

# The Wellness Centre News

Winter 2004

65 Orchardtown Rd, New Lambton, NSW. 2305

Ph. 0249 561193

## Our Practitioners:

- **Chiropractor:** Michael Dunn
- **Dietitian:** Caroline Scott
- **Herbalist, Iridologist:**  
Sharon Lindner
- **Massage Therapists:**  
Karen Elliott  
Glenn Robinson

As you may have noticed Dr Virginia Reid is no longer practicing with us and has moved to Dr Coleman's rooms in Watt St, Newcastle and at Visionary Health in Beaumont St, Hamilton. We all miss her and wish her the best.

Our former massage therapist and receptionist Jo Fitzgerald and her husband Nat recently gave birth to twin daughters, Leilani and Maya. They are gorgeous. Jo and Nat are busy coordinating feeds, sleep, washing, cooking and all that goes with parenting.

We would like to welcome our two new Practitioners, Sharon Lindner and Karen Elliott. Sharon is our Herbalist and Iridologist working Monday to Thursday. She is filling fast so book in for a consultation soon. Karen is here on Wednesday doing relaxation massage and lymphatic drainage.

Anne Austin is our new receptionist helping Di at the front desk greeting you, taking bookings and answering all your questions.

Cheryl Mackey and Karen Elliott have also joined us and are busy helping Mike with our Chiropractic patients doing a little massage, relaxation and organising exercises.

We had a group meeting this week whereby we designed a Statement of Intent, which is a few words that represented what we are philosophically all about. Our Statement is:

**“Inspiring Optimal Wellness...Naturally!**  
This will eventually be on all of our stationary.

We are all here to support your journey to Wellness, helping you and your family be the best that you can be.

## *Kick a germ juice*

If you have any sign of a cold, sore throat or cough coming on make your self up some of this natural immune booster and drink it until you are feeling great again.

In a large container (e.g. coffee plunger) place-  
1 lemon, sliced  
3-4 cloves of garlic, chopped  
2 cm piece of ginger, sliced  
1 desert spoon honey  
fenugreek (if you are chesty)

Add boiling water and let sit for 15 minutes and drink all day. Keep topping up with boiling water and make a new batch daily.

Sharon has made a herbal mixture of fenugreek and ginger for \$7.00 per bottle for your convenience. Just ask reception.

## ***HOW DOES CHIROPRACTIC HELP”***

If an area of your spine loses its delicate balance, this can interfere with or distort the nerve messages sent from your brain to your body.

These spinal problems can actually exist from the moment you are born. Childbirth is often the first shock imposed on the spine and nervous system, particularly so when a baby’s head is forcibly pulled in the process. The bones of the spine and skull then become locked in an abnormal position and interfere with the correct functioning of your nervous system.

To restore this balance, Michael uses gentle, natural and drug free techniques tailored specifically to a child’s age and weight.

Chiropractic’s aim is to get your nervous system back to proper function to give you a better opportunity for health and wellbeing.

You may have noticed that there are always lots of children at the Centre receiving regular Chiropractic care. These children belong to a growing group of responsible parents who are realizing that with regular care their children are healthier and more likely to reach their full potential as their nervous system is working better.

**Michael Dunn** - Doctor of Chiropractic.

Michael practices on Tuesday and Thursdays in New Lambton and Monday and Wednesday at Rutherford.

If you would like your child to have a spinal check up at our expense please book at the reception desk telling our receptionists that you read the offer in our newsletter. Normal cost is \$45.00



## ***MANUAL LYMPHATIC DRAINAGE - a detoxifying massage***

Manual lymphatic Drainage very gently massages fluid just below the skin. It consists of a series of slow, light, rhythmical pumping movements followed by long gentle strokes of massage. This results in a wave-like movement along the lymph vessels, encouraging the flow of lymph and the removal of any blockage. This acts as a deep-cleansing treatment. It detoxifies tissues, improves circulation, nourishes and regenerates cells and increases the body’s resistance to disease.

Lymphatic Drainage is particularly successful in conditions where excessive amounts of fluid are retained by the body causing swelling, which can also lead to infections. Very little lymph flows in parts of the body that are not moving. This is one reason why very inactive people tend to suffer fluid retention.

The benefits are numerous including the reduction of headaches, migraine, arthritis, lymphodema and rheumatism. Additionally, this type of massage promotes better sleeping, relaxation, breathing, defence against colds and flu and is a successful beauty treatment for the face including treating acne.

### **Lymphatic Drainage is the major hands on treatment of Lymphodema.**

Lymphatic drainage is not only a pleasant treatment to receive, but vital for improving and maintaining good health and wellbeing.

**Karen Elliott** - Massage Therapist.  
Karen is available on Wednesdays.

*No one can create anger or stress within  
you.  
Only you can do that by virtue of how you  
process your world.*

## **“HOW TO HAVE A HEALTHY and HEARTY IMMUNE SYSTEM.”**

There are many benefits to having a happy immune system, such as catching fewer colds and warding off cancer. Many medicinal plants have the ability to strengthen the body's immune system. We call these herbs - immune tonics. Immune tonics work by treating infections and preventing illness.

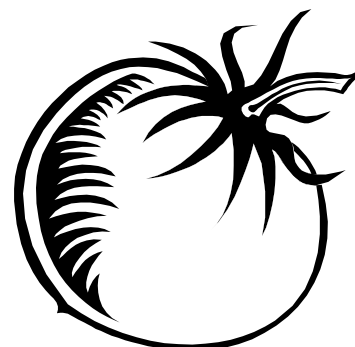
### **Cold Facts**

- It is estimated that adults fall prey to the common cold 2 to 5 times a year, while infants and young children suffer from 4 to 8 colds a year.
- We are more susceptible to colds during the winter months, but colds can strike at any time.
- Although a single infection produces antibodies to protect you from future infections, there are over 200 known types of cold viruses. It can take a lifetime to build up immunity to each one.

The common cold is an illness that few people are able to avoid. More than 200 viruses can cause a cold or flu, and yet no cure has been found. So what are our options besides working through a box of tissues?

### **Immune Boosting Herbs**

- *Astragalus* - acts as an adaptogen, which means it is a general tonic for the immune system. It is especially effective for acute infections.
- *Reishi* - is a mushroom with immune stimulating properties, and is of benefit when the body is rundown. It supports the body through physical and emotional stress.
- *Rosehip* - high in the antioxidant vitamin C. We generally need more vitamin C than we are getting since the body does not manufacture this vitamin.



What you can do to strengthen the immune system

- Extra bed rest
- Limit high sugar foods and drinks
- Exercise regularly
- Reduce stress
- Eat plenty of fresh fruits and vegetables
- Have fun - life was meant to be easy**

**Sharon Lindner** - Herbalist and Iridologist.

Sharon is available for consultation Monday - Thursday.

## ***“Benefits of Massage during pregnancy”***

During pregnancy a woman’s body undergoes many changes, some of them stressful and uncomfortable. The benefits of massage during a pregnancy are as follows:

- helps mothers body to eliminate waste products through the lymphatic and circulatory systems, which combats fatigue and **helps the mother feel more energetic**
- by aiding circulation, massage eases the load on mother’s heart and helps blood pressure
- helps carry away the lactic acid and other cellular waste products that build up and cause muscle fatigue
- can help relieve depression or anxiety caused by hormonal changes
- help with muscle cramps, spasms and pain, especially in lower back legs and hips. It can relieve stiffness, tension, headaches, sciatica, edema, swollen ankles and feet
- increase local and general blood circulation, which brings more oxygen and nutrients to the cells of both the **mother and foetus**. This means greater vitality and less fatigue for the mother and **better nourishment for her baby**.
- stimulates glandular secretions, which **helps stabilise hormone levels**.
- relaxes tense muscles and tones loose muscles, and can also increase muscular flexibility which will be most helpful during the last trimester and during the birth itself.
- massage helps to soothe and relax nervous tension, which helps the mother sleep more easily and more deeply. Doctors all agree that a relaxed mother will have a happier, healthier pregnancy and possibly an easier childbirth experience too.
- massage can be used after the birth as well, to help **regain strength more quickly and ease postpartum stress**.

Of course, there are many emotional benefits of a massage besides just the physical benefits. Not only is a massage relaxing, comforting and healing, it promotes general wellbeing. **Pregnancy massages are available from Glenn on his specially designed mattress.**

**Glenn Robinson** - Massage Therapist.

Glen works from  
Tuesday, Thursday

the centre on Monday,  
and Saturdays.

*Everything in the Universe flows. You can't get a hold of water by clutching it. Let your hand relax and you can experience it!*

**The  
Wellness Centre**

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