



Unwind Newsletter

June 2012

Winter Edition

Over the last few months we have seen a lot of changes at Unwind. Our two new practitioners (Rebecca - Naturopathy and Luca - Energy Healing) have settled in and I am thrilled to say having some wonderful results with patients.

Another osteopath will be joining our team in early July. Romesh De Vos will be available for bookings on Mondays and Fridays, so keep an eye out for further information in my next email as he is offering a wonderful deal for his first month.

Sadly, Tamsin our Chinese Medicine practitioner will be finishing up at the end of this month. She has been with us for three years and will be greatly missed. We wish her all the very best for her future studies in radiation therapy and hope that her next adventure is wonderful!

We have a new website at www.unwindhealing.com and will gradually de-commission our current one. Thank you to Tamsin who helped with the build.

As most of you know I have had a few months off with illness. During this time I have been working on a new range of "healing" candles, and some free audio products which I will announce as they become available. I am still hoping to grow our facebook numbers, so if you have a facebook account please look us up. It is a great way for me to get feedback on our services and for you to be the first to hear about up and coming specials. Well I am signing off, I hope you enjoy this newsletter and look forward to seeing you all very soon. Keep warm!

Shelley

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DO EMOTIONS EFFECT OUR MUSCLES?

By Georgia Lagoudakis

Emotions are a big part of our everyday life and can effect us mentally, physically, spiritually and psychologically. Emotions are energy in motion and radiate certain vibrations. When they are normal and healthy they are flowing.

Thoughts play a huge role on what emotions we create. Our thoughts are vibrations as well, and these vibrations send signals to our brains and bodies through the nervous system.

When we think and talk positively eg "I love what I do", "I enjoy being with you", "I am so happy" then the emotions we create are feelings of happiness, joy, fulfilment, excitement and these emotions radiate into and through our bodies and muscles, allowing our blood pressure to go down, our heart rate to slow and our breathing to be slow and deep. This process happens naturally and our muscles feel relaxed, loose and flexible and we feel vibrant, enthusiastic and joyful.

On the other hand, when we think and talk negatively eg "I hate", "I am angry", "I am scared/afraid", "I can't..." then the emotions we create are feelings of anger, resentment, fear, sadness and upset and then the body and muscles respond accordingly. Our blood pressure increases, our heart rate is faster and our breathing becomes fast and shallow. This results in our muscles being tense and tight, inflexible; there is more lactic acid produced and less blood flow, which means less oxygen. In this case, when emotion is not expressed or released well, we create more imbalance and therefore a chance of creating a disease, illness, infection or simply feeling down and weak.

Being conscious of the way we think, act, talk and hold ourselves will have a great impact on the way we feel. Some of the ways of being more conscious and releasing stored negative emotions in our body are:

- paying attention on our posture, the way sit, stand, walk, exercise
- breathing deeper and slower and doing this as an everyday exercise
- practising meditation
- feeling how your body feels and where it feels it when you are happy/joyful vs sad/upset/angry
- getting a massage at least once a month to relax the muscles, get more oxygen to them and feeling the tension going away
- speaking more "positively" than "negatively"

In conclusion, emotions whether "good" or "bad" create energy and this energy gets transferred into the universe and our bodies and muscles. We have control of what effect they will have on us and what we can do about it. Listen to your body and be conscious of what you think and feel.

Finding The Correct Bra Size

By Shelley Horkings

One of the most common problems that I see in my osteopathic practice is upper back and neck problems worsened or caused by women wearing bras which are obviously the wrong size. I would guess that 80% of my female patients are wearing the wrong size and don't even know it. My first suggestion would be to find a boutique bra retailer that specialises in fitting you correctly or follow the guide below at home to check for yourself. It will only take a couple of minutes, and may save you a lot of postural problems, and money in the years to come.

Step One: Determine your band size. While braless or wearing a non-padded bra, measure around the bottom of the band, directly under your bust. The measuring tape should be level and very snug. Round this to the nearest whole number. If the number is even, add four inches, if the number is odd, add five inches.

Step Two: Take your bust measurement. Wrap the measuring tape somewhat loosely around the fullest part of your chest (at nipple level). Round this to the nearest whole number.

Step Three: Calculate your cup size. Subtract your band size from your bust measurement and refer to the chart. Example 37 inches (bust) – 34 inches (band) = 3 inches. That's a 34C.

The difference (in inches)	0	1	2	3	4	5	6	7
Your cup size is	AA	A	B	C	D	DD	DDD, F	G



Group Energy Healing Class for Breast Cancer

Time: 6.30—7.45

Starting Date: Thursday 21st June

Cost: \$15 per class

Where: Unwind 46 Challis St, Newport

Continuing fortnightly, 5th, 19th July, 2nd, 16th, 30th August.....ongoing

This class is open to women at all stages of the breast cancer journey. It is compatible with and complementary to conventional forms of treatment you may have undergone or are currently going through. During the class you will be guided into the following; postures, stretches, mindful breathing, visualization, and emotional awareness. Some people will also receive hands on healing. The session will support emotional, physical and psychological healing, energy balancing and relaxation. Luca Ruiz is a complementary therapy practitioner trained in reiki, regression and hypnosis. For more information go to www.lucaruiz.com or call Luca **0434 192 172**

“Be helpful. When you see a person without a smile, give them yours.”

Zig Ziglar

Simple Relaxation and Balancing Technique

By Shelley Horkings

Lie on the floor with your legs raised at right angles and supported by a chair (this posture physically prevents muscle tension).



Relax completely and practice stating the following six phrases:

1. My arms and legs are heavy and warm
2. My heartbeat is calm and regular
3. My breath is free and easy
4. My abdomen is warm
5. My forehead is cool
6. My mind is quiet and still

Repeat each phrase slowly, five times, allowing a slow and gentle breath for each repetition.

Intrinsically Healthy

Group information sessions about health and wellbeing

Children's Health and Healthy Lunch Boxes

Wednesday 25th July

2-3 pm

What we put in our children's lunch boxes can have an impact on how well they learn and concentrate in school. This session will cover recommended nutritional standards for children and provide practical advice on how to create a healthy lunch box.

Cost \$10 per person

Limited places so bookings are essential.

Call to Book 0418 621 369

Intrinsic Naturopathy—Rebecca Pattinson

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"In the end, it's not going to matter how many breaths you took, but how many moments took your breath away."

Shing Xiong.

A few stretches a day keeps the doctor away

By Romesh De Vos

We have all heard of the phrases “an apple a day keeps the doctor away” or the “key to a healthy life is to exercise”. But how much emphasis has been put on stretching?

It seems that stretching has taken a back seat when we look at keeping healthy. And often we even confuse stretching techniques with exercise techniques.

In this article, let’s look at the importance of stretching and why it should be included in our daily routine and thought process of keeping healthy.

Our bodies are constantly on the go and because of this our muscles are working constantly. A muscle works by making itself shorter. It’s attached to two different areas in our body and when it shortens, it moves the joints, which in turn moves our body.

Muscle tension, aches and pains often come about when we overuse our muscles. The muscle fibres huddle together, trying to protect itself from injury. When tension develops, the joints in your body get compressed, lack of movement becomes noticeable and blood and oxygen entering the muscle is reduced. Applying heat and relaxing can help, but stretching really takes a leading role in helping with this dilemma.

When stretching a muscle, you are doing the opposite to how it works, and that is to lengthen the muscle. When this is done, the following benefits can be seen:

- Reduces tension, and increases health of your muscle; and
- Increase range of motion and give more freedom to your joints.

Daily stretching will help increase your bodies vitality. A good stretch should be held for 30 seconds and doing 2-3 sets will improve the quality and effectiveness of your stretching.

Correct stretching techniques should be also utilized for an accurate stretch and for your safety. So please do your research or talk to your Osteopath for more advice.

So this is why stretching is an important tool that we can use to promote our health.

So Remember. A few stretches a day keeps the doctor away!



Naturopathy Winter Warmer Special

Save \$30 off
your initial
consultation,
now only \$60
until the end of
winter.

**Call Rebecca to book:
0418 621 369**

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