

March 2011 Newsletter

Hello

Welcome to a wellness review... I hope your feeling healthy and fantastic! This year is already flying by so I thought I would bring you up to date with the latest clinic news.

Skin disorders I am attending a seminar on SKIN DISORDERS in Canberra in a few weeks – this a problem area for many people suffering from eczema, psoriasis and acne. Naturopaths believe that skin disorders are a manifestation of internal issues and the way to effectively resolve skin problems is to make you healthier on the inside first.

There are new creams available for symptomatic relief from psoriasis and eczema that can be applied while we address internal issues. There is also a great new herbal combination that addresses removing toxins from the lymphatic and circulatory system which is another great way to improve skin disorders.

Common supplements used to treat skin problems are zinc and fish oil. I can assess your zinc levels in clinic with a simple taste test and I can provide you with a super strong fish oil extract specific to your skins requirements. I am sure I will have some new information on skin disorders over the following weeks that I can share with you.

For more information check out the information sheet on my website:

http://www.mywellnessclinic.com.au/docs/info/skin_condition.pdf

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Massage? Over the years I have had many lists on why a regular remedial massage is a great thing to do for your health. The other day I was researching the benefits of massage for conditions like multiple sclerosis, parkinsons, cancer and motor neuron disease and I was amazed at the information I read. According to research remedial massage can actually halt the progress of multiple sclerosis!

Why should you have a regular massage?

1. Deep relaxation and calm
2. Improved circulation
3. Increased joint mobility and flexibility
4. Stimulation of the lymphatic system
5. Speedier healing of tissue injuries
6. Reduced anxiety and depression
7. Reduced muscle tension and pain
8. Reduction of cortisol and stress hormones
9. Improved – younger looking skin tone
10. Improved bone strength and integrity

Massage can help with anxiety, arthritis, back pain, chronic pain, constipation, diarrhoea, depression, headache, high blood pressure and insomnia.

Colds and Flu

I am starting to see the change of season colds, sinus and flus in clinic. I can help your body fight off infection using herbs and nutrients. Colds are best tackled quickly with natural immune support and we can even assist with infections by providing anti-bacterial herbal combinations to fight infection. By supporting your immune system you can avoid antibiotics and time off work/school being sick. If you want more information on natural immune support please consult me. Many clients now have a small range of cold and flu fighting supplements in their medicine cabinet at home and can quickly and effectively fight off colds at the earliest signs.

Living life to its fullest – working in the health industry and also in palliative care I often think about how important it is for each of us as individuals to be living the life we want to live at its full potential. I sometimes see young lives cut short due to illness and disease and I think its important that as individuals we do everything we can to be healthy including exercise, eating well and supporting our health with natural means. Also to be mindful and present – to enjoy each day and to live our dreams as you never know when the opportunity could be taken away from you.

In February I lost two lovely clients – one to cancer and the other to Motor Neuron Disease. In memory of Ian Bond

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Pet Rescue Many of you are aware that I am heavily involved in the rescuing and foster caring of dogs and cats. This is charitable work and we are always looking for humans to help with administration, driving, fund raising and donations. If you can help in anyway please talk to me about it and check out : <http://www.coastalpawsrescue.net/> I have lots of kittens, a mother cat, puppies (cattle X) and an older dog available for adoption at present – look at our website or talk to me directly.

Animal Health I am passionate about the health and well being of our furry friends. Did you know that you can save heaps of money on food and vet bills by changing your animal to a natural diet? Its so easy and they will love it and you will have such healthy pets. I am now doing in home consults for all animal health issues – I can help you improve your animals diet and also prescribe nutrients or supplements to help you pet with a range of different problems. I am also doing animal massage (in home) and I think the results are amazing – even better than with humans. To talk about your animal's health – give me a call.

Don't forget about the other services available at My Wellness Clinic. Bronwyn Hodgekiss is a great counsellor and she is available every Fri and by appointment at other times. She is highly accredited and I am getting great feedback from clients that have seen her.

Also Vanessa Toleafoa – our resident hypnotherapist has a range of other services under her belt. She is available by appointment. For more information check out our website:
www.mywellnessclinic.com.au

My nutrition student Olivia would like to begin offering free short dietary consults (under my supervision) – to arrange a time contact the clinic.

kind regards Christina Pirie 0414 868 185