

A very warm welcome to those of you who have joined us via the hamper competition! It was a huge success, and we look forward to meeting you in the clinic over the coming months.

We hope that you find these articles informative, and look forward to your feedback if there are any topics that you would particularly like covered in coming newsletters.

The year is moving quickly, it is hard not to get caught up in the momentum and rush, rush, rush. We would like to encourage you to take more time out for yourselves, and to spend time with your families.

A lovely idea is to choose something to do every day that makes you feel like you are on holidays – and schedule it in. That way you will feel like you are on holidays every day!

For example to curl up in your favourite chair with a really good book, walk barefoot in the sand, visit your best friend, take your family to the movies, etc. It only needs to take 5-10 minutes but you will be amazed at the flow on affect in your life.

### **Bowen Therapy. A gentle and effective massage alternative**

#### **Pip Coleman**

During the month of February I was invited to volunteer for a Ladies Pamper Day in South Melbourne. I met eight ladies and did 15 minute 'taster' sessions of Bowen Therapy.

One lady asked me if I could work on her lower back, as she'd had pain for many years after an operation and said nothing had helped her. She also had some emotional issues from childhood that she shared with me.

I advised that the 15 minute session would not be enough to completely resolve her physical and emotional issues, but that I would try to release some pressure to give her some relief. After the 15 minutes she said she felt lighter, happier and could move a bit more freely.

The next day I received a phone call from her and she said that she had been pain free for 24 hours -

it was the first time she had experienced no pain for 5 years. She was excited and keen to do some longer sessions. I was delighted that such a short session could have such an amazing result.

Bowen Therapy is an incredibly simple but effective treatment for all types of physical issues.

*Note: Normally it would take 1-3 sessions of 45 minutes to get prolonged pain-free results. However, some people respond very quickly to this treatment method.*

#### *What is Bowen Therapy?*

Bowen Therapy is effective because it involves releasing rather than manipulation of the muscles. A feature of Bowen Therapy is that it can be carried out directly on the body or through light and loose clothing. It is very gentle and so great for the treatment of painful conditions or injuries.

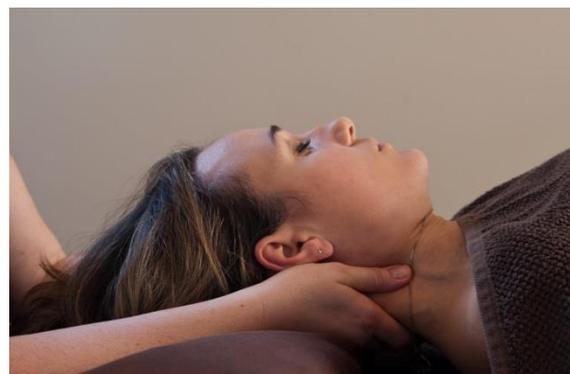
#### *What can I expect in my appointment?*

The therapist makes a series of specific rolling moves across the soft tissue associated with particular muscle groups, tendons, ligaments or nerves. During the session there are short intervals (two minutes) where the therapist may leave the room or step away from the table, as the body resets after a sequence.

#### *What conditions can Bowen Therapy treat?*

It is particularly effective for relieving pregnancy back pain and sports injuries. It also works on an emotional level to reset, realign and re-balance the body.

**May Promotion**  
**Book 2 x Bowen Therapy sessions**  
**before the 30th of May and you will**  
**get 15% off both appointments.**



## Osteopathy: Becoming a stronger force in the Australian Medical Industry

### Dr Romesh De Vos

Did you know that Osteopathy is part of main stream medicine in America? That many Doctors and surgeons are Osteopaths and Osteopathic study is a speciality which a medical student can choose to specialise in?

Did you know Osteopathy was created by a medical doctor and encompasses the whole body in its treatment methods?

WOW! So if Osteopathy is so big in the US, why isn't it the same in Australia? Well, it comes down to a few things. One of the key reasons is there are only 3 universities and a very limited population of osteopaths in Australia in comparison to other health occupations.

Osteopathy did not have its roots in Australian medicine as it did in the U.S. But all this is changing as we see more and more of Australia's public and medical professionals becoming aware and experiencing what Osteopathy has to offer.

The latest statistics are showing how Osteopathy is becoming a household name.

- The number of osteopathic services claimed 2008 grew by almost 25% from 2007 levels. This is a phenomenal growth rate considering that the health care industry average was 8%.
- Osteopathy is the fastest growing allied health profession in Australia (allied health professionals exclude allopathic doctors and nurses)
- In 2008, Australian's spent \$176 million on osteopathic treatments. This spend has increased by over 250% in the last two years. Australians are taking to osteopathy in record numbers.
- A recent report by IDA Economics forecasts that Australia's demand for osteopathic treatments will triple the number of osteopaths within the next seven years.

- In 2008, nearly 2 million osteopathic treatments were performed in Australia
- A recent Australian study showed that over 90% of patients felt that the osteopathic treatments they receive are either helpful or very helpful in treating their condition (Xue, Zhang, Lin, Myers, Polus & Story. Acupuncture, chiropractic and osteopathy use in Australia 2008)
- In 2008, IDA economics conducted a detailed study of the healthcare industry and forecasted that the demand for osteopathic services will triple from their current levels within seven years. The question is now not 'How come everyone hasn't heard of osteopathy' but is 'why haven't you heard of osteopathy'. Looking at the growth rate osteopathy enjoys in Australia, this won't be far away.

With more and more people becoming aware of the benefits of Osteopathy, you are just one step closer after reading this article. For more information on Osteopathy, and perhaps experience it yourself please go to [www.devoshealthclinic.com](http://www.devoshealthclinic.com) and click the FAQ link.





## Meditation for Easing Stress

### Luca Ruiz

A great way to relieve stress, anxiety and even headaches is to become very present and aware of your body. Often we are fixated on our thoughts. Our thoughts can produce some very unpleasant feelings in the body. For example if you think you can't do something the body gets worried, anxious and stressed.

If we can shift our focus from our thoughts to our body we can start to relieve the stress.

Lie down or sit comfortably and close your eyes. Focus on your breathing for at least 3 breaths, taking nice slow breaths. Once you have done that focus on the crown of your head and the feelings and sensations you feel. Slowly move to your face and neck, then your shoulders, arms, hands and fingers, feeling the sensations, notice any tightness. As you are doing this process tell yourself to relax and let go. Continue your awareness down your back your torso/waist, buttocks, legs, feet to your toes.

Notice where in your body you are still holding any tightness or stress. Imagine taking your inward breath into this part of your body and on the out breath breathing out the stress, repeat this a number of times.

Finally begin to feel energy flowing and flooding your body. Imagine healing, relaxing energy running into your head and moving throughout your whole body, down your legs and out your feet. Ask any remaining tension to leave through

this flow of energy. Relax in this state for a few minutes. When you are ready begin to bring your attention back into the room and open your eyes.

## Eating in Season

### Rebecca Pattinson

This week my kids asked for apricots for their lunch boxes, which kicked off a conversation about what is in season, and what we should buy. I love having my children involved in the food choices in our household - starting with choosing fruit & veg during the weekly shopping trip or choosing the seeds to plant for the veggie garden. By talking about it now I hope I'm setting them up to make good food choices in the future.

As winter approaches the garden is looking a little bare, but it's soon to be full of green leaves and deep purples as the broccoli, cauliflower and beetroot all grow. The kids love to get out in the soil hunting for worms and planting the seeds & seedlings and then watching as they grow into foods ready to eat. But a bare garden means more grocery shopping.

We are lucky enough to be able to shop in markets full of variety, and most fruits & vegetables are now available all year round. This constant availability though comes at a price, the produce has often been in cold storage for a number of months before hitting the shelves, reducing the nutritional value. Try buying a mango in the middle of winter, not only do you pay top dollar but it usually doesn't taste very nice. Eating food in season allows the phytonutrients to develop completely in the produce maximising the nutritional value.

Eating in season is easy to do if you shop at a farmers market or organic store where produce comes straight from the farm; but what about when shopping in a big chain supermarket? That can be a bit harder. How do you know if it's really 'fresh food'? Apples can be stored for anything up to 10 months having been kept in cold storage and waxed to preserve the skin. Choosing 'Australian

Produce' is a good start as the food is local but may not always indicate the freshest. Look for fruit and veg that is still firm to touch & smells like it should – an apple should smell sweet not sterile like a fridge.

Most of all know what fruit and veg are in season, and ask the green grocer they are the best source of knowledge!

Here's a list of what's in season for April & May

### **In season: April**

#### **fruit**

apples, raspberries, strawberries, cumquats, figs, feijoa, grapes, lemons, limes, mandarins, honeydew melon, rockmelon, watermelon, nashi, oranges, passionfruit, pears, persimmons, plums, pomegranate, rhubarb, tamarillos.

#### **nuts**

Almonds, chestnuts, hazelnuts, pistachio.

#### **Vegetables**

Asian greens, beans, beetroot, broccoli, cabbages, capsicums, carrots, celery, chilies, cucumber, daikon, eggplants, kohlrabi (green), leek, lettuces, mushrooms, okra, olives, onions, parsnips, peas, potatoes, pumpkins, shallots, silver beet, spinach, spring onions, squash, sweet corn, turnips, zucchini.

#### **Herbs**

bay leaf, parsley, mint, rosemary, thyme, chives, oregano, marjoram, sage, bronze fennel, dill, basil, watercress.

### **In season: May**

#### **fruit**

apples, cumquats, feijoa, lemons, limes, mandarins, nashi, oranges, passionfruit, pears, persimmons, rhubarb, tamarillos

#### **nuts**

chestnuts, hazelnuts, walnuts

#### **vegetables**

Asian greens, beetroot, broccoli, brussel sprouts, cabbages, cauliflower, carrots, celery, daikon, eggplants, fennel, garlic, kohlrabi (green), kohlrabi

(red), leek, lettuces, mushrooms,, olives, parsnips, potatoes, pumpkins, shallots, silver beet, spinach, spring onions, squash, swedes, sweet corn, turnips

#### **herbs**

bay leaf, parsley, mint, rosemary, thyme, chives, oregano, marjoram, sage, bronze fennel, dill, watercress, witlof, coriander



## **Mother's Day Promotion**

**Book an initial naturopathic consultation during May and receive a free 25ml Women's Essence. (Australian Bush Flower Essence) Total value \$19.**

## **The Breath**

### **Dr Shelley Horkings**

Most of us take very little notice of our breathing. It is controlled by our autonomic nervous system, and is something therefore, that will happen without us having to think about it. I would like to give you a few tips on how to improve your breathing and make it more efficient. It will have a flow on affect to the rest of the body and you will feel a lot healthier and happier.

Fresh air carries important health promoting negative ions. Polluted air carries larger positive ions, which will slow down and trap or neutralise the negative ions, thereby robbing the air of vitality.

Clean country air ratio 3 to 1 (-ve to +ve)

Polluted city air 1 to 500 (-ve to +ve)

The tissues that assimilate the negative ion energy from the air during breathing are located in the nose, and therefore we should aim to draw our air in through the nostrils. Other functions of the tissues inside the nose include filtering and modulating the incoming air, moisturising and warming the air, and registering smells.

The diaphragm helps us to take much deeper and more effective breaths. It is a muscular membrane that separates the chest from the abdominal cavity. Air is drawn into the lungs when the diaphragm is pushed or drawn downwards. When air is expelled the diaphragm returns to its position higher in the abdominal cavity. (see diagram to the right)

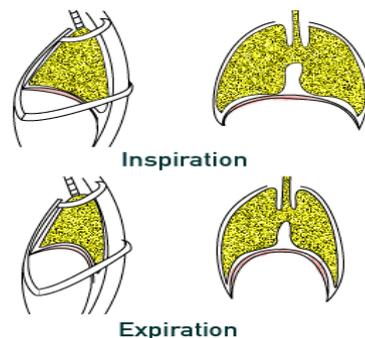
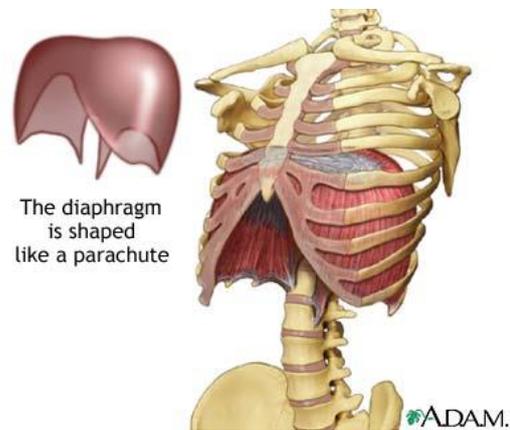
Most of us are shallow breathers, anxiety and stress contributes significantly to this. Three shallow breaths give the same quantity of air as 1 deep diaphragmatic breath.

Diaphragmatic breathing boosts blood circulation and increases lung capacity. The diaphragm acts as a pump and helps to stimulate the abdominal and portal circulation. If we learn to use the diaphragm correctly to its full capacity during our breaths, we take in a much larger amount of air with each cycle. Our tissues and cells are infused with large amounts of oxygen with each breath, which improves the function of the cells, tissues and organs. Correct breathing also helps to relax the nervous system.

I encourage patients to practise correct breathing when they are lying in bed in the evenings, as generally they are feeling much more relaxed and are free from other distractions.

Lay with your hands gently resting on your stomach. Take a deep breath in through the nose, concentrating on the diaphragm contracting and ballooning downwards. As it moves down you will feel your stomach gently pressing into your hands, relax the stomach and allow it to expand as much as possible, then concentrate on fully expanding the lower ribs, the mid-section of ribs and finally the upper lungs to fill as the upper ribs lift. Then gently open your mouth and allow the air to flow back out as the diaphragm relaxes and returns to its neutral position. Practising each night will slowly encourage the body to breathe correctly on

its own and you will find that within a few months you are naturally taking deeper and more effective breaths.



#### Hints and Tips

- Keep your spine erect but not rigid (if sitting)
- Close your lips, do not clench the teeth, have your tongue pressed up against the palate
- Focus on the internal sounds of heart and breath, not external sounds
- Practise in a quiet environment
- Presence of mind – try to quieten down the constant chatter.

If you would like some help practising these exercises correctly please contact me at [www.unwindhealing.com](http://www.unwindhealing.com), as I will be running classes on Breathing, Relaxation and Body Awareness, at Unwind in the coming months.