

## REGISTERED PSYCHOLOGISTS

### Cathy Calder and Doug Calder

Cathy and Doug have over 20 years combined experience providing psychological services to the community. They have extensive experience working in mind-body healing and holistic health; rehabilitation; pain management; hypnotherapy; stress, anxiety and depression ; relationship challenges; child behaviour and alternative learning options for children drawing on Montessori Methods.

#### What is a Registered Psychologist?

Psychologists specialise in helping people with their thinking, emotions and behaviour, and are educated for six years. Psychologists are registered, which means they must be competent and follow a strict Code of Conduct. Seeing someone who is registered ensures you receive high quality, confidential and ethical treatment.

Medicare rebates are now available.

## YOGA PILATES

### Maree Frawley.

Maree runs a combination of yoga and Pilates classes five times a week. These are available for beginners or advanced. Please ask reception for more details.

Classes are Tuesday and Thursday at 1:00pm, Monday at 10 to 6 and 7:00p.m and Wednesday at 7:00p.m.

Classes are for one hour each session.

Please wear loose comfortable clothing and bring a towel.



## The Wellness Centre

- Chiropractor
- Herbalist & Iridologist
- Bio and Neurofeedback
- Psychologist
- Massage
- Pilates

New Lambton:

65 Orchardtown Road, NSW, 2305

Ph: 4956 1193

Website: [www.thewellnesscentre.net.au](http://www.thewellnesscentre.net.au)

*"Inspiring Optimal Wellness... Naturally!"*

# CHIROPRACTOR

Michael Dunn

Michael has been in private practice for over 25 years and has a wealth of knowledge and experience to support people's health needs in many areas.

The Chiropractic emphasis at the Centre is **Family Health Care** and by using our gentle and effective techniques we consult with all ages from newborns to the elderly.

Chiropractic is based on the scientific fact that your nervous system controls the function of every cell, tissue and organ of your body. Interference to the nerve supply, can result in a poorly functioning body, pain, and ultimately ill health.

When we know that every vital organ in the body is connected to, and controlled by the nerves, we can understand why so many conditions such as **headaches, colic, digestive problems, learning difficulties, asthma, hay fever, ear infections, autism, hyperactivity, bed wetting, menstrual problems, menopause** and countless more may improve during Chiropractic care.

# Bio and Neurofeedback

Dianah Rodrigues MSc. AACMA

**Biofeedback** allows a person to achieve greater voluntary control over what is happening in their body e.g muscle relaxing, skin temperature, heart rate, skin conductance. This is done using a computer programme and is monitored by Doug and Dianah.

**Neurofeedback**, or EEG feedback is a means of training designed to regulate brain wave activity, or states of consciousness. The training allows you to monitor and modify brainwaves to directly affect behaviour, academic performance as well as physical and emotional well-being. After an initial assessment, a training programme will be designed by Doug. Sensors are placed on the scalp and the ears; the brainwave activity is amplified and monitored by a computer.

The computer feeds back information in the form of a game and the person learns to become more aware of their thoughts, feelings and sensations.

**Neurofeedback is a drug free, non-invasive, brain training for reducing stress and enhancing academic, personal and social effectiveness. Children with ADD, ADHD and learning difficulties can get great results from this.**

# HERBALIST and

# IRIDOLOGIST

Sharon Lindner

Bachelor Health Science(Comp Med)

Dip Medical Herbalism

## SERVICES OFFERED:

Herbal Medicine

Iridology

Natural Fertility

Hypnotherapy

Nutritional & Lifestyle Advice

Bach Flower Remedies

Hormone and Allergy Testing

While herbal remedies are not intended to replace modern medical techniques, they do offer a genuine means of maintaining health and combating many common conditions.

During a consultation we look at the role you can play in your own healing process, by helping you understand the importance of exercise and dietary changes and by discussing how lifestyle factors influence your health and well-being. One of the benefits of herbal medicine is its ability to cleanse and restore the vital energy of the body.

Iridology is used as one way to investigate the Body's constitutional strengths and weaknesses. It does this by giving insight into the possible underlying factors contributing to the body's overall state of ill health or to the disease process present.

What do your eyes say?