



SUNCOAST NATURAL THERAPIES CLINIC

**1/56 Landsborough Pde
Golden Beach Qld 4551
Phone: 07 5492 3305
Email: sntc@aapt.net.au**

Therapists:

Melanie Sheen

Naturopath/Massage Therapist

Larry Snel

Acupuncturist/Massage Therapist

Gail O'Kane

Psychologist

Jenny Hacking

Massage Therapist

Sandra Wilkinson

Bowen Therapy

Services Provided:

- Naturopathy
- Acupuncture
- Massage
- Lymphatic Drainage
- Bowen Therapy
- Biofeedback Therapy
- Iridology
- Nutrition
- Homeopathy
- Ear Candling
- Western & Chinese Herbalism
- Psychology/Counselling
- Detox/Weight Loss
- Cellular Health Analysis
- Comprehensive herbal, nutritional & product dispensary

Clinic Hours:

Monday	9am-5pm
Tuesday	9am-5pm
Wednesday	9am-5pm
Thursday	9am-5pm
Friday	9am-2pm
Saturday	9am-12pm

After hours appointments are available by request.

Turbo Juice(for two)

- 1 small cucumber
- 1 handful of parsley
- 1 broccoli head
- 2 sticks of celery
- 4 silver beet leaves
- 1 capsicum
- ½ punnet alfalfa sprouts
- 2 tomatoes

SUNCOAST NEWSLETTER SPRING ISSUE 2007

Welcome to the second issue of Suncoast Newsletter. Spring time has arrived which brings about a lot of fresh new beginnings & changes and unfortunately for some- allergies. My aim for this issue is to provide my readers with interesting & relevant information pertaining to allergies, information regarding different therapies and a new spring recipe. Please enjoy!

WHAT ARE ALLERGIES

An allergy can be defined as a hypersensitivity reaction mediated by immunological mechanisms. Substances that cause allergic reactions are known as allergens & their numbers are limitless. Sensitivity covers a wide range of irritants, the most common including wheat, dairy, animal odours, pollens and insect bites. Against these, the body produces antibodies to fight off invaders. If we are allergic, such defence mechanisms over-react. The reaction has the effect of releasing various chemicals such as histamine and prostaglandins which causes irritation and swelling of mucus membranes. In the majority of cases, the antibody responsible for an allergic reaction is IgE, and individuals may be referred to as suffering from an IgE mediated allergic disease.

Typical allergic reactions are characterised by mucus secretion, sneezing, itching, coughing, bronchospasm, tear production, inflammation and diarrhoea. These mechanisms are designed to expel allergens from the body. Allergic responses typically affect the skin, gut and respiratory tract.



NATURAL TREATMENT OPTIONS

Aims of Treatment

- Reduce the allergic and inflammatory response.
- Strengthen the body against reaction to allergen.
- Reduce the toxin load on the skin by enhancing elimination.
- Treat the symptoms with diet, herbs, vitamins and minerals.

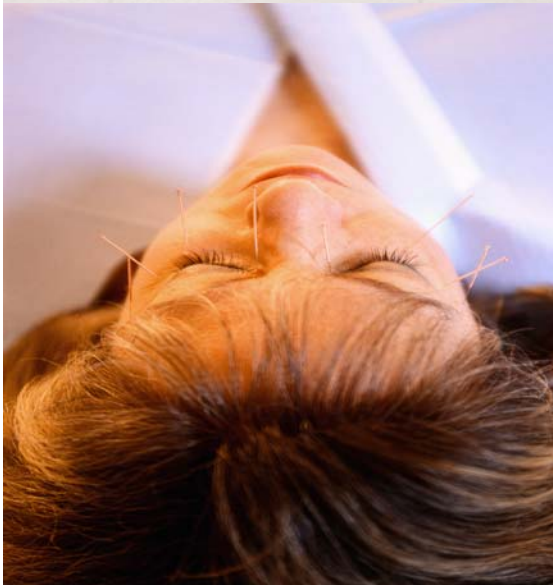
-Herbs such as Eyebright, Elderflower and Golden Seal reduce nasal secretions, and strengthen the mucous membranes. The herbs Allbizia, Skullcap and Feverfew have an anti-allergic and anti-inflammatory action. Echinacea is also well known for it's ability to provide support to the body's immune function.

-Diet- sometimes simple dietary modifications, such as removing wheat or dairy, is all that is required in reducing inflammatory responses.

-Vitamins/Minerals-certain nutrients and bioflavonoids (eg- vitamins C, magnesium, zinc & quercetin) can aid in the reduction of inflammation, and help in the control of histamine release.

-Probiotics help to restore and improve healthy gut flora.

An appointment with our Naturopath will tailor an effective treatment plan to meet your individual needs.



An Insight into Acupuncture

Acupuncture is a form of natural healing whereby specific acupuncture points are stimulated with fine needles to improve imbalances in the body. Acupuncture can be used to treat a wide range of conditions & is of benefit to every system in the body. It is a drug-less form of pain relief for the nerves & muscles and is beneficial for back, neck, shoulder pain etc & sports injury management. Because acupuncture works on the whole body it also assists in the prevention & causative symptoms of disease such as allergies etc. Massage therapy & other Chinese Medicine techniques are used as part of the treatment which is tailored to an individual's needs.

Effective Communication – Psychology Insight

Effective communication can be one of the most important ingredients in healthy relationships. The quality of our friendships, family & social or work interactions hinges on our ability not only to get our messages understood but also our listening skills. How many times have you communicated information to someone only to discover down the track that your message was not interpreted as you intended.

Alternatively, how disappointed have you been when you have spoken to someone at great length only to realise that the other person was not really listening. How we use our words can be empowering or disempowering not only to our listener/s but also o ourselves. So a little more thought into what we say & how we say it may lead to better understanding between us. Listening, really listening to another (we may not agree & that is OK) can be a validating & possibly healing experience for that person. If you are experiencing communication difficulty please contact the clinic to arrange a consultation with Gail, our resident psychologist.

What is Bowen Therapy?

Bowen is a dynamic, remedial body technique that is extremely gentle & very relaxing. It empowers the body's own healing resources achieving balance & harmony, resulting in fast and lasting relief from pain and discomfort. It does so holistically, by using the body's innate healing mechanisms. The practitioner delivers signals to the nervous system at specific locations (on muscles, tendons, ligaments, or nerves), and the body does the rest. It is effective in treating a wide range of conditions both acute & chronic such as back, neck, shoulder pain, TMJ problems and digestive & respiratory issues.

Clinic Updates

Introducing **Jenny Hacking** to the team, who is a qualified & experienced Chinese Massage Therapist. Jenny is able to help treat a wide range of conditions using acupressure, cupping & moxabustion techniques, commonly used in acupuncture. Our previous Massage Therapist **Jacki Grills** has left us to further her studies in sports massage & training.

Introducing **Sandra Wilkinson** to the team who is a qualified Advanced Bowen Therapist. Our previous therapist, **David Winter**, has moved to Hervey Bay to focus on instructing Bowen. Sandra was highly recommended by David and has extensive experience and knowledge and is able to treat a wide range of conditions. Sandra is also a provider of most private health funds.

Grilled Gourmet Pizza

- Rye/Spelt/ Gluten Free**
- Pitta Bread Base**
- Tomato Paste**
- Hoummus**
- Basil Pesto**
- Grilled Eggplant**
- Onion**
- Sundried Tomato**
- Capsicum**
- Oregano**

Spread base with tomato paste, hoummos & basil pesto. Top with all other ingredients & sprinkle with oregano. Grill until slightly brown.

Optional extras- olives, cheese & chicken

Great for Lunch & Dinner!