

Hello

Welcome to a wellness review... I hope your feeling healthy and fantastic! Lots of my Wellness clinic news to share.

Firstly I am happy to welcome the following new practitioners to my Wellness clinic. It's wonderful to have a group of practitioners with similar outlooks in practise so we can offer clients a well rounded service encompassing all areas of mental, spiritual, nutritional and herbal health.

- **Brownwyn Hodgekiss** is our counsellor available every Fri and other times by appointment. She can assist with couples counselling, grief management and assist with anxiety management among many other things. She can be contacted directly on 0425 223 019 or contact the phone clinic number to enquire.
- **Maira Bayliss** is a medical herbalist and meditation facilitator available in the clinic every Saturday. She practises in mixing liquid herbs and is very interested in using herbal teas and meditation as a part of managing stress. She is also a MINDD practitioner and is very interested in childhood health. She can be contacted directly on 0450 160 932 or contact the phone clinic number to enquire.
- **Vanessa Toleafoa** has more qualifications than I can list! She is a hypnotherapist, life coach, archetypal therapist, reiki practitioner and much more! She is very passionate also about animal health and she is available some Tuesday evenings by appointment. She can be contacted directly on 0423 529 094 or contact the phone clinic number to enquire.
- **Christina Pirie (me!)** is still available every Monday, Wednesday, Thursday till late and alternating Wed evenings and Sat mornings. Of course I can assist you with remedial massage, hot stones, ear candling, naturopathy and nutrition.

I also have a nutrition student in the clinic on Wednesdays – her name is Olivia and she is very passionate about vegetarian living, yoga and is a cook by trade – so she has some interesting knowledge to share.

In December – I will offer all clients a book of discounts which will give you the opportunity to meet and make use of all the services my Wellness Clinic has to offer.

Christmas Hours

- Christina will be unavailable 25th Dec till 2nd Jan, then 10th till 19th January, 2011.
- Bronwyn will be unavailable 24th Dec till 10th Jan 2011 but will be available for emergencies.
- Maira will be unavailable 24th Dec till 10th Jan 2011.
- Vanessa will be unavailable 20th Dec till 31st Jan 2011.

When you arrive at the clinic you may notice some chickens in the yard now – they are **rescue hens** and a quite a delightful pet (the eggs are a bonus!). For more information on hens check out www.henrescue.org

I am also doing foster care work for **Coastal Paws pet rescue** – I have a 5 month old pup up for adoption – he is lovely mixed breed pup and is shaping up to be very clever with a few tricks already under his belt. He will make a lovely companion or family pet and he gets on well with other animals/cat included! To check Jerry out go to <http://www.petrescue.com.au/view/83859>.

I also have two Old English Sheepdog pups who have just joined the club and are also up for adoption to view Sev and Ellie look at the links below:

<http://www.petrescue.com.au/view/89266>

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To find out more on go to www.coastalpawsrescue.net and look at the pets for adoption – alternatively you can meet him in person by contacting me!

I am also associated with **One Health Organisation** – the mission of this group is to bring wellness to the poorer parts of the world and our community. By offering nutritional assistance, education in cooking and food storage/preparation and other natural medical care it is our goal to improve the health in less fortunate communities both internationally and at home. To donate or for more information go to www.onehealthorganisation.org

Since my last newsletter I have attended many seminars:

- Shake it – fat loss program
- Mindd practitioner education program
- Wellness and anti-aging seminar

Shake it is a new fat loss program – it's easier and more successful than the old Ketosystem. All my clients who are shaking it and losing around ½ to 1 kilo a week on average and around 6 cm as a minimum weekly loss. As this program is easy to follow I am finding clients are more compliant and can manage to eat sensibly even in times of stress. This program also has a ten step trouble shooting guide to assist with problems encountered also the fat loss journey. This program is also covered by some health funds as a stand alone program making it more affordable and easier than ever to shift those extra centimetres. To book in and get started this year call me today and look at www.shake-it.com.au

The **MINDD association** provides support for families with children that have autism, learning disorders and a range of other behavioural problems. Moira and I are both accredited MINDD practitioners now and the goal of this program is to achieve results with these tricky cases. The MINDD philosophy encompasses diet, nutrition and extensive biomedical testing to ensure that these children have adequate levels of every nutrient they need to reach their full potential.

The results that can be achieved are quite amazing with the commitment of the families to improving their child's health.

While at this seminar I discovered that there is lots of ways we can give difficult children medication – easy options available are creams that absorb into the skin, masking syrups to hide the taste of supplements and injections that can be given at night while the child sleeps. These great options open up treatment for children that are non-compliant with traditional dosing strategies.

Finally the **wellness and anti-ageing** seminar highlighted the importance of a healthy diet and appropriate supplementation to support our mind and bodies in the ageing process. For more information please ask me at your next consultation.

I am getting fantastic results with the menopause relief product released last year – I have found that it has worked with every client experiencing hot flushes, headaches, back aches and other problems associated with menopause – again for more information please ask me at your next consultation.

Christmas can be a stressful period for many people due to the 'rush' of the season – if you are finding yourself becoming stressed don't forget natural medicine has so many methods of assisting and managing stress for more information please ask me at your next consultation.

To reduce the burden at Christmas take advantage of Gift Vouchers available at the clinic now – there is a self serve table outside the clinic which is available Mon to Sat during clinic hours. Come along anytime and help yourself – instructions are on the table outside the waiting room and don't forget you can some health fund rebates on some of the services available at my Wellness clinic.

Please find attached the wellness review on the Fat loss program – Shake it!

I will be in touch again soon with more clinic news

Kind regards

Christina Pirie

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