



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

Jackie Grills

Massage Therapist

David Winter

Bowen Therapist

Gail O'Kane

Psychologist

Services Provided:

- Naturopathy
- Acupuncture
- Massage
- Lymphatic Drainage
- Bowen Therapy
- Biofeedback Therapy
- Iridology
- Nutrition
- Homeopathy
- 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.

Helpful Hint: Toxins are stored in fat in the body, therefore when **losing weight (fat)** the body is exposed to more toxins. This means that during weight loss it may be necessary to detox to allow your body to lose weight more efficiently. If you are finding it difficult to **lose weight** this may be one of the reasons.

SUNCOAST NEWSLETTER WINTER ISSUE 2007

Welcome to the first issue of Suncoast Newsletter. My aim is to provide my readers with interesting & relevant information pertaining to health, research, recipes & clinic updates. My name is **Melanie Sheen** and I am the new owner who took over the clinic in July last year. I would like to thank everyone for their support and we look forward to looking after your health in the future. I hope you enjoy our first issue & would appreciate any feedback about the newsletter. If you would prefer to receive future newsletters via email please let me know.

BEAT THE WINTER BLUES!

The cold & flu season is fast approaching; however it does not have to be inevitable for you or your family and can be avoided naturally by strengthening your immune system. Eating a wide variety of fresh fruit & vegetables packed with powerful vitamins and minerals is the first step to ensuring a strong immune system. Vitamins A, B6, C and E and the minerals zinc, iron and selenium are critical for maintaining strength and immunity. Supplementing your diet with a daily multivitamin will fill the gaps where your diet falls short and should also be an essential part of your health regime. Other important healthy considerations include getting plenty of sleep, exercise regularly, eat adequate protein, drink lots of water, avoid stress, reduce alcohol & junk food intake, detox your body, increase your dosage of vitamin C with bioflavonoids and take immune boosting herbs such as **echinacea, andrographis or olive leaf** (to name a few). Take good care of your body and it will take good care of you. For more information or advice please call or ask me at the clinic.



Benefits of Zinc

Zinc is an important mineral that is responsible for over 800 processes in the body each day. Zinc deficiency can be related to a number of symptoms and is indicated in such conditions:

- loss of taste
- poor appetite (studies have shown that people who suffer from eating disorders have low zinc status)
- poor immunity & wound healing
- ADHD
- Poor melatonin & serotonin synthesis (which helps with depression & mood disorders)
- dermatitis/eczema
- helps support detox
- possesses an anti-ulcer activity
- reduce intestinal permeability
- improves sperm motility and prostate health
- zinc deficiency can weaken the lining of the gut allowing greater penetration & establishment of parasites

A simple, inexpensive zinc test can be performed to determine if your zinc levels are low, just ask me at the clinic!



What is Biofeedback Therapy (BT)?

BT sends a safe, mild electrical current throughout the body to help relieve pain, inflammation & improve healing. It alters the perception of pain in the brain (by reducing pain) and increases the production of neuropeptides around the cells, which helps promote healing and reduce inflammation. This treatment is generally used in conjunction with a massage and we have had some great results and feedback from clients. It has also been shown to be beneficial in fertility problems by improving function of ovaries.

What is Cellular Health Analysis?

Cellular Health Analysis (CHA), also known as Bio-impedance Analysis, is a scientifically validated test that accurately measures the biological markers of ageing. In essence CHA measures electrical current changes across limbs, organs and other body sites, which allows us to gather extremely useful information regarding your body composition.

Cellular Health Analysis accurately measures your bio-impedance reading which combined with fluid and nutritional analysis software is able to calculate your:

- Fat Mass
- Muscle Mass
- Biological Age (The age you really are!!)
- Cellular Toxicity
- Cellular Fluid Levels
- Basal Metabolic Rate

Clinic Updates

Introducing **Gail O'Kane** to the team, who is a qualified psychologist with eleven years experience. Gail specialises in post traumatic stress disorder, depression, anxiety & stress, living with pain & chronic illness, anger management, grief/loss, victims of abuse, work related and relationship issues. A Medicare rebate of \$75.00 is available with your doctor's referral and Gail is also a provider for MBF and Medibank Private.

Introducing **David Winter** to the team who is a qualified Bowen Therapist and instructor. David has extensive experience and knowledge and is able to treat a wide range of conditions. David is also a provider of most private health funds.

Due to increased costs, a small price rise in most services will be effective as of 1st July.

Gluten Free Muffins (serve 6)

1 large egg
½ cup soymilk/rice milk
2 tbsp olive oil/coconut oil
1 tbsp honey
1 cup Gluten Free Flour
1 tbsp LSA

Add 1 cup of zucchini, spinach & capsicum for vege variation. Optional add small cup of cheese.

Place egg, milk and oil in a bowl and whisk with a fork. Place flour in large bowl, make a well in the middle and pour in liquid, then honey. Mix lightly, do not over stir. Place mixture in greased muffin tins. Cook 180C approx 20mins

Great for breakfast, lunchboxes or snacks!

