



# Unwind Newsletter

April 2011

## Easter Edition

With Mother's Day and Easter upon us, there is a great opportunity to reflect and renew relationships through a healthy attitude about ourselves and others.

This edition explores hypertension, massage for pregnancy, and great recipes for minestrone soup and a salt bath.

We also have a Mother's Day special and highlight the Unwind products now available at the clinic.

All the best,

The team from Unwind.

*Unwind* mind · body · soul

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## HYPERTENSION controlling high blood pressure

Hypertension is characterised by persistently elevated blood pressure and can lead to coronary artery disease, angina, heart attack, stroke, heart failure and kidney failure. Often no symptoms exist during the early stages of hypertension, so you may not even be aware that your blood pressure is high. This is why it is important to have your blood pressure checked regularly. In most cases the cause is unknown, although temporary hypertension may be induced by stress or sudden shock.

Traditional Chinese medicine uses herbs, acupuncture, dietary and lifestyle advice in the treatment and prevention of hypertension. Healthy blood pressure is maintained by balancing the yin and yang aspects of the Stomach, Spleen, Liver, Kidney and Heart energy systems. Early stages of hypertension are caused by Stomach, Liver and Heart fire which occur as a result of too much fried and greasy food, alcohol and chronic emotional stress. The later stage of hypertension results from chronic yin deficiency of the abovementioned organ systems, or both yin and yang deficiency of the Heart and Kidney energy systems. Deep-fried foods, desserts, ice-cream, cheese, coffee and alcohol also weaken Spleen function and result in accumulation of phlegm which obstructs the Heart channel and associated organ system. Chronic phlegm build-up generates Liver and Heart fire, which can result in stroke and heart attack.

To treat the imbalance of yin and yang, energetic treatments such as acupuncture and herbs can be used. Individual cases have different pathological patterns so different herbs and acupuncture points need to be prescribed. Chinese herbal teas such as Jiao Gu Lan tea and Luo Bu Ma tea can be useful in the prevention of hypertension as they can cleanse the liver and promote healthy kidney and heart function. Reishi mushroom is also used in the prevention and treatment of mild to moderate high blood pressure and has the added bonus of treating high cholesterol, stress, chronic hepatitis, allergies, autoimmune disorders and cancer.

## MASSAGE DURING PREGNANCY

With Mother's Day coming up, it's a perfect time to know about the importance of massage during pregnancy.

As many women know who have been or are pregnant, there are many uncomfortable symptoms that accompany pregnancy. Some of them can be increased blood pressure, heart rate, vomiting, nausea, back soreness, reduced blood supply to the uterus and emotional and physical instability.

All of these symptoms are due to an increase of stress hormones. Massage can relax the nervous system by increasing the production of endorphins and dopamine (happy hormones) to help balance the body and emotions.

When pregnant women receive a massage they not only feel its beneficial effects but the baby does too. Other benefits massage provides pregnant women are:

- increased blood flow to help prevent anaemia;
- decreased swelling (oedema), especially in the lower limbs, which reduces the occurrence of cramps and muscle spasms;
- nervous system relaxation to facilitate better sleep; and
- reduced back pain.

If you want maximum results from your massage, your therapist can also include aromatherapy oils, such as mandarin, lemon, ylang-ylang, tea tree and tangerine that can assist relaxation. However, make sure that you talk to your therapist if these oils create any side effects for you, and note that other oils, such as arnica, fennel, clary sage, jasmine and juniper should be avoided during pregnancy.

Have the best pregnancy you can.....Georgia, our massage therapist, is here 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.

**"EVERYTHING YOU  
NEED IS RIGHT HERE,  
INSIDE."**

## Unwind Products

As most of you know, over the last twelve months we have been developing a range of natural products to enhance relaxation and healing. We are extremely happy with the range, buying only high quality raw ingredients to bring you products that are not only beautiful, but are also safe and nurturing. They are designed and made here on the premises at unwind.

We are proud to announce that we have recently added bath salts and reed diffusers to our popular range.

The diffusers are very special as they are fragranced with 100% essential oils. This will provide a very natural and non toxic fragrance to your bathroom or home. (most shop bought reed diffusers contain cheap fragrance oils, which can cause skin and lung irritations in sensitive people.)

Our new bath salts contain a high proportion of Epsom salts and are fragranced with Lavender, Bergamot and Cedarwood essential oils to create a relaxing and healing bath. Sweet almond oil has also been added to nourish the skin. Why not buy some next time you are in store and treat yourself to a relaxing warm bath over the coming winter months.



## MOTHER'S DAY SPECIAL

**FREE** bottle of bubbles and a  
**FREE** 15 minute foot massage  
with any gift voucher purchased  
for any 1 hour treatment

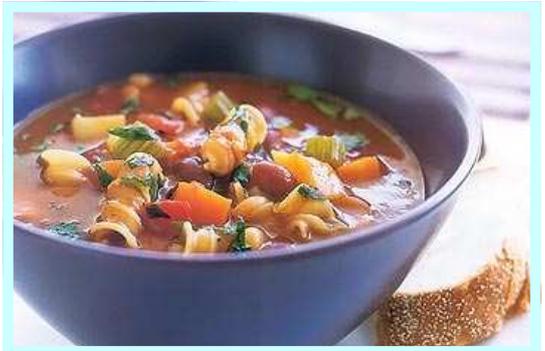
## Minestrone Soup

Serves 4

- 1 tablespoon olive oil
- 1 small brown onion, chopped finely
- 1 clove garlic, crushed
- 2 bacon rashers, rind removed, chopped finely
- 1 trimmed celery stalk, grated or finely chopped
- 2 medium carrots, grated
- 410g can crushed tomatoes
- 2 cups beef stock
- 1 litre water
- ½ cup short pasta (risoni, shells or macaroni)
- 2 medium zucchini, grated
- 300g can white beans, rinsed and drained (cannellini, butter or haricot)
- 1/3 cup thinly sliced fresh basil

Heat oil in a large saucepan; cook onion, garlic, bacon and celery, stirring, about 5 minutes or until vegetables have softened.

Add carrot, undrained tomato, stock, water and pasta and bring to a boil. Reduce heat and simmer covered about 5 minutes or until pasta is just tender. Add zucchini and beans; bring to the boil. Remove from the heat and stir in basil. Enjoy!



### muscle fatigue

After strenuous physical activity, lactic acid builds up in the muscles which leads to aches and pains. To relieve muscle fatigue follow the ancient Japanese tradition of soaking in a rice vinegar bath. Add two cups of brown rice vinegar to a tepid bath and soak in it for 15 mins.

## BENEFITS OF EPSOM SALTS

Epsom salts or magnesium sulphate has been used therapeutically for hundreds of years. It is gaining popularity again because it is a safe and economical alternative to expensive pharmaceutical remedies. Studies show these benefits from the major components of Epsom Salt:

### Magnesium:

- Ease stress and improves sleep and concentration
- Help muscles and nerves function properly
- Regulate activity of 325+ enzymes
- Help prevent artery hardening and blood clots
- Make insulin more effective
- Reduce inflammation to relieve pain and muscle cramps
- Improve oxygen use

### Sulfates:

- Flush toxins
- Improve absorption of nutrients
- Help form joint proteins, brain tissue and mucin proteins
- Help prevent or ease migraine headaches

Magnesium - the key component of Epsom Salt -- performs more functions in more systems of the human body than virtually any other mineral, including regulating the activity of more than 325 enzymes.

### Studies show that magnesium is:

- An electrolyte, helping to ensure proper muscle, nerve and enzyme function.
- Critical to the proper use of calcium in cells.
- An aid in helping to prevent heart disease and stroke by lowering blood pressure, protecting the elasticity of arteries, preventing blood clots and reducing the risk of sudden heart attack deaths.

### Medical research also indicates that magnesium may:

- Increase the effectiveness of insulin, helping to lower the risk or severity of diabetes.
- Reduce inflammation and relieve pain, making it a beneficial in the treatment of sore muscles, bronchial asthma, migraine headaches and fibromyalgia.

Although magnesium can be absorbed through the digestive tract, many foods, drugs and medical conditions can interfere with the effectiveness of this deliver method. Therefore, soaking in an Epsom Salt bath is one of the most effective means of making the magnesium your body needs readily available.

Epsom Salt also delivers sulfates, which medical research indicates are needed for the formation of brain tissue, joint proteins and the mucin proteins that line the walls of the digestive tract. Studies show that sulfates also stimulate the pancreas to generate digestive enzymes and help to detoxify the body's residue of medicines and environmental contaminants. They also indicate that sulfates are difficult to absorb from food, but are readily absorbed through the skin.

### Epsom salts and stress

Excess adrenaline and stress are known to drain the body of magnesium, which is the main component of Epsom Salt. The body requires magnesium to bind adequate amounts of serotonin, a mood-elevating chemical within the brain that creates a feeling of wellbeing and relaxation. Restoring magnesium levels also reduces anxiety, relieves muscle aches and improves sleep. Best of all, magnesium is easily absorbed through the skin, which means reducing stress and improving health is as easy as relaxing in the tub.



## What are we made of?

Very little of our body is actually made up of solid matter (about 3-5%).

Most of our body is in the other states of matter, such as liquid (about 75-85%) and gas.

If we measure what our body is made of by significant bio-chemical activity, then we are predominately composed of 'electromagnetic energy' and other subtle energies.

This is because about every two years every atom within our body is replaced by fresh ones, yet we keep our anatomical and physiological form that is maintained by the 'subtle energies'.

So the next time you ponder what you're made of, be careful, the obvious may not be the most accurate!

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