



Unwind Newsletter

September 2012

Spring Edition

It is wonderful to be welcoming the gorgeous spring weather in once again, and saying goodbye to the long winter that we have had this year.

Things are changing and evolving at Unwind. We are thrilled to welcome two new practitioners to our team. We welcome Yasmin, a counsellor who will be starting early September, and Robert, a psychologist who will be joining us in early October.

This issue is larger than our normal newsletters, and I hope that you find the information relevant and interesting. Please let us know if you would like more information on specific topics so that we can keep the editions interesting.

I am hopeful to be well enough to return to work early in the New Year, and look forward to seeing you all again soon.

Shelley

mind · body · soul

46 Challis Street
Newport
Victoria 3015

E: info.unwindmindbodysoul@gmail.com

W: www.unwindhealing.com

P: (03) 9398 0787

What is Energy Medicine?

By Luca Ruiz

Energy Medicine can be practiced in many ways such as through; acupuncture reiki, Ayurveda, Chinese Medicine, chi kung or exercise such as tai chi. These approaches understand that within humans there is a subtle energy field. This field is affected by emotions, stress, traumas and even relationships the sources of many ailments. Energy medicine is about releasing energy blocks so the body and person can return to a healthy balance.

Individually you can begin to become familiar with your own energy body. When you have stress, worry or an argument, say to yourself “Where am I holding that stress, worry etc in my body” Scan your body with your mind and listen, usually it will be being stored somewhere specific. This part of your body needs assistance. You may also need to work on alleviating, healing the cause of the stress, worry.

At Unwind I do hands on healing using the principles of Reiki, yoga and energy meridians helping you rebalance your body. It is very powerful and can be very effective in treating a range of ailments.

Creative Visualisation for Good Health

By Dr Shelley Horkings

Recently I attended a self-healing course co-ordinated by Dr Arcady Petrov. It was a wonderful course and a great reminder to me of how important simple visualisation is in improving our health and changing our lives. We have used this process every day of our lives, but it has become so ingrained we do it automatically, and often in a negative way. When we deliberately choose what we will focus on in our visualisations we can totally reconstruct our bodies and our lives to match our desires. We are simply using our imagination in a more conscious way.

A visualisation is an imagined situation or story that we tell ourselves, or that we see in our mind's eye. The more senses that are involved, the more profound its effects are on our central nervous system. During a visualisation we can create new neuro-associations, and therefore can use them to attract anything that we really want in our life, whether it is better health, better relationships, more rewarding work etc.

As we visualise something pleasant, and focus on it for a while our brain starts to release endorphins, the hormone of pleasure, one of the healing chemicals of the body. This in turn starts to impact our body at the basic cellular level, which causes a cascade of changes throughout the body, changing hormonal balance, biochemistry and brings the body's subtle energy bodies back into perfect rhythm and harmony.

There are three necessary elements within you which will determine how successfully creative visualisation will work for you -

Desire: You must have a clear strong feeling or purpose behind you desire.

Belief: The more you believe in your goal and the possibility of attaining it, the more certain you will be to do so.

Acceptance: You must be willing to accept and have that which you are asking for.

If you would like more information or would like support working with creative visualisation I regularly run courses on the "law of attraction". These are hands on classes where you will learn to create a dream board or dream book, which you can then change and improve as your goals and desires shift. This is a great tool to help you focus on what you want,



"The Law of Attraction Workshop"

Presented by Shelley Horkings

Join us for this fun practical workshop where you will learn to create your own 'dreamboard' and also learn some hints and tips on how to work with this law to improve any aspect of your life.

When: Wed 17th October

Where: Unwind, 46 Challis St, Newport

Time: 9.30am onwards

Cost: \$45 per person

To reserve your place please contact Shelley on (03) 9398 0787, or email me directly at

info.unwindmindbodysoul@gmail.com

"The next big frontier in Medicine is Energy Medicine"
Dr Mehmet Oz

Healthy Habits to reduce Hay Fever.

By Rebecca Pattinson

With spring just around the corner allergy and hay fever sufferers will be starting to think about stocking up on antihistamines and tissues. These are essential for managing the symptoms to make it through the day, but how about stocking up on some food essentials that may assist in reducing the symptoms and the need for the tissues?

Now is a good time to start a spring diet change to boost the immune system and reduce the inflammatory response that is begun when the body is exposed to allergens.

Fresh pineapple and paw paw provides a good supply of enzymes and vitamins including vitamin C which increase immune factors. Make sure you eat the core of the pineapple its full of great nutrients to reduce hay fever symptoms.

Fresh berries are packed full of nutrients to help regulate your immune system. Frozen berries are a great alternative when fresh are expensive or hard to find. A cup a day on your breakfast or in an oat milk smoothie is a great start.

Blueberries, blackberries, raspberries, strawberries, mulberries, blackcurrants, elderberry and goji.

Green leafy vegetables have vitamins and minerals that are essential for building immune cells. Aim for 3 generous serves a day, one serve is a large handful of salad leaves or ½ cup of vegetable

Broccoli, spinach, rocket, cabbage, brussel sprouts, kale, bok choy,

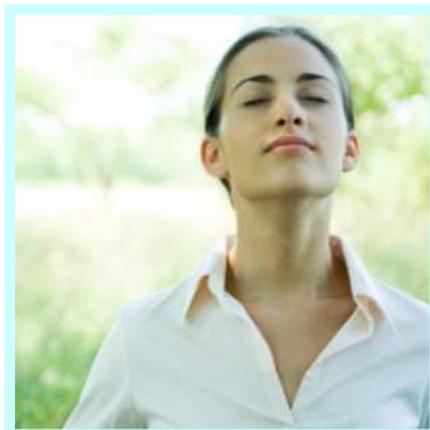
Your body needs good **protein sources** to maintain good structure to keep allergens out. Aim for 2 palm sized serves a day

Tuna, salmon, organic turkey, chicken, lean lamb, beef, tofu, tempeh.

Whole grains, cereals, nuts, seeds and legumes will help to fill you up and provided additional nutrients to support your immune system.

Quinoa, buckwheat, oats, brown rice, chickpeas, lentils, split peas, sunflower seeds, sesame seeds, walnuts, brazil nuts, almonds

Fresh herbs and spices are powerhouses of nutrients these can help reduce inflammation and improve energy. Add herbs and spices chopped or ground at the end of cooking for the most benefit.



“Salt is born of the purest parents: the sun & the sea.”

Pythagoras



THE IMPORTANCE OF TOUCH

By Georgia Lagoudakis

Touch is one of the 5 senses human beings have and it can be considered as a very important one when it comes to our physical and emotional health and wellbeing.

There have been studies and experiments that showed that touch lessened pain, improved lung function, increased infant growth, lowered blood glucose and improved immune function.

Besides all these benefits that touch can provide it is, also, another form of communication. As infants we can't speak through words so we respond with touch. Infants have shown to gain weight faster and have a higher motor and mental skill development when they are touched.

This, however, is not only beneficial to infants but to any age group. In general, the older we get the more we need to be touched whether that is shaking someone's hand, placing our hand on someone's shoulder or arm, giving each other hugs etc. Touch can give us support, care, love, warmth and reassurance.

Massage is a great way to experience feeling fulfilled, supported and loved. Though a study they found that touch with moderate pressure can stimulate the cranial nerves and this will help to slow down the heart rate and lower the blood pressure. As a result the stress hormones levels decrease and endorphin (feel good hormones) levels increase.

As you can notice touch through massage is a great way to feel balanced, cared for, supported and relaxed.



Package Deal

1hr Naturopathy + 1hr Energy Medicine

only \$49

Do you have problems with

allergies
hayfever
cold & flu
osteoarthritis
circulation
stress & anxiety
insomnia
menopause
digestion
muscle & joint pains
or other concerns?

Holistic treatments for
mind body & spirit

NATUROPATHY &
ENERGY MEDICINE

(03) 9944 0830

www.naturopathyandenergy.com

Unwind mind · body · soul

46 Challis Street

NEWPORT VIC 3015

P: (03) 9398 0787

E: info.unwindmindbodysoul@gmail.com

W: www.unwindhealing.com

Your site of pain may not be the actual problem

By Romesh DeVos

Do you have or do you know someone who has had a pain that they can't seem to get rid of? And although treatment is sought it seems to always come back again? Frustrating isn't it?

In times like this it is best to look outside the square of what your body is making you feel. As we all know, our body is one very complex unit! Bones on top of bones, muscles positioning themselves everywhere to give you the movement you need, joints, organs, tendons, ligaments, blood vessels, connective tissue, fascia, neural pathways, brain, spinal cord and organs all combining into one functioning unit that makes up you.

It takes just one of these structures in your body to go out of whack to start causing you problems, and because the body uses everything it has to work as one, it can often find its self leading to another problem in other structures of your body.

Lets give you an example to make things a bit more clear. Imagine you have a lower back pain. You have had this pain for about a year. You have gone to your GP who has sent you for scans but it comes out clear. Medications and massage only give temporary relief. With desperation you see your local Osteopath.

The osteopath takes a full case history asking you questions about pain, past accidents, traumas, operations, systemic issues, daily activities etc. These



Healthy Habits for Hay Fever

Continued from pg 3

Also keep hydrated; this keeps the lining of your nose and throat moist and improves the barrier protection. A great way to get the extra herbs and spices into your diet is to add them to hot water for a tea, or to cool water for a refreshing twist

The foods recommended above may look just like what you would think a 'healthy' diet looks like, you're right! Eating the right balance of foods is essential for your body to be prepared to fight an allergen.

By including these foods and removing excess sugars and fats from your diet, your body will be in a better position to combat hay fever.

Your site of pain may not be the actual problem.

Cont from pg 5

They find out that along with your back pain you have had an injury which involved tripping over a log 2 years ago on a camping trip. This left your ankle quite sore for a number of weeks but you eventually got over it. Since then you've experienced some cramping in the calves and thighs occasionally.

The osteopath also finds out that you have been suffering from constipation in the last 4 months. You think it may be due to diet.

After running further osteopathic tests, the doctor realises that your ankle joint is not moving well. Your calf muscle has become tight because it has had to work harder to move the restricted ankle. Because the calf muscle is attached to your knee, your knee has also showing signs of restriction in motion.

These restrictions in your lower part of your body have caused everything above to work harder in order to keep you moving like normal. However, because everything is working harder, it has become more vulnerable to further dysfunctions, and thus your osteopath also finds that your joints in your hips and pelvis have been effected, which has then ultimately effected your lower back.

Your lower back also has nerves that affect your intestines, and because the lower back is not functioning properly it may in fact be a cause of your constipation. Interesting isn't it?

So in an osteopathic treatment, your doctor needs to look at your body as a whole and treat from your primary cause, which in this case your ankle. Therefore having pain in one area may not be where your actual problem is, and the only doctor able to treat and see your body as a whole is your local Osteopath.



mind · body · soul

46 Challis Street

NEWPORT VIC 3015

P: (03) 9398 0787

E: info.unwindmindbodysoul@gmail.com

W: www.unwindhealing.com