



# Unwind Newsletter

December 2011

## Christmas Edition

It is hard to believe that we are approaching the end of another year. On behalf of all the practitioners at Unwind we would like to wish you and your family a safe and very festive Christmas and New Year.

Please remember that the lead up to Christmas can be very busy for our practitioners, so please book your appointments well in advance to avoid disappointment.

Tamsin will finish work on Wednesday 21st December, and will return to work on Wednesday 11th of January.

Georgia is working through the Christmas and New Year period.

All the best,

The team from Unwind.

*Unwind* mind · body · soul

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## Natural Solutions for Headaches

Don't put up with headaches, seek natural solutions to ease the pain.

1. **Drink more water**—Headaches are frequently caused by dehydration, so be sure to regularly sip water throughout the day. At the onset of the headache, sit and rest for 5 minutes and slowly drink a couple of large glasses of water.
2. **Eat something**—Going too long without food will affect your blood sugar levels. Choose healthy protein or whole-meal based snacks to keep your blood sugar levels stable throughout the day.
3. **Get a massage**—Soft tissue manipulation relieves muscle tension and helps to promote the release of feel-good hormones. Book a session with our massage therapist to see for yourself!
4. **Stretch it out**—Some simple stretches will help to loosen tightness in the muscles around the neck and shoulder girdle, helping to prevent tension headaches.

*For the neck:* Slowly place your chin to your chest and hold for 15 seconds, straighten up, and then gently tilt your head backwards, hold for 15 seconds. Alternatively make gentle circular movements with your neck, 5 times in one direction, followed by 5 times in the opposite direction.

*For the shoulders:* Place your right arm across the front of your body, gently encouraging it to reach further using pressure from the left hand on the upper part of the arm. Hold for 15 seconds and then try the other side. Alternatively gently roll the shoulders forward 5 times and then backwards 5 times.

5. **Find your pressure points**—Stimulation of certain pressure points on the body can help to relieve headaches. Apply strong pressure to the fleshy webbing between the thumb and forefinger. Continue to apply pressure or massage this area for a few minutes.
6. **Apply a hot or cold pack**—Heat applied to the neck, back and shoulders via a heat pack or hot shower or bath will help to release the tight muscles that are contributing to the headache. Cold compresses may be helpful for migraines, or sinus headaches, as they help to reduce blood flow, and reduce inflammation.
7. **Try Acupuncture**—Many people who suffer from headaches, migraines and chronic pain swear by the relief they obtain from acupuncture and herbal medicine. Our Chinese Medicine practitioner would be more than happy to discuss if this style of treatment would be suitable for you.

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## MUSCLE RECOVERY AND REPAIR

Muscles are one of the major organ groups in the body that allows movement to occur, maintain posture, stabilise joints and generate heat. They are composed with thread-like cells that have the power to contract while bearing weight. This occurs with electrical and chemical stimulation.

When muscles work, they consume fuel and produce both energy and waste products. When there is enough oxygen for the muscles to work well, the wastes they produce are water and carbon dioxide. Without adequate oxygen the muscles produce a by-product called lactic acid.

Have you ever felt really sore the next day after intensive exercise? Or have you ever experienced a burning sensation in your shoulders or your gluts after sitting for many hours in front of the computer? Well, most likely you are feeling the production of lactic acid.

Muscle recovery and repair is an important part in keeping and maintaining healthy muscles. Here are some of the most important components of muscle recovery and what you can do about it:

- Allow your muscles to rest at least 24 hours. The more intense the workout the more time needed for the particular muscle group to recover and repair and it can take up to 72 hours.
- Drink as much water as you can everyday especially before and after training.
- Find suitable electrolytes to add into your water and consume within the first hour after your workout. These will allow better and faster muscle recovery and repair. Some of the electrolytes are Magnesium, Potassium and Sodium.
- Maintain a stretching routine to avoid shrinkage of muscles and allowing more oxygen to get to them.
- Warm/Hot baths are a very great way to relax your whole body especially if you add 3 cups of Apple Cider Vinegar in it.
- Feed your body with clean, healthy nutrition to rebuild those working muscles.
- Lastly, get a massage at least once a month. Massages are highly recommended due to the fact that they move the blood around effectively, which transports oxygen to the muscles, removes wastes from the body, feeds the muscles with nutrients to repair them and reduces any pain and swelling.

It is important to remember that the healthier our muscles are the healthier we feel. This can be a new start to your wellbeing...when you come to the clinic, ask your massage therapist to include a stomach massage as part of your next appointment.



### 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 MORE YOU MOVE TOWARD WHAT MAKES YOU FEEL GOOD, AND MOVE AWAY FROM THOSE THINGS WHICH BRING YOU DISTRESS AND PAIN, THE HEALTHIER YOU WILL BE."

CHRISTINE NORTHRUP

## CHEMICAL AWARENESS

As most of you would already be aware, many of the cleaning and personal care products that we use in our home everyday contain large amounts of harmful chemicals and substances. Used even in small amounts on a daily basis these can accumulate in the body over time disrupting hormonal pathways, irritating skin and lung tissue. The first places to look for these culprits is under the kitchen sink and in the laundry cupboard. A lot of these cleaning products are easily replaced with in-expensive natural alternatives, such as bi-carb soda and vinegar. The internet has a lot of information and recipes available if you would like to try some in your own home.

The bathroom is the next main problem, supermarket bought body washes, shampoos, soaps, deodorants, and even toilet sprays and artificial toilet fragrance dispensers all contain harmful chemicals. Our body easily absorbs and breathes these chemicals in, because bathrooms are not well ventilated, and the steam from our bath or shower opens up the pores of our skin, and also our respiratory tract.

There are plenty of companies that now offer natural products for the hair and body, and you can easily make your own air freshener with water and essential oils in a spray bottle. Please make sure that you open up your bathroom to fresh air everyday.

We run a course on "creating a chemical free home" each year. Please register your interest with one of our practitioners and we will let you know if you are interested in attending the next one.



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5. **Visit an Osteopath**—Osteopaths perform deep massage and gentle spinal adjustments to correct restrictions in joint motion through the neck, shoulders and middle spine. This helps to release tension from the soft tissues, and improves mobility through the neck and shoulders. Postural and exercise advice may also be important to help prevent reoccurrence.
6. **Use Aromatherapy**—The therapeutic benefits of essential oils are numerous. Oils that are appropriate for easing headaches include lavender, peppermint and chamomile. Try using 6 drops in an oil burner, or add 6 drops directly into your bathwater. Alternatively dilute essential oils with a natural carrier oil such as sweet almond oil and use for self massage.
7. **Re-evaluate your life style**—A poor diet, not enough exercise or sleep, or too much stress can all contribute to headaches. There is a lot of information available in books and on the internet if you don't know where to start. Relaxation exercises, meditation and mindfulness will also help to reduce stress and tension, therefore offering relief for headaches.

Remember if your headaches are becoming worse, are not responding to medications or the natural suggestions provided above, or are accompanied by a stiff neck, double vision, slurred speech, balance problems or vomiting, seek medical advice urgently.

## Natural Healer

Indigenous Australians applied fresh leaves from the tea-tree plant to wounds, and we still use the essential oils from these leaves for their medicinal properties.

Try the following blend to bring freshness, and clarity to a room, and to stimulate healing.

- 2 drops tea tree
- 2 drops sandalwood
- 2 drops clary sage



## APPRECIATE YOUR ROUTINE

Any task that you would normally do on automatic pilot has potential as a way of making you feel good. Treat it as a meditation, concentrating wholly on the present moment. If you are doing the dishes or the laundry take your time, notice the feel of the fabrics or dishes on your skin, take care to slow down, notice the positioning of your body, whether or not you are holding tension in your shoulders for example, and the rate of your breathing. Concentrate on performing the task, with a relaxed body and mind, and slow deep breathing.

## Chinese medicine for fertility and IVF support

Acupuncture and Chinese herbal medicine has been used for treating both male and female infertility for over two thousand years. Chinese medicine treatment aims to correct blocked energy flow or energy imbalances to restore your body to its peak functioning. Ideally fertility treatment begins well before the planned time of conception to allow for plenty of time to correct any imbalances, boost energy and overcome as many obstacles to conception as possible. It takes time for the body to produce good quality sperm and good quality eggs. Where possible, fertility preparation treatments should be carried out for 3 - 6 months prior to conception.

Chinese medicine may improve fertility and assist with conception by:

- Regulating hormone function
- Decreasing stress levels (which in turn may impact on ovulation)
- Improving ovarian function (which may lead to improved egg quality)
- Increasing sperm quality and number
- Stimulating blood flow to the uterus
- Increasing the thickness of the uterine lining
- Regulating menstrual cycles
- Reducing the chance of miscarriage; and
- Alleviating symptoms of PCOS and Endometriosis

Acupuncture can also help to improve the outcome of Assisted Reproductive Technologies such as IVF, ICSI and IUI. By integrating acupuncture with your medical treatment, your chances of success are improved and you are physically and emotionally supported throughout an often challenging and demanding time.

During IVF procedures, acupuncture is often timed to coincide with egg collection and embryo transfer dates to improve your chance of success. Prior to egg collection, acupuncture may be beneficial in improving follicle development and ovarian function as well as enriching the uterine lining. Prior to embryo transfer acupuncture can help to bring blood to the uterus and aid in relaxation and stress reduction. After the embryo transfer, acupuncture may assist in implantation success by reducing uterine spasms or cramping and again, aiding relaxation. Further treatments can focus on preventing miscarriage, nourishing your body and assisting both your body and your mind to relax.

Other advice to consider when trying to conceive includes:

- Lose weight – weight loss can help PCOS and increase sperm production
- Stop smoking cigarettes and cannabis – they are toxic to sperm and cause poor blood flow to the uterus
- Stop drinking alcohol – it is toxic to sperm
- Stop drinking coffee & caffeine – there are links to increased rates of miscarriage
- Treat any infections or autoimmune disorders – inflammation prevents embryo implantation and affects sperm morphology
- Get enough good quality sleep – hormones are made at night so try to get to bed by 10pm
- Eat eggs and seeds...think about it, you are trying to boost the quality of your "eggs and seeds"
- Consider vitamin supplements, especially pre-natal supplements containing folate to prevent neural tube defects in the developing foetus; men may benefit from Vitamin E and Zinc supplements



## Exquisite Natural Soaps

We are thrilled to announce the arrival of our first batch of handmade soaps. They are made on the premises from all natural sweet almond oil, coconut oil, distilled water, lye and differing combinations of essential oils, clays and lavender buds.

Each bar is approximately 110 grams, however all of the blocks are slightly different because they are cut by hand. Safely use them on your skin knowing that they will clean and nourish, without drying as most commercial soaps do.

The bars are cured for a minimum of 6 weeks to harden the bar, giving you longer lasting soap. Try one of these bars and you will never use supermarket style soap again!

Fragrances include:

- Lavender & Rosemary;
- Tea Tree & Lemongrass; and
- Patchouli & Geranium.

They are selling for \$5.00 each, or 4 for \$16.00. If you would like to "try before you buy" ask for a sample next time you are in the clinic.

We are happy to send out orders if this is convenient for you, however you will be charged a small fee for postage and handling.

 mind · body · soul

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