



# NATURAL HEALING CENTRE

EXCELLENCE IN HEALTH  
AND WELLBEING



## Summer Newsletter 2013

*“Summertime is always the best of what might be.” - Charles Bowden*

We welcome the warmer weather of summer and with it the festive season, as this year draws to a close we pause to reflect on the New Year to come.

### Christmas closing dates:

Closed Tuesday 24<sup>th</sup> December - Re-open Monday 13<sup>th</sup> January.

### What’s happening at the Natural Healing Centre?

- We encourage you to check that you have enough remedies to last over the closed period. If not, please do not hesitate to call so that we may put products aside for you to either pick up or post out.
- Bon Voyage to Zoe Roelink, our Ferny Creek Clinic Manager, who is off to live and work in Hawaii for 12 months.
- We offer a warm welcome to Sarah-Jane Perri and Lauren Brown, our new Ferny Creek receptionists.



### Practitioner Availability – Ferny Creek

**Dr Nerida James** - Naturopath - Monday, Tuesday, Thursday, Friday and alternate Saturdays

**Dr Teresa Oates** - Naturopath - Tuesday, Wednesday, Thursday and alternate Saturdays

### Practitioner Availability – Mitcham

**Dr Nerida James** - Naturopath – Wednesday and Friday

**Dr Linda Laratro** - Naturopath – Monday, Wednesday, Friday and Saturday

**Dr John Piesse** - GP *General Practitioner* – Tuesday and Friday

**Dr Maria Colosimo** - Naturopath – Tuesday, Thursday and Saturday

**Scott Brisbane** - Acupuncturist /Craniosacral Massage – Monday and Friday

**Glyn Bennets** - Food Intolerance testing – once a month



### SUMMER JUICES

During the summer period fresh juices are a great way of boosting your daily intake of vitamins and minerals whilst enjoying a healthy refreshment, this greatly increases energy in summer.

Remember to seek out local organic produce where you can and choose fresh fruits and vegetables that are in season.

Below are some ideas of different juice combinations; don't be afraid to get creative with your own juice combinations this summer.

- 🍷 lime, peach, apple and carrots
- 🍷 spinach, cucumber and celery
- 🍷 orange, apple, carrot, celery and beetroot
- 🍷 beetroot, carrot, ginger, green apple
- 🍷 watermelon, apple and mint
- 🍷 apple, lemon and ginger

- 🍷 parsley, apple, carrot and celery
- 🍷 beetroot with greens, spinach, lettuce leaves, collard green leaf, carrots and red apple
- 🍷 spinach, celery, carrot, lime, lemon apple and strawberries

## ***Bowen Therapy***

Through specific soft tissue or fascial release and integration techniques, Bowen stimulates specific receptors that enable the body itself to correct dysfunctions and restore homeostasis (balance) on a holistic level. Through treating the cause rather than the symptoms Bowen Therapy has consistently shown it can have profound and permanent healing and pain relief outcomes. This relief is experienced by many people who present with a wide range of painful conditions, even where other modalities or treatments have resulted in transient or little improvement.

Importantly, Bowen Therapy, being holistic, does not rely on a detailed diagnosis of the problem and its origins, which is often costly and indeterminate. Bowen Therapy treats the whole body, and its holistic effects are apparent in patients who find resolution to problems above and beyond those for which they have sought treatment, for example lack of energy, stress or emotional issues. It helps with spinal realignment and lymphatic drainage.

### ***A brief interview with one of our Naturopaths; Ms. Maria Colosimo;***

Question: I have not responded well to physio therapy, chiropractic or osteopathic treatments for my knee joint pain?

*Maria: Bowen is especially good for people who suffer from knee, ankle, feet, and tennis elbow problems.*

Question: My child has colic and will not stop screaming?

*Maria: Bowen can also help calm children with the pain experienced by colic*

Asthma and digestive issues are amongst many conditions that may be relieved using the Bowen technique, should you wish to book in with Maria, Linda or Nerida to discuss further on how Bowen may be of help to you please do not hesitate to contact us.

### **Want to give something special for Christmas?**

#### **Why not one of our gift packs!**

##### **Massage & relaxation Pack \$35**

 includes a heat pack and massage oil

##### **Summer Survival Pack \$20**

 includes natural insect repellent,  
natural sunscreen and miracle e cream

##### **Natural Personal Care Pack \$25**

 includes natural deodorant, Propolis  
toothpaste and organic goats milk soap

##### **Gift Vouchers also available!**

-  1 hr relaxation massage for \$70
-  Acupuncture, Naturopathic consult,  
EBT or Craniosacral Massage

### **ENDURA - avoid heat exhaustion this summer!**

We have a fantastic product called **ENDURA** magnesium rehydration formula.

#### **ENDURA: helps with;**

-  The loss of salt, calcium, magnesium, and potassium. Perspiring or just being in the heat can cause; headache, extreme fatigue, nausea, vomiting, fainting or clammy hands and body.
-  As a recovery drink, it provides important electrolytes that are lost during very hot days. It also provides valuable building blocks that assist's with the recovery of strength for your body. Great for after a workout.
-  Mixed with water, Endura comes is a delicious Lemon Lime flavour that is a refreshing way to rehydrate your body, with no preservatives, artificial colours or flavours.

For our latest blogs, information and shopping cart visit our website:

[www.naturalhealingcentre.com.au](http://www.naturalhealingcentre.com.au) and find us on **face book**



To make an appointment - please call Ferny Creek 03 9755 1900 or Mitcham 03 9873 0966

**We look forward to seeing you soon!**

Yours in Good Health, the Team at the Natural Healing Centre

