

# Health News



Springwood Wellness Centre

Phone (07) 3808 6633

February-March 2012

35 Cinderella Drive, Springwood, Qld, 4127

www.springwoodwellnesscentre.com.au

## WELLNESS TEAM

*Helping you live to your highest potential*

*Chiropractic  
Ayurvedic Medicine  
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—



## - Practice Hours -

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

## Meet Our New Chiropractor

We are very happy to introduce **Talita Lane**; our new resident Chiropractor.



**Talita** enjoys treating:

- neck and mid-back pain
- headaches and migraine
- TMJ and sinus pain
- shoulder, arm and elbow pain
- low back pain and sciatica
- hip, knee and foot pain

Her other areas of interest include healthy lifestyle coaching and preventative health care to ensure you get the best out of your body to do the things you enjoy.

**Talita** is passionate about assisting with healthy pregnancies and beyond to ensure safe and natural care for you and your baby.

**Talita** is available:

Monday 2pm - 6pm  
Tuesday 8am - 11am and 2pm - 6pm  
Thursday 8am - 11am and 2pm - 6pm  
Friday 2pm - 6pm  
Saturday 8am - 12Noon

We are sure you will enjoy **Talita's** down-to-earth nature, her sense of humour and her excellent adjusting skills.

## A 3,500 Year-Old Secret...

Do you or your loved ones suffer from any of these problems?

- Asthma
- Anxiety
- Backache
- Insomnia and fatigue
- Digestive disorders
- Pregnancy issues
- Bloating and constipation
- Headaches and migraines
- Muscle tension and stress
- Childhood ailments such as colic, lack of appetite, low immune system, failure to thrive, and eczema?

The great news is that traditional Japanese **Shiatsu** may be able to help you! This is a form of fully-clothed massage that evolved from 3,500 years of oriental medical wisdom. Shiatsu therapy involves applying pressure with fingers, palms, elbows and feet along your body's energy meridians/pathways.

When your body is under stress, energy blockages occur causing physical, emotional, mental or digestive discomfort. Shiatsu reduces your stress and supports your body to regenerate.

Shiatsu is suitable for all ages from babies to the elderly and can be exceptionally gentle or firm as desired/required.

Shiatsu may also include recommendations regarding diet - using food as medicine; plus advice about stretches or simple medicinal Chi Gong exercises to continue your journey to health at home.

**Julie Phillips** has been studying oriental medicine for over 20 years, with her specialty being mothers and their children. Babies and children are welcome to be present during your Shiatsu massage, or you might like a double appointment with your child and enjoy 30 minutes each. Yes, healing can be a relaxing enjoyable process even for Mums!



Shiatsu massage is claimable through most health funds. **Julie Phillips** is available Mondays and Thursdays and will soon be available Tuesdays as well.

**Book a 1 hour appointment including shiatsu massage and food as medicine, and receive a complimentary 30 minute foot shiatsu massage for you, or as a gift for a friend. Offer ends 31 March 2012.**

**Call us on 3808 6633 to take advantage of this great offer.**

## What Body Type are You?

According to Ancient Indian Ayurveda, your body type and personality characteristics can affect your health in many ways.

Ayurveda, which is based on ancient Indian wisdom written around 6,000 years ago, can be used for preventative health care as well as treating those who are ill. Ayurveda can help you discover how to live a healthy and long life.

Your body type is determined by a combination of the three Doshas (forces) – Vata (air), Pitta (fire) and Kapha (water). Your health, illness, and individual cure for any illness or disease are governed by these three Doshas. **It is the combination of these three Doshas that makes you unique and different from others.**

Personal analysis of your body type allows you to learn about your body and its requirements so you can:

- achieve and maintain optimal health
- maintain a good balance between personal, family and professional life
- plan your lifestyle according to the requirements of your body
- plan a balanced diet that suits your body type, not someone else's!
- identify how and when an imbalance is likely to occur for you

Shivani Gandhi has 20 years' experience as an Ayurvedic Practitioner and has practised Ayurveda in India, Mauritius and now in Australia.

She is also a qualified naturopath. By taking your pulse and asking a few simple questions, **Shivani Gandhi** can help you discover your body type and give you the tools to get your health back on track and maintain optimal health.

Ayurvedic Practitioner **Shivani Gandhi** is available Monday, Wednesday, Thursday and Saturday.



To make an appointment, please call 3808 6633 today.

## New Study Finds What is the Best Treatment for Neck Pain

A recent study published in *Annals of Internal Medicine* suggests chiropractic spinal adjustment is more effective than over-the-counter and prescription medication for relieving both short and long-term acute neck pain.

272 adults took part in this study and were divided into three groups. The first group received spinal adjustments under the care of a chiropractor. The second group were given anti-inflammatory drugs and aspirin or prescribed medication (narcotic meds and muscle relaxants) under the care of a licensed medical physician. The final group received home exercise advice.

The study authors said, "Participants who received medication seemed to fare worse, with a consistently higher use of pain medications for neck pain throughout

the trial's observational period". In other words, chiropractic was a much better choice than medication for neck pain.

Interestingly, the group receiving home exercise advice managed better than the medication group. That means two forms of conservative, drug-free care were more effective than over-the-counter and/or prescription drugs.

The moral of the story? The next time you or someone you know is suffering from neck pain, come and see **Kellie, John** or **Talita** for care!



## NEWS IN BRIEF

It is with sadness that we say good-bye to **Jocelyn** as she moves to Rockhampton to join her father's practice. We wish **Jocelyn** all the very best! **Talita** will be continuing **Jocelyn's** great work and has a very similar approach. For more information about **Talita**, see our article on the opposite page. **Talita** is now doing all of **Jocelyn's** hours. In addition, **Kellie** is available on Monday, Wednesday and Friday evenings as well as Saturdays. For those patients who prefer a male Chiropractor, **John** is available Tuesday to Saturday.

### Wellness Club Reward For February March

Are you exhausted? Feeling stressed? Lacking energy?

An appointment with **Julie Phillips** will get you back on the road to wellness in no time!  
(See story on opposite page for more information)

**Book a 1 hour appointment including shiatsu massage and food as medicine, during February and March and receive a FREE 30 minute foot shiatsu massage for you, or as a gift for a friend.**

Offer ends 31 March 2012.

Call us on 3808 6633 today

I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.

Albert Einstein

