



Darling Street
Health Centre

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Darling Street Health Centre
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Time to Detox! (with the naturopaths at Darling St Health)

It is the perfect time of year to detox and at Darling Street Health Centre we have the wonderful advantage of knowing exactly what may be impeding your health. Hemaview is a form of live blood screening that will help our naturopaths improve your health more than ever before. Using only one or two drops of your blood, they will use Hemaview to investigate the size, shape and ratios of the red cells, white cells and platelets in your blood. You may have had blood tests before, but nothing compares to seeing your own blood live on a screen in front of you.

Would you like:

More energy?

Clear skin?

To lose weight?

Less fluid retention and bloating?

Bright eyes?

Shiny hair?

Stronger nails?

Better health?

Our current special is 40% discount on your Hemaview analysis – why not invest \$38 and have a review of your current health status. We will give you a report to take home as well as outline areas for improvement. This offer is available for the first 50 bookings only, call 9555 8806 to secure your appointment.

Our naturopaths are able to offer a variety of detoxification programs including a 2, 4 and 6 week program which is tailored to your specific needs and includes a Hemaview analysis. Maintenance and follow up digestive support programs are also available.

A major source of toxicity for most people is the products and by-products of their digestive system.

When food is not digested properly it becomes an energy source for bad bacteria and organisms. These then produce toxic chemicals which trigger an inflammatory response from the immune system. Often these toxins are "hidden" in fat tissue as a safety mechanism and this leads to weight gain.

The other source of toxicity is from the environment and includes metals, chemicals, hormones and bacteria. Poor lifestyle choices such as junk food, smoking, alcohol and drugs contribute as well.

Symptoms of toxicity include:

- Recurrent headache
- Fatigue and lethargy
- Weight gain
- Sluggish bowels and bad breath
- Muscle aching and weariness
- Poor short term memory and concentration
- Depression, anxiety and mood swings
- Infertility
- Recurrent infections

A detoxification program is essential if you have experienced any of the following:

- Feeling sluggish, flat and irritable
- Medication such as the oral contraceptive pill, anti inflammatories, pain killers, etc
- Chronic conditions such as Candida, irritable bowel syndrome, allergies etc
- Prolonged stress, fatigue and exhaustion
- Digestive disturbances
- Preconception health care
- IVF treatment

Or a detox is great if you simply want enhanced health and vitality!

To achieve your health goals before summer, make an appointment with us today and call 9555 8806.

**Do you suffer from anxiety or stress?
Does your body feel like it experiences stress
by giving you headaches, nervous tummy or
tight chest?**

**Do you wish you knew a simple way to feel
better anywhere, anytime?**

**You might be interested in learning 'meridian
therapy' or 'tapping' with the team from Mind
Advantage, here at Darling Street Health
Centre.**

Tapping - otherwise known as SET (Simplified Energy Techniques) or EFT (Emotional Freedom Techniques) – is often referred to as 'psychological acupuncture'.

It is a simple process of physically tapping on acupuncture points on your face and hands with your fingertips as you focus on your issue or problem – be it physical or emotional.

The basic idea of meridian therapy is that emotional and physical discomfort is caused by blockages in the body's energy system, or 'meridians', and by tapping on various points on these meridians while tuned into the negative feeling/physical pain/response/event, you will allow the energy to flow freely again, thereby relieving the negative feeling.

Often you've lived for so long with the anxiety/stress/self-doubt that your energy system is overloaded and in a 'toxic' state, so it is important to help clear both your physical and emotional self – tapping does both, and nicely bridges the gap between Eastern (body) and Western (mind) philosophies.

Why use tapping?

- It often works where nothing else will
- Usually rapid, long lasting and gentle - no drugs involved!
- It is very relaxing
- Can be self-applied – once learnt, you can apply it to yourself
- It will usually help as many problems as you use it on
- You do not have to believe in it order for it to work

Lenore Watts (psychotherapist) and Jacqui Manning (psychologist) are two of the most experienced tapping practitioners in Sydney, having both first learned the technique back in 1999. They have helped hundreds of clients for a wide range of issues including:

- Relieving panic attacks
- Quitting smoking
- Increasing positive motivation at work and home
- Phobias
- Relieving physical symptoms, including IBS, allergies, hay fever
- Performance anxiety – public speaking, work issues, relationship issues

To learn this technique or to get help with any personal issues please make an appointment with one of the practitioners at Mind Advantage.

Call reception on 9555 8806 or email enquiries@mindadvantage.com.au

For more on Mind Advantage, please go to: www.mindadvantage.com.au or book in to our free information night at the centre by calling the number below.

Simple Energy & Body Techniques To manage

Stress & Worry

March 24th 6:30 – 8pm

**Free Information night at
Darling St Health Centre**

hosted by:

**Lenore Watts
(Psychotherapist)**

&

**Jacqui Manning
(Psychologist)**

from

Mind Advantage

**Bookings essential
Please call to 9555 8806
to confirm your place**

Be Nourished through Massage *Trish Power (Massage Therapist)*

Have you considered massage as a complementary treatment to your naturopathic consultations?

Massage may help you to cope with the anxiety and emotional stress that can be associated with many health issues, such as fertility, endometriosis, dysmenorrhoea, PMT, menopause and irritable bowel syndrome.

Massage can assist by helping to relieve pain and cramping, aiding relaxation and stress management, enhancing mood and reducing anxiety.

A wonderfully rejuvenating treatment is a wellbeing massage, which is based on Ayurvedic massage, a treatment that has been practiced in India for thousands of years.

During an Ayurvedic massage, warm, nourishing black sesame herbal oil is poured onto your body and massaged in a rhythmic sequence that incorporates specific marma points, which are vital points or junctions in the body. This balancing treatment aims to realign and centre the body and mind.

Regular ayurvedic massage can assist in circulating fluids, removing metabolic wastes, promoting a healthy digestive tract and providing resistance to disease. It may also allay joint and muscle stiffness, reduce anxiety and tension, improve mental and emotional functioning, and increase energy and vitality.

Reiki, which is a universal healing energy that directs itself to arrears of imbalance, can also be incorporated into ayurvedic and any other massage treatments to enhance the body's natural healing ability.

Massage gift vouchers are available from reception and are a wonderful way of saying thankyou, congratulations, happy birthday, or simply I'm thinking of you.

ISIS and IST: Inner Space Techniques *Ruth-Helen Camden (holistic psychologist and IST practitioner)*

Life can be a bumpy ride sometimes. Whether you're going through a difficult patch or addressing a long-standing issue, there are times when you need some help you along the way.

You might need help with

- a life crisis
- loss and grief
- trauma, present or past
- relationship and sexual difficulties
- destructive emotional patterns
- Chronic Fatigue Syndrome
- Post Traumatic Stress Disorder (PTSD)
- eating disorders
- anger issues
- stress management coaching

IST is a set of therapeutic and healing techniques based on the inner space of meditation. The techniques are powerful and deep. They are not band-aid solutions but take you to the very core of issues, bringing real resolution as well as a greater knowing of your true self.

One of the Inner Space Techniques is ISIS, a method of going back to the source of an issue, when you see when and how the negative pattern began. It's not uncommon to have experiences of early childhood or the womb in ISIS, and even pre-womb and past lives. Even so, ISIS is not about the past, but is totally focused on the present. It brings emotional healing and metaphysical opening that leads to lasting change here and now. And when you change, your life changes.

The Inner Space Techniques were developed by Dr. Samuel Sagan with a team of doctors, psychologists, homeopaths, naturopaths and other health practitioners, over a period of 20 years.

I have 20 years experience in IST, first as a naturopath, and now as a psychologist. I have also taught the techniques in numerous courses. I never cease to be inspired by the profound changes I see people making in themselves and their lives, through these techniques.

What happens in an ISIS session?

After a short, informal discussion on your background and the reason for your visit, I guide you to an inner space of awareness – the 'Inner Space' of ISIS. The inner space is a peaceful state of internalization where the mind becomes quiet and normally hidden parts of the sub-conscious come easily to the surface.

Once in the inner space, the ISIS unfolds through the subtle interaction between client and practitioner, as well as the space itself. It is this particular space of inner awareness and subtle vision that is the essence of ISIS.

The emphasis in ISIS is on feeling; not thinking, visualising or analysing. It is not belief that brings transformation, but direct experience.

How long is an ISIS session?

One hour and a half.

How many sessions will I need?

It depends on how far you want to go! Typically, anywhere between 3 and 30.

Some issues can be significantly resolved in just a few sessions, however the deepest, most long-standing imprints are not going to let go that quickly. These call for regular sessions over weeks or months.

Far from being tedious or traumatic, working on long-standing issues is enormously rewarding. It's an adventure of healing and discovery. A reclamation of yourself.

My aspiration for you is always to reveal the very best of yourself and help you begin to live it to the full.

A cry for help

Daniela Viola (Naturopath)

Every new mum can't help but feel anxious and helpless when their baby cries, especially when no amount of rocking or holding seems to help. Often with infants it can be a range of issues that cause them to be unsettled. Sometimes it is a way for them to release accumulated stress, while more often than not if there is a continuous period of crying which often disrupts their sleep there can be other issues affecting them such as: colic, reflux, wind or constipation.

An infant's digestive system is very immature and struggles to breakdown proteins and lactose found in breast milk and formula, which can cause discomfort and pain in some babies. Your baby will often show signs of discomfort if they are experiencing digestive problems, these can include:

- passing a lot of smelly wind
- trouble passing a stool or only passing small pellets
- vomiting or reflux after feeds
- waking shortly after going to sleep
- taking a long time to get to sleep
- Not burping or finding it hard to burp after a feed

Other factors that can also contribute to your baby having digestive issues include:

- Caesar delivery
- Family history of allergies
- Formula fed babies
- Complications during pregnancy and labour

Often the problem can be structural as well as dietary, therefore seeing an osteopath as well as a naturopath can be very effective. Naturopathic treatment often involves the use of baby probiotics to help the baby digest proteins more efficiently, as well as relieve flatulence and colic. The mother's diet will also be assessed if the baby is being breast fed as often the baby can be reacting to foods that are being passed through the breast milk. Different types of formula will also be explored if your baby is bottle fed so that your baby is having a formula that is best suited to his or hers dietary needs, especially if allergies are suspected.

For further information or to book an appointment with a naturopath for your infant please contact reception.

