

Hi and welcome to the first 2012 edition of the Wellness Review.

A special welcome to all my new clients from Grabone and \$22 deal promotions.

CANCER THERAPIES

This year the focus of my studies will be cancer prevention, treatments and adjunct therapies. The Big C strikes fear into the heart of many people and I feel as a naturopath it's an area we can always improve treatment strategies and prevention techniques. I am attending the first seminar next weekend in Canberra with the intensive International Congress of Natural Medicine following in June on the Gold Coast.

What can I offer?

For clients who have had cancer or have a family predisposition prevention is obviously the key – we can focus on an anti-cancer wellness nutritional program and supportive nutrients and herbs to ensure the body is detoxifying well and you have adequate anti-oxidants and other great immune support in place.

For clients with cancer I can advise on natural treatment options and work hand in hand with your oncologist and surgeon to make sure you are being given every possible option in ridding your body of cancerous cells. Many natural medicines can safely be used with most chemotherapy treatments and can help reduce side effects and improve recovery rates.

Post treatment – lets help you heal ASAP with effective detoxification programs, super potent anti-oxidant formulations and superior nutrition to get you back to your old self (or even better!)

Massage is deemed to be safe during most cancer treatments and is an effective method of stress relief which can lower the risk of a cancer developing. Massage techniques such as relaxation or lymphatic drainage are excellent during and post treatment to help you recover quickly. Some surgery can interrupt lymphatic flow so it's important to assist lymphatic drainage manually with massage to reduce swelling and oedema.

Obviously the Big C is something no one wants to hear but statistically it affects a large percentage of our population in some way so understanding and using natural therapies as a treatment option, prevention strategy and as adjunct to other therapies is a great way to give you the best change of being free again.

Obviously I will have a lot more information over this year to share with you regarding cancer treatment options – please make an appointment to discuss your options if you feel cancer is something you specifically wish to prevent or need assistance with.

NEW 6 STEP NUTRITION PROGRAM

Those of you that have attended the clinic for dietary advice already know that I try and offer you easy to manage changes that are non-stressful and I try to incorporate foods that you actually enjoy eating.

I believe dietary changes need to be easy, achievable and life long if you truly wish to embrace a life of wellness. It's human to go through bad periods whether it's due to stress or other life circumstances where the wheels fall off and we eat the wrong thing.

For this reason I have d the new 6 step healthy eating program. This program is designed for clients that are not looking for a crash diet but want to make changes to their eating habits that will improve their health, assist in losing body fat, improve energy, assist in stress management and help you form healthy habits that are supportive for good health – hence minimising cancer, heart disease, diabetes, stroke, etc. The program is designed to be non-confrontational and supportive – allowing you to make changes at your own pace with guidance and encouragement.

Initial nutrition consults are \$55 for 45 minutes, or \$40 for 30 minutes as a follow up appointment. Eating well is about looking good but also feeling good – lots of energy, beautiful glowing skin, great mental focus and better coping with the days challenges.

OTHER THERAPISTS

Don't forget we have counselling services available from the clinic with Bronwyn Hodgekiss and also Skin specialist Louise Power – grab a brochure when you pop in next and make an appointment with these lovely ladies.

NEW STUDENT

I welcome Ellen my new naturopathy student to the clinic. Jane has new graduated – well done to her so Ellen will be helping me in the clinic one morning a week to build up her clinic hours. Ellen will sit in on the occasional consultation for naturopathy or nutrition – students are always unobtrusive and of course everything we say in every consult is 100% confidential. If you would prefer not to have a student present at your appointment time please let me know.

REIKI

I have recently completed my Reiki 2/3 levels so I feel ready to start practising. Reiki is a form of hands on healing – it's very gentle and relaxing and would make a nice addition to the end of a massage treatment or is lovely as a stand alone treatment.

HOURS/FEES/AVAILABILITY

When do I work?

Mon (clinic 8.30-5.30pm)

Tues (home visits)

Wed (clinic 8.30-5.30 pm)

Thurs (clinic 8.30-9pm)

Fri (home visits/FCF Gym)

Sat (fortnightly – Clinic 8-12.30pm)

Current price list *All treatments are health fund rebateable*

Remedial Massage (relaxation, rehabilitation)

\$65 1 hr \$35 ½ hour \$90 1.5 hr

Lymphatic drainage

\$50 45 min

Thermal stone therapy/massage

\$80 hr \$115 1.5 hr

Ear Candling

\$45 inc candles – candles separately \$8.50

Naturopathy

\$100 initial inc all testing 1.5 hr

\$40 follow up ½ hr

\$20 weigh/measure ¼ hr

Nutrition – 6 Step Healthy Eating Program

\$55 ¾ hr consult

\$40 follow up ½ hr

Reiki

\$35 half hour

\$65 hour

Animal consults – please enquire for a price

Home visits and **workers compensation** treatments – price vary - enquire

My next mental health break is from 14th April till 23 April for school holidays. I will be available over Easter on Easter Saturday and instead of Easter Monday I will work Tues 10th in the clinic.

GASTRO

This week I have had so many clients tell me someone they know has had vomiting and diarrhoea. What can you do if you have gastro?

- Stay hydrated – small sips of water, rehydration formulations such as Endura, fresh juices or whatever you can stomach.
- Slippery elm is excellent for gastro it's very soothing and will often stop it in its tracks – it usually comes in a capsule and I would suggest you keep taking them every 15-30 min until you stop vomiting them up.
- For cramping and diarrhoea – the slippery elm with help, also the good bacteria Lactobacillus Plantarum is helpful as it is anti-inflammatory and soothing to the intestinal tract.
- Keep Slippery Elm and Lactobacillus Plantarum at home for emergencies
- When your sick take time to rest and recuperate – taking tablets that stop the symptoms and rushing back to work usually means you will spread your germs and take longer to recover.
- Simple hearty food like a chicken and vegetable broth is nourishing and easy to digest and a good food to restart after an upset tummy.
- If you're prone to tummy upsets or your stomach is generally difficult it's a good idea to look at a sorting out your digestive system with a comprehensive detox and repair program.

COLD SEASON

Change of season is well known for cold, flu and allergies. Many clients are familiar with the marvellous Andro NK. This product is a great one to have in the cupboard and take at the first sign of a cold, flu, sore throat take some and it starts to work straight away. A lot of clients report that it will stop a cold in its tracks and certainly will shorten its severity and quite often will prevent the need for antibiotics. It works by boosting the immune system so it can fight off your cold. It works well for viruses also and even itchy bites as it has a balancing effect on an overactive or underactive immune system. I always have Andro NK in stock – let me know next time your feeling under the weather and you can give a try!

CLAWS N PAWS RESCUE

We have lovely young kittens, juveniles and adult cats up for adoption at present – you will meet Mary (black domestic short hair) on the stairs when you come. All cats and kittens are \$120 – all vet work is done including desex. I am in the process of starting my own Rescue group – it will be Claws N Paws Rescue – I am waiting on final authorisation from the government. We will rehome dogs and cats and all support and spreading the word is appreciated.

FUND RAISING

My beautiful daughter, Tatiana is going to Hawaii next year with the school band so I will be fund raising on her behalf for the next year! Please support her and purchase raffle tickets and chocolates (your naturopath won't mind on this occasion!). The raffle is \$2 per ticket with the prize of \$16000 or a new Toyota Yaris run through Community Chest – let me know if you can help in anyway.

CHILDHOOD IMMUNITY

Attached is some information on Childhood immunity – we have a new kid's range which is much more palatable and effective than past products. Kids respond well and offering them natural products help to boost their immune system rather than constantly bombarding them with antibiotics which can damage their immune system.

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

GIVING YOUR CHILD THE BEST START IN LIFE

Attached is some information on supporting kids healthy brain development – ADHD and Autism are growing every year and as parents we need easy strategies to help support our children to learn and grow healthily.

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

Did you know if we are deficient in essential fatty acids (healthy fats) our brain will take up unhealthy fatty acids and use them in its place. This is linked with dementia but you can imagine how a simple thing like essential fatty acid deficiency can affect our child's brains.

That's it from me – I look forward to seeing you in the clinic soon. I really love my job I am so grateful I can share my knowledge and expertise with such a nice group of people and feel like I am making a positive change to your life.

Kind regards Christina

To book email me on cpirie@exemail.com.au or call/text 0414 868 185.

Check out my website www.mywellnessclinic.com.au