

ACHES, PAINS & LACK OF SLEEP

Mylinda Johnson

Advanced Diploma of Herbal Medicine,
Master Neuro-Linguistic Programming & Hypnotherapy

Are you sick & tired of being sick & tired?

- Do you get tired and fatigued easily?
- Have you had a cold or flu and you haven't felt the same since?
- Do you get aches and pains that seem to move?
- Do you get headaches and flu-like symptoms?
- Do you have problems sleeping? When you do sleep it feels like your body has not repaired?
- Are you tired of feeling not quite right?
- Are you fed up with thinking or being told that it's all in your head; that there's nothing wrong with you!

These symptoms are real! Yes they do come and go and the pain can move from one area to another making you feel as though it's all in your head.



I've had patients come to see me in tears from pain and frustration. They try to carry on with life and put up with the ongoing pain, fatigue and lack of good quality sleep as their body struggles for energy. Over time this has slowly broken them down mentally and physically. I've often heard patients say that each time they thought they were over it, they've been hit again by the same unresolved issues creating a pattern of on again off again symptoms. Symptoms that appear and disappear, not bad enough to think there was anything really wrong, but bad enough to affect their quality of life until they just get used to feeling not quite right. It does break you down and this is unnecessary!

Come on in and have a chat. These are *real* symptoms and they can be treated. There is no need to go through these debilitating symptoms.

Give your body the opportunity to heal. It's time to have a good quality of life; feel energised, refreshed and smile again.

Looking for a Gift for someone special?
Consider a Sunshine Health
Gift Voucher
for a pampering, relaxing massage
as a special treat for a loved one.

RESTORE, REPLENISH & REVITALISE WITH TENEEKA



Restore: Stress, Muscle aches and Anxiety. Do any of these sound familiar to you? A Hot Stone Massage may be just what you need. Now that winter is here you may notice more aching throughout your body than you would have in the warmer months. Hot Stone Massage is not only a good way to warm up, it also has many benefits for our whole being. When we are over stressed and anxious it tends to show throughout our bodies as tension, causing headaches, discomfort, and a lack of deep sleep that our bodies need to rejuvenate. In this treatment a massage is followed by the use of heated basalt stones being placed on certain points of the body where tension exists. This improves the energy flow of the muscle and assists with the improvement of circulation, muscle mobility and pain. Reinvigorate and restore balance in your mind and body with a Hot Stone massage today.

Replenish: Another major organ of our body that suffers during winter is our skin. Skin is stripped of its moisture by wind, heating and low humidity therefore reducing the effectiveness of the skin's barrier. Replenish your skin with an intensely hydrating facial using the Perfect Potion body product range. Warm steam will be used while your face is cleansed and exfoliated, followed by two detoxifying masks and a moisture restoring sequence. This is paired with a head and neck massage to leave you feeling deeply relaxed. Your skin will feel rejuvenated and hydrated, ready to take on the winter air.

Revitalise: Perfect Potion body products are made in Brisbane. They are Certified Organic, Certified Natural, Cruelty Free and gentle on skin. They contain the finest quality essential oils, herbal extracts, floral waters and other plant based ingredients. Revitalise your body with a variety of products to suit your skin and your needs. Included in the range are cleansers, masks, moisturisers, lotions, washes, perfumes, lip balms, massage oils, shampoos and conditioners.

Why not book a *Perfect Potion* Party for you and your friends where I am more than happy to demonstrate the skin care range for you!



Phone Teneeka on **0401 904 118**



Mylinda Johnson
AdvDipHM
Mast Hyp & NLP
Herbal Medicine
NLP, Hypnotherapy

Michelle Carroll
BHSc(Nat)
Naturopathy
Bowen Therapy

Cameron Stirling
BNat DipHM
Naturopathy
Bowen Therapy

Antoinette Augustinus
ND HD
Naturopathy
Scenar
Therapy

Teneeka Ison
DipRM
Massage
Therapy
Remedial,
Relaxation, Facials

Heidi Edwards
BBSc
Counselling
for all ages
Quit
Cigarettes
in 60 minutes
Ph 0466 267 509

Tony Collins
BA BEd
(Couns)
MAPS
Psychology
Ph: 5447 7473

Sandra Walters
Dip BwnThpy
MBTFA
Bowen
Therapy

Leanne Marshall
Cert IV Kin, AKA
Kinesiology
Muscle
Testing
Physical &
Emotional Balancing

Kylie Sheaffe
Cert IV Kin, AKA
Kinesiology
Muscle
Testing
Physical &
Emotional Balancing

Chi Yang
DipRM
Massage
Therapy
Relaxation,
Remedial &
Deep Tissue

Amanda Stone
BSocSci
M.Psych
MAPS
Psychology
Ph: 0408 622 863

Patty Shaw
BSc MA
(Mass)
MAPS
Psychology
Ph: 5485 2556

HOW TO GET OVER COLDS & FLU



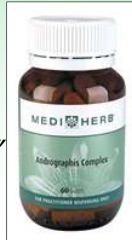
Colds and influenza and most sore throats are **viral** infections. Antibiotics are **not** effective treatments for viral infections.

To get over a virus quickly, use antiviral and immune-boosting remedies such as Andrographis Complex, Formula 5, Active 7.1, Vitamin C, and Zinc.

The **Andrographis Complex** is our favourite remedy. It works well and is easy to take.

For best results, start treatment early.

Pick up your "How to Get Over Colds & Flu" handout from Sunshine Health and help protect yourself and your family from these winter ills.



SWITCHING TO CRUISE CONTROL

Kylie Sheaffe, Kinesiologist



One thing that I've established from working with clients (children and adults) with behavioural issues, Autism Spectrum Disorders and various types of Anxiety conditions, is the likelihood of a dominant Sympathetic Nervous System at play. The word "Play" being an understatement due to

the unseen havoc taking effect by compromising the immune system, inhibiting the digestive system and sending the endocrine system into overdrive possibly dishing out hormones such as adrenaline and cortisol for breakfast, lunch and tea, all to be ready for attack (fight and flight response), in its regular daily spin around the race track.

This engine revving at full speed ahead effectively prevents absorption and processing of information and nutrition. This is driven by the primal chemical messages of power and immediate survival at ANY COST. It's here that things are bound to spin out of control and burn out sooner or later. Sounds familiar perhaps?

This is where Kinesiology can help. Muscle testing using bio-feedback information from the nervous system and brain can give an indication of disturbances in body polarity, brain integration and switching, ionisation, dehydration and food and substance sensitivities as well as other physical, energetic and emotional blockages.

Using balancing techniques such as Emotional Stress Release, Neuro-Vascular, Neuro-Emotional, Neuro-Lymphatic and Vertebral Reflex points and by adding appropriate integration exercises and goal setting for improved awareness, learning, communication and coordination, we help switch the nervous system back into the rest, digest and heal response of the Parasympathetic Nervous System. It is here where we should naturally cruise through life the majority of the time, being able to remain self regulated and calm whilst achieving our goals and healing our bodies.

Integrated, balanced and stable...

...setting the course for life.

Best wishes for the road ahead!

We'd like to let everyone know that Song Hi Lee is no longer working with us here at Sunshine Health. We'd like to wish her the very best for her future. She will be missed.



THERE'S A REASON FOR THAT BEHAVIOUR

Cameron Stirling, Naturopath

So, you have a child with 'behavioural problems' or hyperactivity and don't know what to do. It helps to know a bit about what affects behaviour. The brain is very complex; it requires all the right nutrients, like protein, calcium, magnesium, zinc, iron, B vitamins and omega 3 oils, in the right amounts in order to develop and to function properly. It needs a stable blood glucose level for a steady supply of energy. When the biochemistry in the brain is abnormal, it shows up as changes in mood and behaviour.

For example, too little calcium and magnesium can speed the brain up, while too much copper can cause aggression. Lack of iron can cause learning problems. Overgrowth of the wrong kind of bacteria in the gut and allergies to wheat, dairy or food additives can inflame the brain and throw it out of balance. Too much sugar in the diet will cause demanding behaviour and emotional ups and downs.



Children need time outdoors doing physical stuff, chasing, climbing, etc. The more activity and exercise a child gets, the better they pay attention and the calmer they are. Natural light plays a role in balancing the sleep/wake cycle and hormone levels. Too much fluorescent light and 'screen time' disrupt this.

The child also needs a stable environment with a sense of security in the home. Even though they push the boundaries, children feel happy and secure with firmly established boundaries of behaviour. Acting out can be a child's way of expressing feelings they hardly understand: grief, alienation, or feeling inadequate. Counselling or Bush Flower Essences can help in this area. And of course mixed in with all this there's behaviour that's designed to get a certain result. Being able to recognise this and using good parenting skills helps here.

So to help a child with behavioural issues we need to test for the usual suspects mentioned above and improve diet or give supplements where needed. In my experience most children respond very well to this approach and the whole family becomes happier.

MESSAGE FOR WELLBEING

Chi Yang - Massage Therapist



Nowadays it is very common to find the average person has some kind of soreness or pain in muscles or joints from simple day to day activities. It is also common for people to neglect or be unaware of the discomfort until it becomes so severe that it negatively impacts their ability to perform these daily activities.

In order to lead the healthy, pain free life we all crave, massage is a great natural choice to improve the well-being of our body, mentally and physically.

Our body has an amazing ability to heal itself from chronic pain and discomfort. Massage therapy encourages and even speeds up this process without any drugs or chemicals being used.

I am a professionally trained remedial massage therapist with exceptional skill in remedial techniques and structural analysis of the body.

If you have discomfort in your joints or muscles, or are mentally or physically stressed, indulge yourself and allow me to show you the healing power of your body and relieve you of those symptoms.

THE BUDDHIST AND THE CHRISTIAN

Amanda Stone, Psychologist

Picture this: the full auditorium waiting expectantly for the speaker. My stomach had those little grips and flutters of excitement and anticipation. Participants quietly meeting new friends in the next seats and sharing names, professions and distance travelled to arrive at that definitive point. I always meet wonderful, interesting, progressive people – all on their own journey to enlightenment. Kerry was sitting next to me. I shared with her how I would be happy to touch the cloak of our speaker, Matthieu Ricard PhD. I have admired Matthieu for some 15 years.

On reflection, my attempt at reality humour was rather a peculiar thing to say yet an entirely typical example of an 'East meets West' philosophy (the theme of this HB issue). The peculiarity lies (firstly in me I'm sure), in the essential Christian Biblical sense referring to the healing that occurred when a woman touched the cloak of Jesus (Matthew 9:20), and Matthieu being a Buddhist Monk, with the implication that should I touch Matthieu's cloak I would achieve something akin to healing – enlightenment, well-being, happiness, immeasurable capacity for compassion and loving-kindness, the ability and resilience to do great works. These attributes and many more put Matthieu in a position of admiration and wonder – and we have not mentioned his academic past as a molecular biologist in France, mastery of who knows how many languages, author of several books, involvement with over 100 humanitarian projects, and his participation in cutting edge neurobiological research.

Over the course of the day I acquired new information, inspiration and life-changing concepts. Given my own work, academic study, and research I was well equipped to take advantage of both the neurobiological aspects and the utility of Matthieu's message. No doubt every participant took home a different slant from the day but for me the most salient, practical points concerned the role of altruism applied to the challenge presented by climate change; loving-kindness and compassion as the components of altruism; and the function of empathy.

Previously loving-kindness, compassion and empathy were thought to activate a particular area of the brain but through recent research it was found that empathy activated a different network from altruism. Empathy was found to be associated with pain, distress and negative emotions whereas altruism and its components of loving-kindness and compassion, activated the area of the brain associated with positive emotions. The implication was that empathy provided an alert to the suffering of other living beings, but rather than staying with that feeling, we can switch to loving-kindness and compassion thus facilitating a productive, positive experience rather than continued distress with negative moods and eventual burnout. For me that translates into sending blessings and the power of prayer as the very best option when confronted with the pain of another. This is consistent with Christian faith: a phrase from The Lord's Prayer is, 'Your kingdom come, Your will be done,' which encapsulates what God wants for us; His will is for all the living to have peace, harmony, well-being and happiness.

For those who are service providers in caring professions, burnout is an occupational hazard, and it is sound reasoning to employ loving-kindness and compassion (with blessings and prayer), as antidotes to empathic fatigue. Regarding the living planet, empathic alert and distress is acutely felt when considering and when seeing sights such as the slaughtering of cattle and whales, chicken factories, and the loss of species of plants and animals due to climate change or other human calamities. Listening to that alert can promote within each of us altruistic actions (I'm starting to look like a vegetable or a nut, I'm sure!).

Matthieu conveyed these concepts and so much more, and I encourage you to google his name, read his books, listen to his CDs, and enjoy his amazing photographs. Be inspired to be the best you can be.

So I did not have to touch his cloak to receive many gifts but a prized commemorative treat was the photo I had taken standing next to him. The planet and I prayerfully thank you.



ROASTED SWEET POTATO AND CAULIFLOWER SOUP



2 tbsp Oil	6 cups Chicken Stock
1 tbsp Butter	½ cup Cream (optional)
1 large Sweet Potato	1 tsp Ground Ginger
¼ large Pumpkin	1 tsp Cumin
2 Carrots	1 tsp Ground Coriander
1 Cauliflower	½ tsp Chilli powder (optional)
2 Onions	Salt and pepper
2 Garlic Cloves cut in half	

1. Preheat oven to 200c
2. Cut up sweet potato, pumpkin, cauliflower and carrots. Toss in Oil, salt and pepper and put on a roasting tray. Roast for 40 minutes or until golden and soft.
3. Meanwhile place butter in large pot and cook onion until tender. Add six cups of chicken stock.
4. Once the veges have finished roasting place them all into the chicken stock pot along with the garlic. Bring to the boil. Reduce to simmer and leave for approximately 20-30 minutes or until the veges look to be falling apart. Take off the heat.
5. Add spices and chopped up chilli. Blend up in a food processor or with a stick blender. Once it is just about blended add the cream if you are choosing to use it.
6. Enjoy! Delicious with fresh home made bread.. Yum

You can change the quantity of veges to whatever you like, you just might need more stock and cream.

IS KINESIOLOGY FOR YOU?

Have you ever wondered what is involved and how YOU can benefit from Kinesiology?

THE FIRST 3 PEOPLE TO PHONE AND ENQUIRE WILL RECEIVE A FREE FULL INITIAL CONSULTATION WITH LEANNE!
(THIS OFFER IS AVAILABLE FOR NEW CLIENTS ONLY)



Leanne Marshall is now available at Sunshine Health every Thursday.

Introductory Price

Initial Consultation: \$50 (90 mins)
Subsequent visit: \$40 (60 mins)

It does not matter how slowly you go as long as you do not stop.

- Confucius

