

Welcome to the Christmas edition

I hope you are all looking forward to a visit from Santa this month. Unwind is busier than ever with Robert and Pip settling into the clinic.

Don't forget that anyone coming in for a session with any of our therapists during December will go into the draw to win our Christmas Competition. This year our prize is fabulous.

You will be able to choose one of our Wellness Packages to enjoy during January and February (more information about these new packages later in the newsletter). So if you haven't already made your appointment please do so to avoid the pre-Christmas rush.

Most of our therapists are taking some much needed time off over the Christmas break. If you think you might need treatment during this time please double check with your therapist as to their availability.

I am excited to announce the launch of my new healing candle range. I have designed a candle for each chakra or energy centre of the body. Burning the candles will help to promote balance and healing in these energy centres. They smell fabulous and like all our products are made from all natural ingredients and are hand-made at Unwind.

They are a perfect gift for people who love yoga, meditation and other healing modalities. They are also beautiful so will enhance any bathroom or living area. If you would like more information about the candles please visit our new website at www.unwindcandles.com.



We are also pleased to announce that we have a new therapist joining us in January. Katerina will be offering counselling and psychotherapy sessions on a Saturday morning. Check out the website for information on her sessions/pricing.

We are now on facebook, so if you have an account please look us up, we love sharing information about health and healing and will let you know when special offers are released. From everyone at Unwind we wish you and your family a very Merry Christmas and a prosperous New Year.

Shelley

Wellness Packages 2013

Now that we have an extensive range of therapists and therapies available at Unwind we have designed and developed these fantastic packages for January and February next year. They can also be purchased as a gift voucher to give to loved ones for Christmas. The prices are fantastic, and they give you an opportunity to meet and try a number of therapies, to see what will suit your health needs. Read through them and see if there is one to suit you!

Renew

Unlock the barriers to reaching your New Year's resolutions. Begin your journey by developing healthy achievable goals to set you on a path of renewal. Price is \$225 and includes:

- 60 min psychology
- 40 min wellness consultation/nutrition
- 60 min energy healing

Purify

Begin with an assessment of your innate vitality. Develop diet and lifestyle approaches to support detoxification. Price is \$190 and includes:

- 60 min naturopathy
- 60 min osteopathy
- 40 min ionic detox foot spa session

Unwind

Release the tension of the year gone by through personalised guided meditation, massage and holistic wellness. Price is \$170 and includes:

- 60 min massage
- 60 min meditation
- 40 min naturopathy
- + 5 minute meditation booklet

Balance

Begin with assessment and transformation of your structural core, rejuvenating and realigning the essence of you. Price is \$175 and includes:

- 30 min massage
- 60 min bower therapy
- 60 min osteopathy

Ignite

A healing journey to begin the release of old emotions and belief patterns that can create blockages and limitations in your life. Price is \$220 and includes:

- 60 min psychology
- 90 min energy healing

Why use Heat and Ice packs? - Dr Romesh DeVos

There seems a lot of controversy in relation to when it is appropriate to use a heat and ice pack. In this article, we will explore their importance, what they really do for us and why we feel better when applied.

Heat and Ice packs can be found in pharmacies, health shops and clinics. We see them in the form of gel packs, wheat bags, hot water bottles, etc. When a heat or ice pack isn't available people may use something from the fridge or a bottle of warm water as an alternative.

Ice packs are applied when we experience swelling/ inflammation/ redness. This can be brought upon by recent trauma or extreme activity.

When we go through a trauma, the body has a special response which it implements to help protect the area. It swamps the damaged area with special fluid. Think of this as your bodies' special soldiers coming in to repair, clean and kill foreign unwanted objects.

Sometimes though, the inflammation can cause more inflammation and turns into a cycle which causes too much fluid (special soldiers) to gather in one area. This puts pressure on the tissues producing pain and reducing healing time as a result.

Applying ice makes your blood vessels constrict, slowing down the flow of fluid to the area. By doing this it helps reduce the inflammatory response.

However ice should be used with caution and is always good to get advice from your Osteopath before use.

General precautions are as follows:

- Never put ice directly on body, always use a towel or cloth to separate ice from the body.
- Don't leave longer than 20 minutes and then do not reapply for at least 30-120 minutes.
- Don't use constantly as it can reduce healing process. Usually used in the first 24-72 hours after injury.

Heat does the opposite to ice. Heat makes things move more quickly, and in this case it's your blood and fluid flow.

Heat is best used when there is muscle tension. When your muscles suffer from tension, they tighten up. Think of muscle tension as your hand grasping a plastic pipe with running water. Pretend your hand is a muscle and tighten your grip. You may notice the running water decrease its output as you clench and squeeze the pipe. This is what happens to your blood vessels.

When muscles suffer tension, they tighten, the blood flow is reduced and your muscles have less

nutrients to feed off. When you apply heat, it dilates your blood vessels, making blood flow easier and relaxing the muscle.

Heat would not be appropriate in a recent injury where swelling is present because heat increases flow, and may make the swelling worse.



Replace worrying thoughts with Body Awareness
– Luca Ruiz

Author of *The Power of Now*, Eckhart Tolle teaches us that we need to develop body awareness to help us unhook from our negative thought patterns and false beliefs. These toxic thoughts trigger emotions such as worry, stress, anxiety, fear, shame and guilt, which in turn weaken the body's health defences.

To shift from this pattern a very effective way is to focus your attention on the energy in your hands. In fact move your attention into your hands, see if you can feel any tingling, coolness, heat or a flow of energy. Once you have done this try to bring awareness to your feet and then other parts of your body. You cannot do this and be in your thoughts at the same time.

Develop this awareness further by becoming aware of the energy in your hands and body while you listen to another person or even when you are involved in an argument. This will help you shift your attention out of your identity and rigid point

of view and help you to hear the other person's point of view with more understanding.

Psychological Counselling – Robert Mackinnon

I am very excited to join the team at Unwind and to be working with a group of people dedicated to enhancing your wellbeing.

I bring with me a range of experiences, from working in private practice as well as forensic and educational settings.

It is my aim when working with clients to be able to assist you to develop your self-awareness and implement strategies that help you to make the changes that bring purpose and satisfaction to your life. This includes overcoming mental health issues such as anxieties and depression as well as regaining control after traumatic experiences such as the loss of relationships, passing of important people or threatening situations. The most effective treatment will be dependent on your unique circumstances.

I would like to take this opportunity to invite you to contact me with any questions you may have about how psychological counselling may be able to benefit you.

In the interim, I have generated a list of Frequently Asked Questions ([FAQs](#)) which I have posted on the website. Below is a sample of some of the questions that I am often asked:

- What is counselling?
- Is counselling by a psychologist effective?
- How is counselling helpful?
- How much does it cost to see a psychologist?
- Am I eligible for a rebate of the cost?

I look forward to working with you and the community.

Reiki – Pip Coleman

Hi, I am Pip ... My story into the healing therapies starts with me deciding to get my belly button

pierced. I was 25 years old and had just broken up with my boyfriend of 4 years. I wanted to do something outrageous and spontaneous. I arranged to go and have my belly button pierced without telling my flat mate.

On the appointed day I was super excited and really found it hard not to tell my flat mate where I was going that morning. I walked into the shop on Elizabeth Street Mall (Hobart) and the man greeted me with a big smile, he was wearing a smock. It felt like I was going to the dentist. It felt safe but risky at the same time.

The man explained what he was going to do and as I lay on his table I was pretty calm.

He gave me a quick injection, to numb the area, and then proceeded to pierce my belly button. There was a very odd tugging sensation but I felt no pain.

He told me to stay on the table for a bit just in case I felt faint. After a few minutes I said I felt fine. He told me to go for a walk nearby and to come back if I felt dizzy or faint.

I had wandered out to the food court in the mall and was trying to decide what to eat for lunch when I started to feel light-headed. I figured it was because I was hungry.

Then I really felt dizzy and the food court started to spin. I went to a bench near the taco stall and sat down. Then I lay down on the bench and put my arm over my head.

The lady from the taco stall called out to me. 'Are you okay?' ... 'Umm...no not really.' I whispered ...embarrassed now because I would have to explain to her why I was dizzy. She brought me a cool towel to put on my head and sat next to me for a bit. I told her why I felt dizzy and she politely nodded without laughing at me.

After about 20 minutes I felt better and I called my flat mate at work and asked her to come and pick me up and drive my car home.

She said 'I could have given you some Rescue Remedy before you went, you silly.' I just nodded ... 'I know ... I was trying to be spontaneous'



'Now at least you can let me give you some Reiki to heal the piercing.' 'You can what??'

'I can give you some energy healing for your belly button ... we can do it while we watch Charmed tonight.' 'I guess ... although I don't know what you are talking about ...' I was sceptical. 'It's easier if I show you ...'

That night we watched Charmed on the TV, I lay on the floor on my back while my flat mate put her hand on my belly button. Initially I felt nothing ... but then her hand started to warm up and got really hot. I felt tingling and waves of warmth on my belly. It was very reassuring and calming. I noticed that she was not concentrating or focusing at all ... this energy seemed to be coming 'through' her to me. It was fascinating.

I decided that day I wanted to have the ability to heal people and help them feel calm.

I was attuned to Level One Reiki that year so that I could do hands-on healing for myself and others. And I have since trained to the level of Reiki Master, so now I can attune others to be able to heal too. I am truly grateful for this gift.

Festive Season Survival – Rebecca Pattinson

With the lovely sunny, warmer days and a garden full of spring blooms; it's a reminder for me that the festive season is right around the corner. In my house like so many others this means lots of

celebrations, both professional and personal, to attend. There is a little less sleep, a bit more alcohol and party food, this all adds up to feeling a little sluggish and depleted.

To enhance a feeling of wellbeing and to keep up the festive energy it's a good idea to start preparing now. Before the Christmas parties and drinks start in earnest start having at least 2 alcohol free days a week. Be sure you're drinking 8 glasses of water, and exercising daily – even just 10 minutes of exercise will fire up your metabolism and boost your energy! Try yoga sun salutations, some push ups or the plank.

Key elements to being energised this festive season:

Eat well- stock up on vegetables and fruits for snacking and putting together quick meals. Always include some protein with each meal – great choices are lean red meats, turkey, nuts, tofu and haloumi. Begin the day with a fresh fruit smoothie for a great antioxidant kick.

For that inevitable morning after you had a glass too many- keep a well-stocked fridge! While the big fatty fry up seems like a good idea, the additional load this will place on your already struggling system isn't worth it. We suggest begin the day with a large glass of water, a banana and an omelette. Be sure to drink lots of fluids and this liver friendly juice has everything your body needs.

Detox Juice

- 3 large carrots, peeled
- 2 apples with skin, cored and sliced
- 1 pear with skin
- 1 orange, peeled
- 1 lemon, peeled
- 1 cucumber
- 1 small beetroot, washed and sliced
- Small piece of ginger
- 2 sticks of celery

Juice all the fruits, vegetable and herbs together.

Serve chilled with ice.

Brain Reviver Smoothie

- 1 peeled Kiwi Fruit
- ½ banana - a frozen banana gives an icy twist
- ½ cup berries (fresh or frozen – your choice. I like frozen raspberries)
- 3 green tea ice cubes (made from brewed organic green tea)
- 1 tbsp ground chia Seeds
- 1½ cups almond milk (you can use an oat or rice milk if you have nut allergies)

Place all ingredients in blender and blend until smooth. Serve immediately. Makes one large serve, great for adults and kids alike!

Sleep Well- make sure you are getting adequate sleep – especially before a night out. Getting to sleep even 15 minutes earlier each night during the festive season will keep you feeling calm and thinking clear. Try to get in a nap the day after a party too, just 20 minutes is all you need to reenergise for the next event!

Stock up of a range of teas- the ritual of making a cup or pot of tea is peaceful, while making the tea, be sure to take a moment and collect your thoughts and promote inner tranquillity.

My favourites are chamomile, lemon balm and passionflower to calm and promote a great night's sleep. While a peppermint or fruity tea is a great pick-me-up. Keep an eye out for tea blossoms; the flowers bloom in your tea cup! a certain way to add a smile to your day.

Flower Essences- a gentle therapy that strengthens and supports your energetic and physical self. Essences assist you be in tune with your own goals and dreams.

A personalised blend can be made by our naturopath.