



# Unwind Newsletter

March 2012

## Easter Edition

Easter is approaching which gives us an opportunity to have a break from work to make some time for yourselves—maybe reconnect with the body and refocus on goals, dreams and desires. It is not often during our busy lives we make time to work on this important task!

The clinic is busier than ever and we have two new practitioners joining our team.

Luca Ruiz is offering energy healing/reiki and hypnosis which are very powerful techniques to work on the subtle energy system of the body. If you would like to know more please call and talk with her about how these therapies could help you.

Rebecca Pattinson is an experienced naturopath and is starting to take bookings at the clinic. She has extensive experience in nutrition and will be a valuable addition to the team.

Both practitioners are open, compassionate and really understand the important link between the health of the body and mind. They are committed to working with you to improve your general wellbeing or to support you through an injury or illness.

Tamsin and Georgia continue to work hard providing excellent health care to patients. I am very proud to be surrounded by such a wonderful group of people.

Happy Easter!

Shelley Horkings

## PRE – OPERATIVE HYPNOSIS

By Luca Ruiz

Early in 2011 I had the chance to experience the effects of pre-operative hypnosis first hand. The results were really astonishing.

I needed to have a fairly substantial operation. I was talking to a Hypnosis colleague and she suggested that I do a self hypnosis/meditation before the operation with positive statements and instructions for my body so it would know how to behave and respond to the operation. I thought what a great idea!

The night before the operation, I got ready and sat in a meditative state and then instructed my body on how to respond over the next days, weeks and months. Some of the suggestions were: The bleeding is minimal, the swelling is minimal, the pain is minimal, I recover quickly and rapidly to everyone's surprise, and I love the way my new body looks. Well, you guessed it to everyone's surprise I recovered so rapidly and well. I had absolutely no bruising and the pain and swelling were minimal.

This first hand experience really showed me the power of our body mind connection.

If you are going to be having an operation, you can prepare your body for it. You can either have a hypnosis session with a hypnotherapist or you can prepare yourself with positive affirmations in a meditation.

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## Flower Essence Therapy

By Rebecca Pattinson

Flower essences are a gentle and effective treatment to balance and restore our emotional energy. Remedies are prepared from wild flowers or tree blossom steeped in natural spring water that is heated naturally by sunlight. The energy of the flowers is captured in the spring water. The treatment is drops of the essence taken during times of emotional distress or as prescribed by your practitioner.

Dr Edward Bach, an English doctor founded Bach flower remedies in the 1930's to treat the emotional basis of disease. With many years of research Dr Bach found that what characterised the physical disorders he was treating was an emotional and spiritual imbalance at the base of disease states. Similarly Ian White developed Australian Bush flower essences over the last 20 years based on his knowledge of Australian wild flowers and herbal medicine.

We have all experienced our hearts race as a result of a fright, or had butterflies when we're nervous; these are some of the basic physical responses to our emotions. Flower essences offer an energetic therapy that realigns our spiritual and emotional self and as a result altering our physical self, calming the butterflies for example. The essences work by triggering the release of the negative emotion, allowing this to be assessed and transformed into the positive. For instance those who are uncertain, in two minds about a decision may be prescribed Scleranthus (Bach) or Jacaranda (Aust. Bush) to bring clarity and firm decision.

During a flower essence consultation you have time to talk. While I take a medical history and gather a baseline, the conversation is energy focused:

- what is going on for you in your life?
- how you feel and manage things?
- what you would like to change?
- what is at the heart of your unrest?

The answers to these will reveal the essences that are right for you.

There are a number of theories as to how flower essences work, one is that they change our subtle energy or vibrations; another is they trigger chemical releases in our brains that flow on to balance our emotions. Research is still underway to fully understand how the essences work – but one thing is clear.....they do.

I have had success using flower essences in many conditions & situations including:

- grief
- stress
- fatigue
- insomnia
- exam panic
- major life changes
- poor attention span
- nightmares
- children with school or separation anxiety

At the end of the consultation you will be provided with the remedy & affirmation tailored for you. You will understand the individuality of your essence and why this is right for you.



### Book Online with 'ClickBook'

Unwind has a new online booking service called 'ClickBook' to make appointments for any of the services.

ClickBook is easy to use and lets you make appointments with us any time of day or night, from any computer.

What's more, ClickBook will send you a reminder (SMS and/or e-mail) before your appointments.

All you need to do is confirm your details by going to:

[www.UNWINDMINDBODYSOUL.clickbook.net](http://www.UNWINDMINDBODYSOUL.clickbook.net)

or by clicking on the 'Book Online' button on Unwind's homepage (see *picture above*), and you will be taken to your online Booking Centre.

If you have any difficulties using ClickBook, please contact us for assistance.

**“The soul always knows what to do to heal itself. The challenge is to silence the mind.”**

*Caroline Myss*

## Breast Self Examination

A gentle reminder to all patients of the importance of regular self breast examination in order to pick up any changes in the breast tissue as early as possible.

### Step 1:

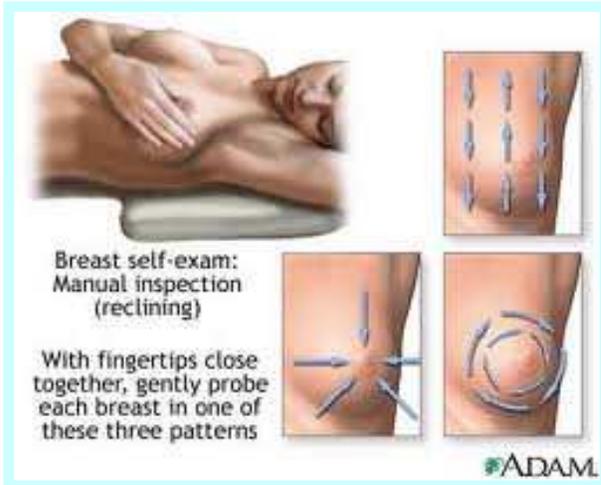
Stand with your shoulders relaxed and hands on your hips in front of a mirror.

Look at the symmetry of the breasts in particular looking for;

- Change in the shape, size and colour of the breast
- Dimpling, puckering or bulging skin
- Changes in the appearance of the nipple

Redness, soreness, rashes or swelling

Repeat the above steps with your arms held above your head.



### Step 2:

Gently squeeze or press the nipple on each side checking for any abnormal discharge.

### Step 3:

Using the right hand to examine the left breast and vice versa gently press the middle three fingers into the superficial layer of tissues. Use firmer pressure to check the deeper tissues. This step needs to be performed in sequence so that none of the tissue is missed. You may like to start in the middle at the nipple and work in circles from there. Be sure to check from the arm pit to the breast bone, and from the collarbone to the top of the stomach, as these outer areas may contain enlarged lymph nodes which are commonly found alongside breast cancer.

## APRIL SPECIALS

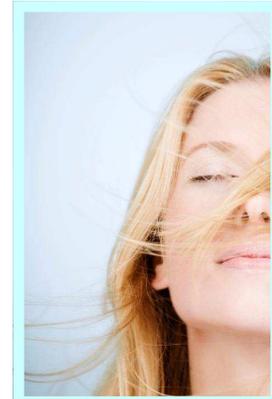
Luca is offering the following introductory offers for the month of April.

**Energy Healing/Reiki**  
**1 hour session \$75**

**Stop Smoking hypnosis**  
**1 session \$120**

**Hypnosis**  
**1 hour session \$60**

For further information about any of the treatments go to [lucaruiz.com](http://lucaruiz.com) or call Luca on 0434192172



**“A mind at peace, a mind centered and not focused on harming others, is stronger than any physical force in the universe.”**

*Wayne Dyer*

## MAINTAINING GOOD POSTURE

By Georgia Lagoudakis

Have you been suffering from neck and back pain? Do you go to work and feel exhausted and more tired than what you naturally should be? IS YOUR POSTURE CORRECT?

We have all experienced tightness and tension in our neck, shoulders and back but is this tightness and tension becoming more intense that you feel pain, and discomfort whether we stand or sit and irritated? These can be some of the symptoms "bad" posture can have on us.

Being more aware of how we sit and stand could really benefit us. Office workers are generally a big group of people who really create poor posture due to the fact they sit on a chair nearly all day, look into a computer and type along or answer phones. They tend to slouch, lean on one side of the body and not get up regularly to move or stretch. Having said that people that stand a lot could also fall into similar patterns by leaning on one side, tensing their leg muscles and creating lots of tightness in their lower back.

Apart from physical habits we create, we also create stress and emotional patterns depending on our life and work pressures. These also tense our muscles up and make them weaker and do not allow us to sit or stand straight.

Massage therapy is one of the treatments that could definitely help you maintain a better posture and create more flexibility. Your massage therapist is experienced in looking at your body structure, lifestyle and do a postural analysis and create a treatment suitable to you. It will, also, allow you to learn more about your muscles and which ones are used more or less.

Massage can help you relax, improve the circulation, detoxify the muscles and hence release the tension in them. This will allow you to become more aware of where your body stores tension and how different you feel before and after a massage. You increase flexibility and decrease pain, injuries caused by weak muscles and poor posture.

In combination with massage other form of body/mind work can be added to your routine such as yoga, pilates, stretches, baths, specific exercises that realign your body and strengthen the muscles and meditation or deep breathing techniques.

Maintaining a good posture is all about being aware and more conscious of our body, how it feels under pressure and when it is relaxed, how we move, sit, stand, exercise and the time we spend on each activity and movement we do and how long we spend without moving much.

These are great tips to be familiar with when booking your next massage treatment or doing any mind/body work. Ask your therapist to support you in correcting your posture and feel a lot better than you have been.



## Crystal Healing

Crystals work through the transmutation of energies and the adjustment of subtle vibrations. In one aspect, crystals absorb, focus, transmute and transmit electromagnetic energy. They can open up the subtle energy body.

The subtle energy body is linked to the physical body by the chakras—centres which mediate and distribute energy. These chakras can themselves become blocked, leading to subtle disease, which if not brought back into equilibrium eventually leads to physical disease.

Crystals are wonderfully easy to use as they can be placed near where you are, for example, on your bedside table or desk, or worn as jewellery or carried in your pocket or purse.

### Some basic uses for crystals:

**Insomnia**—amethyst, bloodstone and sodalite.

**Electromagnetic pollution** (computers & mobile phones) - green aventurine, sodalite and smoky quartz will block out these emanations and protect your subtle energy body.

**Relaxation**—amethyst, blue lace agate, clear quartz, green aventurine, rose quartz, smoky quartz and yellow jasper.

**Protecting your home**—the following crystals help to harmonise the energy and protect your home from environmental pollution or electromagnetic smog—amethyst, bloodstone, orange carnelian, rose quartz, smoky quartz and sodalite.

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