

The Wellness Centre

Winter, 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

Kinesiology:

Myra Espey

Bowen Therapy:

Myra Espey

Pilates:

Maree Frawley

Meditation: Cathy Calder

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.

Reaching Beyond

Wed 11-1 from June 3rd

Empowering Relationships Workshop:

28,29th June

Chiropractic Workshops:

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

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



The Wellness Centre

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Website:

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Your Heart

The Heart

Body Therapist—Janice Latham

The Heart-"A hollow muscular organ which pumps the blood throughout the body, situated behind the sternum slightly towards the left side of the thorax". As stated in Bailliere's Nurses Dictionary.

Most would just refer to it as a muscle, which I suppose it is, or is it? Throughout the years the heart is presented as a heart shape. It represents love, romance, feeling, plus the opposite end of the scale - pain and hurt. People have been known to die of a broken heart.

Some cultures believe the heart to be the keeper of the spirit, that it should be open, free from restriction and allowed to flow freely. It is believed to be the very connection we have with each other. The more open and giving we can be with our heart the better we feel within ourselves. It is the very art of giving and helping others that keeps our heart and spirit alive. I am sure each and everyone of you has at some point in your lives has been touched in a way that makes us feel overwhelmed with emotion: the birth of a new baby, the very gift of life, a kiss from someone you love or a simple hug that everything is going to be alright. All this from a muscle that pumps blood throughout the body, I think not, but you make up your own mind.....

The best and most beautiful things in the world cannot be seen or even touched.

They must be felt with the heart.

-Helen Keller.

Empowering Relationships Seminar

Psychologist –Cathy Calder

A good relationship is one that supports you in being free to be yourself, in developing as a person and in being a part of a loving family. All too often, power games, competing priorities, lack of intimacy and inability to resolve conflict leads to estrangement.

In this seminar, learn how to make your relationships great by using some practical skills in relating, as well as learning how to appreciate the energy and spiritual dynamics in the relationship. Your chakras hold patterns of expectation and energy which affect the way your relationships progress. By changing internally and connecting consciously with your Divine self, you can create more love, respect and intimacy. Interestingly, both partners do not need to attend this seminar for changes to occur. Nor do you even need to be in a relationship to benefit. As we change, our whole world changes. The seminar is facilitated by Cathy Calder, a Registered Psychologist, who has worked in mental health, personal growth and spiritual development for over 15 years.

Fee: This seminar is offered by donation, based on the value you receive and your financial means. (Open market value \$450.00)

When: Weekend 28-29th June 2008 here at The Wellness Centre . 9:30a.m.

—5:00p.m. Please register at Reception desk.

Meditation

For relaxation, energy healing and spiritual development.

Mondays from 1:15p.m.—2:15p.m. (Please be on time)

No need to book. Facilitated by Cathy Calder, Psychologist and Spiritual teacher. Cost:\$10 or by donation to suit your means. Bring a cushion if you like to sit on the floor.

All Welcome!!!

Kinesiologist/ Parenting Specialist

Myra Grisdale

Myra is the author of the book "Why Won't my Child Listen". She runs workshops for parents to enable them to parent confidently while providing their children with high self esteem. Her aim is to produce Balanced Children and happy families. She also works privately with parents, and the entire family to create harmony and improved communications. Myra has a background in Psychology and Education.

Myra has fifteen years Kinesiology experience, a modality that deals with the real causes of problems in a wholistic way. It seeks to eradicate the cause rather than spending years bandaging the symptoms with little real change in behaviour or thinking. She also uses **Brain Gym** and **Bowen Therapy**. She is a **Kinesiology** and Brain Gym Facilitator. She works with people of all ages with physical, emotional and behavioural issues. She has excellent results with children with learning difficulties, inappropriate behaviour, motivation, ADD, ADHD and low self esteem. She works with adults having difficulties with relationships, lack of purpose, physical ailments and depression.

Myra will be running an 8 session life transforming workshop called **Reaching Beyond** - Wednesdays from 11.30 - 1.30 starting on the wed 4 June. The ultimate goal of the workshop is to change the paradigm of separation, struggle and survival to the new paradigm of UNITY, Co-OPERATION, LOVE and being HEART DIRECTED.

“Stop focusing on what you do not have and shift your consciousness to an appreciation for all you are and all that you do have.”

The Heart and Nervous System Connection Chiropractor—Michael Dunn

Even if every nerve in your chest were disconnected, your heart would continue to beat. This is because a small node of heart muscle rhythmically contracts and relaxes on its own, setting the pace for your heartbeat. This natural pacemaker is called the "sinoatrial node." In the average adult, the sinoatrial node maintains a rhythm of approximately 70 beats per minute.

As impressive as this natural pacemaker is, it is a very limited control system. Left on its own, the sinoatrial node would keep your heart constantly beating at an invariable speed, whether you are exercising or resting, upset or relaxed, alert or asleep. Fortunately, the nerve supply to your heart provides accelerators and brakes. The accelerators - nerves that cause the heart rate to speed up - are called "sympathetic nerves." The sympathetic nerves to your heart originate from the thoracic spine (in your upper back). The brakes - the nerves that slow down heart rate - are called "parasympathetic nerves." The parasympathetic nerves to your heart originate from the brain itself, and pass very close to the upper cervical vertebrae as they pass through your neck on their way to your heart.

Over the years, chiropractic researchers have noted that chiropractic adjustments often are accompanied by a normalization of cardiac rhythm. This suggests that nerve restriction (subluxation) can create an imbalance in the sympathetic and parasympathetic stimulation to the heart. A recent study made use of a specialized type of electrocardiographic measurement, which is a sensitive indicator of sympathetic/parasympathetic balance in the control of heart rhythm. This measurement is called heart rate variability (HRV).

Several chiropractic practices contributed HRV data from 539 chiropractic patients with no history of heart disease. Most of these patients had HRV readings done before and after a single adjustment, while 20 percent had their HRV measurements done before and after four weeks of care. In both groups, HRV at the end of the study was significantly better than HRV at the beginning of the study. Even though these patients had no known cardiac health problems, improved sympathetic/parasympathetic balance clearly is beneficial. Previous research data indicate that better HRV readings correlate with better cardiovascular fitness. While much more research needs to be done in this area, this recent study is part of a growing body of literature indicating that chiropractic adjustments have implications beyond back pain.

Doctors of chiropractic maintain that spinal health is neurological health, and neurological health is whole-body health.