

# Health News



Springwood Wellness Centre

Phone (07) 3808 6633

June-July 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

## Meet Our New Homeopath

We are delighted to introduce our new Homeopath **Karen Johnston** who has a special interest in women's health, as well as general family health.



Homeopathy is an all-natural, completely safe approach to health, used by doctors routinely in Germany for many years now.

It treats a wide range of conditions such as:

- Depression
- Colds
- Arthritis
- Anxiety
- Insomnia
- Skin conditions
- Digestive conditions
- Digestive disorders
- Hormonal problems
- Teething
- Colic
- Is safe to use in pregnancy and while breastfeeding, and
- Is safe enough even for little babies to take.

**Karen** uses homeopath medicines that are made from a variety of sources such as plants, animals and minerals. They are highly diluted and are blended in a unique way to suit your individual symptoms. As Homeopathy is a complementary medicine, it can be used in conjunction with other medicines.

Normally \$100 for an initial consultation, **Karen** is offering a special introductory price of only \$80 for an initial consultation until July 31st 2011. She is a qualified and health fund claimable Homeopath.

**Karen Johnston** is available:  
Thursday 12:30pm-2pm  
Friday 10am-1:30pm  
Saturday 8am-12noon

Bookings to see **Karen** can be made on 3808 6633, and of course, like all of our therapists, she offers a free 15 minute introductory consultation.

## Physiotherapist-Instructed Pilates Classes

Pilates combines muscle control, breathing, flexibility and strength training as well as delivering great benefits for lower back and neck pain. If you want to have better posture, relief from lower back and neck pain this class is for you!



Investment: \$120 for an 8 week block or \$20 for a casual class. Classes are Health Fund claimable.

**Katie Schablon** is instructing Floor Pilates Classes every Wednesday from 6:15am to 7:15am. Wear comfortable clothing, socks and bring your yoga or Pilates mat and some water.

*NB. If you have any injuries please book with Katie for a 1/2 hour appointment so she can adjust the class to suit your needs.*

Limited spaces available. Book yours at reception today!

# Health News



Springwood Wellness Centre

Ph (07) 3808 6633

Aug-Sep 2011

## Beating Cold and Flu Naturally

Although viruses trigger cold and flu's, the real cause is a weakened immune system. The most common contributing factors to an impaired immune system are:

- Vitamin D deficiency
- Eating too much sugar and too many grains
- Not getting enough sleep
- Limited exercise
- Inadequately managing emotional stressors in your life
- Any combination of the above

Studies have found that the best way to conquer a cold or flu is through Vitamin D. Vitamin D is an amazingly effective as it helps kill bacteria, viruses and fungi in your body. The best source for vitamin D is direct sun exposure. If that is not an option, then you can use supplements.

If you feel yourself coming down with a cold or flu, then it is wise to avoid eating sugar, artificial sweeteners or processed foods.

Sugar is particularly damaging to your immune system - which needs to be ramped up, not suppressed, in order to combat an emerging infection.

You must address nutrition, sleep, exercise and stress issues *the moment you first feel yourself getting a bug*. This is when immune-enhancing strategies will be most effective.

For more information on managing colds and flu's naturally, see our Naturopath **Cindy Morris**.



Book your free 15 minute session today to start your journey to amazing health and vitality.

## Chiropractic for Colds and Flu's

Did you know that chiropractic care provides better overall health resulting in fewer and less severe colds and flu's? Although chiropractic doesn't treat a cold, people who have regular chiropractic care often find their natural resistance to colds and flu's increases. This is because chiropractic increases your natural resistance to disease by removing subluxations to improve your body's function. By adjusting your spine and removing subluxations the nervous system functions better leading to

restored optimal body function.

This results in a higher resistance to disease, which is the best defence against colds and flu's.



To keep you immune system in tip-top shape this winter, make sure you see **John, Dion, Kellie or Jocelyn** regularly this winter.

## NEWS IN BRIEF

It is with sadness that we say good-bye to **Brea** as she moves to Perth to be closer to her husband. We wish **Brea** all the very best! We welcome **Penny**, who gives a firm remedial massage that has customers raving! If you would like to make a booking with **Penny**, she is available Mondays, Tuesdays and Wednesdays and Fridays.

**Kellie** is away the last two weeks of June to present at a Chiropractic Conference in Sydney. We look forward to hearing all about it on her return. While she is away, you can rest assured your chiropractic needs will be well looked after by **John, Dion and Jocelyn**.

### Wellness Club Reward For August September

*Beat colds and flu's naturally with our Cold and Flu Buster Pack*

*Includes Buffered Vitamin C Powder and Tea Tree Oil \$24.20*

*Or Buffered Vitamin C Powder and 100ml Tea Tree Spray \$27.45*

*(Save 20% Off RRP)*

**Limit one per person**

Did You Know...

That we offer Gift Vouchers for all our services—starting from \$20. We can even arrange to post the Gift Voucher to the recipient for you!



Purchase your Gift Vouchers from reception today.

“Your thoughts can make you sick, and your thoughts can make you well. During your difficult times, take your attention away from your own problems to focus on helping others....your positive thoughts and actions will make this a better world for yourself and others.”

Joe Dispenza

