractic work to ensure that all of our children are functioning at 100% and living up to their full potential!!

Spinal injury can begin from the forces and stresses of birth, especially if forceps, caesarean or suction is used. If we escape a difficult birth then the daily stress from falls and tumbles will upset the normal mechanics of the child’s Spine and Nervous System. Most people know that the nervous system controls how your body functions. The Nervous System allows communication between the brain and the rest of your body.

Children, because they are flexible, may not develop pain like us oldies, but when their nervous system is irritated they do not have proper control over their bodies. Common conditions which can be caused by this are colic, bedwetting, asthma, scoliosis, ear infections, tummy aches, tonsillitis, learning difficulties and even behavioural problems.

It is the policy of this clinic that **WE DO NOT CHARGE** for the initial Chiropractic consultation, examination, x-rays or report with Michael Dunn for any child under 16 years of age. Please book at reception.

Herbalist / Iridologist

Ideas for Vital Kids.

Have kids help with making meals. If they helped, even if it was simply shaking the salad dressing or stirring a soup they will take pride in it and be more likely to eat it. If your child is a picky eater, take them grocery shopping and have them select a fresh fruit or vegetable for each of the colours of the rainbow. Give kids a choice. Rather than announcing that the family is having broccoli for dinner, ask them if they would like broccoli or carrots. Choice is empowering.

A friend told me that in her family, each child was allowed to have three foods that they would never have to eat. I asked her what her three were and she said that she ate everything, assuming that she should reserve the taboo three for something she had yet to discover. One way to encourage kids to eat more vegetables is to provide a good tasting dip.

Sometimes a parent just needs to be sneaky. Add small amounts of some super foods such as protein powder or spirulina to foods such as casseroles and smoothies. Make food fun and fanciful. Decorate a happy face on a salad or bowl of oatmeal with sunflower seeds or raisins. Rather than overindulging in sweet fruit juices, encourage children to drink plain water or enjoy herbal teas.

Fibre is important in any healthy diet, it helps prevent bowel cancer, lower high cholesterol, and is good for weight control. Fibre is found in all fruits and vegetables.

Some essentials:

- * Protein-for growth and development
- * Iron- for energy, concentration and learning
- * Zinc - for a healthy immune system
- * Omega 3 fats - for heart health
- * Exercise - for a healthy life.

Lunch Box ideas:

- * Pita pockets filled with grated carrot, cheese and diced cooked lean meat/chicken
- * Spread lavish bread with cream cheese, top with sliced roast beef/chicken and lettuce
- * Home-made salmon patty/lentil patty/rissole can make great finger food with cherry tomatoes, carrot sticks/veggie sticks
- * Veggie sticks with dip or salsa or fresh fruit salad.

We have special rates for children so that you can help maximize their health.. Healthy eating is a vital component to a healthy child.

Sharon Lindner.

Massage

We have three massage therapist here to help you with your ongoing health.

Karen Daniels: Karen is here on Wednesday. Karen offers Lymphatic Drainage, Remedial and Therapeutic massage. Karen's newest type of massage is thermal stone. During this massage, flat rocks are heated, placed on various parts of the body as well as being used to massage with. This is the ultimate in relaxation and would be an ideal for a Christmas gift. Gift vouchers are available at reception desk.

Jo Fitzgerald : Jo works at The Centre on Monday and Saturdays.

Jo's specialities are lymphatic, relaxation and therapeutic massage. Lymphatic drainage acts like a deep cleansing treatment. It detoxifies tissues, improves circulation, nourishes and regenerates cells and increases the body's resistance to disease. Lymphatic drainage is an extremely pleasant treatment to have and is also vital for improving good health and wellbeing.

Glenn Robinson:

Glenn is our only male massage therapist and is available on Tuesday, Thursday and Saturdays. Glenn offers many types of remedial massage as well as pregnancy massage which can help eliminate waste products from the body which combats fatigue, it increases local and general blood circulation which brings more oxygen and nutrients to the cells of both the mother and the fetus. You can enjoy your pregnancy massage lying face down on a specially designed mattress.

Treat yourself, a family member or friend to a gift voucher as a Christmas present. These are available at reception.

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or visit our website:

www.thewellnesscentre.net.au