

Health News



Springwood Wellness Centre

Phone (07) 3808 6633 August-September 2011

35 Cinderella Drive, Springwood, Qld, 4127

www.springwoodwellnesscentre.com.au

WELLNESS TEAM

Helping you live to your highest potential

*Chiropractic
Massage Therapy
Physiotherapy
Naturopathy
Acupuncture
Reflexology
Iridology
Homeopathy
Hypnotherapy
Traditional Chinese Medicine
Podiatry
Counselling*

We have a large team highly qualified therapists, ready to meet your health and wellness needs —so call us today— we're at your service



- Practice Hours -

Monday	8am - 6pm
Tuesday	8am - 6pm
Wednesday	8am - 7pm
Thursday	8am - 6pm
Friday	8am - 6pm
Saturday	8am - 4pm

Jolly Jumpers - Not So Jolly!

Having a baby is a joyous experience. As a parent you want the best for your bub. If you want to help your child's developing brain, nervous system and body then we recommend DO NOT USE a Jolly Jumper. And we'll tell you why...

There is widespread belief that Jolly Jumpers are beneficial to help a child in walking. WRONG. Because the child is placed in a sitting position before they are ready, muscle imbalances occur. The muscle imbalance is made worse by the child pushing with their feet which can lead to foot deformities.

When the child is jumping, major physical stresses on the body are caused as the spring system that enables the child to bounce up and

down, places high velocity force and stress on the spine.

Jolly Jumpers provide minimal or no back support for infants, which can lead to fractures, sprains and strains as well as neurologically tight hip flexors, which can impact on the child's body and posture well into adulthood.

If you are concerned about your child's development, book an appointment with one of our friendly chiropractors today.



Beat the Winter Bulge

Feeling tired and sluggish? Suffering from a cold or just generally feeling unwell? Then it may be time to embark on a detox cleanse to bring your body back to its natural state. Once you have eliminated toxins and excess waste from your body you will feel rejuvenated, more energetic and look better – your skin will glow with good health! What better way to get ready for Spring!

In modern life poisons and toxins are found everywhere; in air pollution and materials in your home as well as in soaps, shampoos and other beauty products used regularly. The food you eat is sprayed with toxic chemicals to eliminate insects and weeds and promote growth. Tap water is chlorinated and most popular beverages consumed contain high amounts of sugar.

Although the human body has excellent detoxification ability,

modern life can cause stress and strain and overwhelms the body's natural systems. A detox cleanse is essential to remove toxins in your food and environment. Not only does a cleanse restore health both mentally and physically, it can also alleviate stress related issues, as well as reduce depression and anxiety.

As part of your health program - whole natural foods and regular exercise should also be incorporated to ensure you achieve a positive frame of mind, increased energy levels and a more radiant appearance. Now is a great time to embark on a detox cleanse for Spring.

For more information on Isagenix Cleanse for Life program, talk to Kellie or Mario today.



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Quit Smoking Naturally

Quit smoking programs seem to be everywhere at the moment. And if you have ever tried to quit smoking, you know how hard it is. Without even realising, you can smoke a cigarette and put it out without even noticing.

For many, quitting is a battle of the wills whereby the conscious mind is always alert; able to intercept signals from this deep-seated habit that will not die. And here-in lies the problem. Resolutions always involve the conscious mind, which - when it comes to cravings and additions, is rarely in charge. It is the unconscious mind which has the power to destroy the resolution in a second.

There is however, a technique that bypasses the conscious mind, to control smoking and other addictions. It is called EFT which stands for Emotional Freedom Technique and is a do-it-yourself energy therapy. Using EFT you are able to weaken your craving by

thinking about it while you tap your fingertips on the main acupuncture points which are mostly located on the face and upper body.

This sounds odd, but many smokers have found that by tapping, their strong cravings for a cigarette disappear in less than a minute. EFT can also be used for food cravings and other addictions.

If you are ready to quit smoking and want to know more about EFT, Clinical Hypnotherapist **Tony Thorne** can assist.

With over 20 years experience in Hypnotherapy acquired through training with some of the world most highly respected authorities, he is available at Springwood Wellness Centre Tuesdays and Saturdays and offers a FREE 15 minute introductory consultation. Call 3808 6633 to book your appointment now.

Homeopathy for Your Children

If you have a child that is unwell, a visit to the homeopath may be something to consider. Many parents use homeopathy to compliment their children's health plan. Why? Because it works, and parents find long lasting benefits for their kids can be achieved.

Unlike conventional medicine where a standard dose is given, homeopathic remedies are tailored to the individual. A homeopath must find out who your child is, which includes their personality, past illnesses and inherited genetics so that the correct remedy can be administered. With Homeopathy a little goes a long way and one small pill can have amazing results.

- Ear aches and tonsillitis
- Bed-wetting
- Sleeping difficulties
- Croup
- Colic
- Teething
- Jaundice
- Eczema
- Learning challenges such as ADHA and Autism



Children respond really well to homeopathy, as it gently stimulates your child's natural healing ability. For parents looking for a natural, gentle and extremely effective health care plan for the whole family, Homeopathy could be the answer. Homeopath **Karen Johnston** is available Thursday, Friday and Saturday. To make an appointment please call 3808 6633 today.

Some of the illnesses treated with homeopathy include:

- Coughs and colds

NEWS IN BRIEF

It is with sadness that we say good-bye to **Dion** as he moves to the Sunshine Coast with his partner. We wish **Dion** all the very best! **Jocelyn** will be increasing her hours and will now also be available Monday to Friday in the evenings, as well as her usual morning sessions. **Kellie** will also be available on Monday and Friday evenings as well as Wednesday evenings, and for those who prefer a male Chiropractor we still have **John** available Tuesday to Saturdays.

Wellness Club Reward For August September

Have you come to a cross-roads in your life? Are you unsure of which path to take?

We can help!

Jeanne Rymar offers one-on-one counseling to get you back on track.

Make your booking during August and September and receive a FREE Australian Bush Flower Essence or Wild Flower Essence to support your emotional healing.

The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience. Love moves the flesh, it pushes matter around.... Throughout history, "tender loving care" has uniformly been recognized as a valuable element in healing.

Larry Dossey

