



**SUNCOAST  
NATURAL  
THERAPIES  
CLINIC**

**1/56 Landsborough Pde  
Golden Beach Qld 4551  
Phone: 07 5492 3305  
Email: [info@sntclinic.com.au](mailto:info@sntclinic.com.au)**

**Therapists:**

**Melanie Sheen**

Naturopath/Massage & Bowen Therapist

**Larry Snel**

Acupuncturist/Massage Therapist

**Gail O'Kane**

Psychologist

**Francesca Ram**

Massage Therapist

**Services Provided:**

- Naturopathy
- Acupuncture
- Massage
- Lymphatic Drainage
- Bowen Therapy
- Reflexology
- 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.

**MAY- JUNE SPECIALS**

**10% off Probiotics if you mention this newsletter. Probiotics are essential for healthy gut flora.**

**Refer a friend for a new appointment & you will receive a free Bioceuticals Multi-Vitamin.**

# SUNCOAST NEWSLETTER WINTER ISSUE 2009

Welcome to the first issue of Suncoast Newsletter for 2009. Winter is not too far away so it is time to build our immunity to prevent or lessen the symptoms of the cold/flu season. My aim for this issue is to provide my readers with interesting & relevant information relating to immunity, information regarding different therapies, clinic updates and a new winter recipe. Please enjoy!

## Seven Steps to Healthy Eating

1. Include protein rich foods in each meal or snack: Protein foods include fish, seafood, poultry, meat, eggs, dairy, soy and legumes.
2. Enjoy a minimum of three cups of fresh vegetables daily: Increased vegetable consumption is recommended for long-term health and vitality.
3. Enjoy a minimum of two pieces or one cup of fresh fruit every day: Daily fruit consumption is recommended. However, it is recommended that those people who are trying to lose weight or control blood sugar levels should aim for a maximum of four pieces of fruit daily.
4. Limit starchy carbohydrates to two small serves per day: Limit high glycaemic load foods such as bread, rice, pasta and cereal to one to two servings daily.
5. Include nuts, seeds and healthy oils in your diet: Healthy fats are encouraged through the consumption of healthy oils, nuts and seeds. Limit cooking and salad oils to 2 tablespoons, and nuts and seeds to a small handful or ¼ cup daily.
6. Drink a minimum of eight glasses of pure water every day: Use natural flavorings such as fresh lemon, lime and mint in water instead of soft drinks and cordials. Reduce excessive consumption of caffeinated beverages to 1-2 per day.
7. Enjoy a "freedom" meal once a week. Allow yourself one or two meals a week to eat whatever you want and then go straight back to the program for the next meal.

**Following these 7 simple steps will make you feel better, have more energy & maintain a healthy immune system.**



**Natural Supplements to Improve Wellbeing & Immunity**

**Probiotics** help to restore and improve healthy gut flora, which is important for the immune system.

**Vitamin C & Zinc** this combination can be used to reduce the severity of colds & upper respiratory infections & supports a healthy immune system.

**Andrographis, Picrorrhiza, Elderberry** this immune enhancing combination can be used to assist in reducing the severity of colds by relieving symptoms such as tiredness, sleeplessness, sore throat, nasal secretion, headache, phlegm & coughs.

**Other great immune boosting herbs**

- ❖ Echinacea
- ❖ Olive leaf
- ❖ Astragalus
- ❖ Reishi mushroom



### **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. Massage therapy & other Chinese Medicine techniques are used as part of the treatment which is tailored to an individual's needs.

### **Cellular Health Analysis (CHA)**

CHA, also known as Bio-impedance Analysis, is a scientifically validated test that accurately measures the biological markers of ageing. 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

The total time needed to complete the Cellular Health Analysis is about 30 mins. Cellular Health Analysis improves your health, reverses the ageing process and restores your youthful vitality.

### **What are Probiotics?**

Probiotics are defined as non-pathogenic micro-organisms (friendly bacteria) which, when ingested, exert a positive influence for your health. They are necessary to restore balance if digestive microflora becomes disturbed. Antibiotics, alcohol & drugs, stress, poor diet, diarrhoea & infectious digestive upsets can contribute to an imbalance in the gut, therefore increasing your need for probiotic supplementation.

### **Clinic Updates**

Introducing **Francesca Ram** to the team, who is a qualified & experienced Massage Therapist. Francesca is able to help treat a wide range of musculoskeletal conditions using various massage techniques. Our previous Massage Therapist **Jenny Hacking** has left us to study & work in the Chiropractic field & we wish her well!



### **Thai Style Vegetable Curry**

- ½ Head of Broccoli- cut into florets
- 1 handful of green beans- ends cut off
- 2 bunches of bok choy- chopped into large pieces
- 1 handful of snow peas- strings taken off
- Any other vegetables that you would like to add
- 1 packet of Bean shoots
- ½ cup of coriander- chopped
- ½ tin of coconut milk
- 1 tbsp of lime juice
- 1 inch of ginger- grated
- 1 tsp of dried/fresh chilli
- 2 tbsp of sesame oil
- 2 tbsp tamari sauce

Pour sesame oil into wok, heat & add all vege's except bean shoots. Cook & toss for 3-4 mins then add coconut milk & condiments- cook another 1-2 mins.

Serve on a bed of rice & top with bean shoots & coriander sprigs.

**ENJOY!**