

Health News



Springwood Wellness Centre

Phone (07) 3808 6633

Dec 2011-Jan 2012

35 Cinderella Drive, Springwood, Qld, 4127

www.springwoodwellnesscentre.com.au

WELLNESS TEAM

Helping you live to your highest potential

Chiropractic

Massage Therapy

Hot Stone Massage

Physiotherapy

Naturopathy

Acupuncture

Reflexology

Ayurvedic Medicine

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

(07) 3808 6633



- Practice Hours -

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

Isagenix—The Answer to Your New Year's Weight Loss Resolution

Leading up to Christmas, we celebrate with friends and family, and many of us over-indulge during the silly season. Too many parties, lots of alcohol and large quantities of fatty and sugary foods will leave you feeling tired, lacking energy and bloated.

If your New Year's Resolution is to lose those unwanted kilos, kick-start your metabolism and regain your energy, then the Isagenix program may be just what you have been waiting for!

Isagenix is a total body approach to health and wellness; and the range

of products promote whole-body nutritional cleansing and cellular replenishing to keep you looking young and feeling energised!

A great way to start the program is with a nutritional cleanse. This increases your health benefits by:

- Accelerating the removal of impurities from the body
- Nourishing the body with vital nutrients to quickly revitalise your health

Once your body is cleansed, you will be stronger and resist illnesses better, as well as perform at a higher level. Many people

notice that they are able to reach and maintain their ideal weight.



For more information on Isagenix, ask reception to send you some information, or see **Kellie** or **Mario**, who can support you through your cleanse and get you back on your path to wellness.

Hypnosis for Goal Achievement

Hypnosis is a means of introducing a positive suggestion into a relaxed state. By relaxing deeply, your brain is in the optimal state for learning new things; which results in you being able to choose new ways of doing, being and thinking without past experiences controlling you.

You may have experienced the same obstacles showing up again and again in similar situations with failure likely to be the outcome. This can be an indication that your conscious mind is having trouble analysing the reasons behind the failures and keeps making the same mistakes.

If this is the case, Hypnotherapist **Tony Thorne** can help you achieve your goals by uncovering the root of your problem and eliminating it.

Using hypnosis, he can teach you to train your mind to stay focused on successful attainment of your goal. **Tony** can help you achieve a specific outcome by consciously diverting your attention to it in a positive, affirming manner and show you how to eliminate self-sabotage and remove the negative feelings and thoughts that are blocking your path to success.

Why not turn your dreams into reality and achieve your goals for 2012? If you have never had hypnotherapy before or want to find out more about what hypnotherapy can do for you, book your FREE 15 minute consultation with **Tony Thorne** today.



Tony Thorne

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NEWS IN BRIEF

We are excited to announce that the Springwood Wellness Centre's new-look website is finally live! If you would like to view go to: www.springwoodwellnesscentre.com.au
We invite you to subscribe to receive your FREE weekly health tip via email.



Tip 6 Picks for Christmas

Spoil your loved one with the gift of wellness by giving these heavenly treatments

One Hour Ka Huna Hot Stone Massage

Due to the powerful grounding effect of the stones, your energy meridians are revitalised as old energy is released - making room for the new. Combined with the flowing temple-style ka huna massage, you will leave the table feeling refreshed and ready to take on the world.

Special \$99 (Normally \$140 Save \$41)

One Hour Shirodhara Massage

A classic Ayurvedic therapy, Shirodhara involves pouring warm oil over the forehead and is one of the most relaxing treatments available. It calms the mind, reduces stress and anxiety and may even improve your sleep.

\$75

One Hour Esoteric Massage

Esoteric massage is an energetic massage which gently lifts the dense, contracted energy from the body to reveal the naturally light and vital being we are meant to be. Esoteric massage benefits those with fatigue, stress and anxiety, and may help improve your quality of sleep.

\$70

One Hour Massage or Reflexology Session

Spoil your loved one with pampering, deep relaxation during this one hour massage. Choose from the relaxing Swedish style to gently nurture you, or deeper therapeutic massage to melt away your aches and pains. Or select Reflexology - your feet will thank you and leave you feeling relaxed and like you are walking on clouds.

\$65

One Hour Abhyanga Massage

A classic Ayurvedic therapy, Abhyanga involves a full body, warm oil massage used to melt away stress of the mind and toxins in the body leaving you relaxed and refreshed.

\$65

Kinesiology

Kinesiology uses a natural and holistic approach. It restores health to your mental and physical function and is a great pick-me-up to get you back on track and focussed for the new year.

Special \$50 (Normally \$100. That's half price!)

Wellness Club Reward For December January

1/2 Price 1 Hour Kinesiology Now only \$50 for Club Members

Kinesiology involves the study of movement using a natural and holistic approach. It works with the body's innate healing intelligence to restore health to your brain and body function.

*If you are feeling a bit flat and want to feel better then a kinesiology session with **Tahlia Parker** may be just what you need!*

Tahlia is available:
Thursday 8am-12noon

Booking Essential.
Call 3808 6633 today!
Limit one per person

Naturopathy for Good Health

Do you suffer from fatigue, frequent sickness, or discomfort in your abdomen? Are your bowel movements abnormal or irregular? You may be suffering from Coeliac Disease. This is when the immune system reacts abnormally to gluten (a protein found in wheat, rye, barley and oats) causing small bowel damage. A number of serious health consequences can result if this condition is not diagnosed and treated properly.

Our naturopath, **Cindy Morris** lives her life by

"walking her talk" so that she can enjoy the benefits of a healthy diet and lifestyle.

Cindy has a special interest in helping those who need to live 'gluten and dairy-free', and enjoys passing on her practical tips (gained from living this way herself for many years now) so that a 'gluten and dairy-free' life can be easy and enjoyable.

If you are experiencing discomfort or cramps after eating, then it may be wise to book your

Naturopathy health assessment with **Cindy**. This will help to uncover the underlying causes of your health problems; so that a tailored Treatment Plan can be prescribed to get you back on the road to wellness as quickly as possible.

Cindy Morris is available:
Monday 1pm-7pm
Saturday 8am-12noon



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Christmas Hours  
Sat 24 December.....Open from 8am  
Sun 25 December.....Closed  
Mon 26 December.....Closed  
Tue 27 December.....Closed  
Wed 28 December.....9am-7pm  
Thu 29 December.....9am-6pm  
Fri 30 December.....8am-6pm  
Sat 31 December.....Open from 8am  
Sun 1 January.....Closed  
Mon 2 January.....Closed  
Tue 3 January.....Normal Trading



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"Spirit ... has fifty times the strength and staying power of brawn and muscle."

- Unknown

