



Unwind Newsletter

July 2010

Welcome to our first newsletter

We are thrilled to send out this first edition of our quarterly newsletter.

The aim of the newsletter is to keep you up to date with what is going on at Unwind.

We have been going through some big changes over the last 12 months, and can foresee a lot more over the next 2 years, so we look forward to sharing this journey with you.

We hope that this newsletter helps to keep you motivated to learn more about health and healing – and we will be open to suggestions if you have anything in particular that you would like included.

All the best,
The team from Unwind.



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Our Practitioners: (from left) Shelley Horkings, Georgia Lagoudakis, Tamsin Lowe & Luke Behncke



The new reception area at Unwind

CHINESE MEDICINE FOR WINTER COLDS AND INFLUENZA

The Chinese classical text the Huang Di Neijing talks about the season of winter as a time of conservation and storage. In nature, winter is the time when things enter a resting period and return home. Similarly we can take our cues from nature and over the winter months turn our focus to conserving energy, staying warm, avoiding the cold, keeping our pores closed and avoiding sweating. It is also important at this time of year to retire early and get up with the sunrise and to keep our mental and physical activities to a minimum. By following this philosophy we are nurturing our Kidney energy and giving our body and mind the best possible chance of health throughout the year.

However, despite our best care and attention to ourselves at this time of year, the common cold and influenza can still affect us. In Chinese medicine these types of illness are viewed as an invasion of exterior wind and usually occur during a sudden change of weather with unexpected cold or warmth.

Chinese medicine holds the belief that if the common cold or influenza are not treated effectively and thus penetrate to the interior of the body, they can trigger many different diseases. This is why it is seen as very important to eliminate the pathogenic factor as early as possible.

Acupuncture and cupping can be very effective in the treatment of the common cold and influenza. Acupuncture helps to regulate the body and open the pores to allow sweating to expel the pathogen. Cupping can have the same effect while also helping to relieve stiffness and pain that often accompanies these illnesses.

Various Chinese herbal medicines can be used to help reduce the severity and duration of symptoms in a drug-free manner. When used in combination, acupuncture and Chinese herbal medicine can effectively shorten the course of the disease and prevent further complications from developing. Acupuncture and Chinese herbal medicine can also be used as preventative medicine to improve the body's immune function and strengthen constitutional weaknesses.

So for the treatment and relief of symptoms such as chills, fever, sneezing, runny nose, headache, shivering and body aches and pains, why not try Chinese medicine.



TOP TIPS FOR WINTER WELLBEING

- ♥ Keep rugged up at all times, especially when outdoors – always wear a scarf;
- ♥ Get plenty of rest – go to bed earlier if you can;
- ♥ Drink plenty of fluids – room temperature or warm water is best;
- ♥ Where possible avoid outdoor exercise – open pores are an avenue for a pathogen to invade and attack your body;
- ♥ If you do get sick, take time out to rest and let your body recover.

“WHO LOOKS OUTSIDE DREAMS; WHO LOOKS INSIDE WAKES.”

C.G. JUNG



BENEFITS OF MASSAGE

- ♥ reduces stress and fatigue;
- ♥ increases blood circulation therefore more oxygen and nutrients get to your cells;
- ♥ releases toxins from the muscles and cleans the body;
- ♥ enhances your concentration and alertness;
- ♥ relieves muscle spasms, tension, headaches and migraines,
- ♥ eases sore muscles and joints;
- ♥ strengthens every body system – immune, circulation, digestive, nerves etc;
- ♥ increases your energy levels and vitality.

JULY MASSAGE SPECIAL

Every one hour massage booked in July by a new customer will receive a free 15 minute scalp massage.

RECONNECT PACKAGE

This is the ultimate package for your upper body. It will help you to slow the mind and become reconnected with yourself. It starts with a 30 minute neck, shoulder and back massage, then continues with a relaxing face and scalp massage.

Duration 1 hour, Price \$80.00



BREW

If you have around four cups of coffee a day, or six cups of black tea, there's a good chance that you may be caffeine dependent. Studies have revealed that people who consume four cups of coffee every day have higher levels of the stress hormone epinephrine in their bodies than non-caffeine drinkers (on average a 30% increase). They also tend to have higher blood pressure. To reduce this bodily stress, cut down on your intake of caffeine and increase your intake of fresh juices, water and herbal teas.



STRESS

Our tolerance levels to controlling our physical and emotional response to stress vary. When stress levels are running high, our mind, body, emotions and behaviour are affected. Common symptoms include headaches, back-ache, nervous twitches, teeth-grinding and sleep disorders. Over prolonged periods, stress manifests itself in more serious disorders such as high blood pressure, digestive problems, diabetes, insomnia, fatigue and stomach ulcers. On an emotional level, stress can cause mood swings, depression, irritability and lack of concentration.

JUST RELAX!

Almost always we are told when tense, stressed, anxious, or frightened to ‘...just relax...’ Relaxation, literally meaning ‘relief from tension,’ is the only known antidote to stress and anxiety. Stress, and all of its related health disorders (i.e., many forms of cardiovascular disease, musculoskeletal pain, etc), is the biggest killer of people in the developed world. If it were truly so easy to ‘...just relax...’, many health issues in our modern life would be entirely non-existent. The overwhelming evidence of their presence in society clearly indicates that the development of the ability to relax is exceptionally difficult.

Our culture has developed innovative relaxation technologies to respond to the complexities of modern life. These range from pharmacological interventions to environmental design as a way of promoting relaxation. While often successful in the short term, sustaining long term integration of these technologies into one’s life is very difficult and invites dependence. One of the first questions that arise when speaking about the difficulties of relaxation is ‘...Why is relaxation so difficult?..’

A well researched natural principle governing much of the behaviour of things at all levels and scales is the law of entropy. In the science of physics it is defined by the second law of thermodynamics. In biology it is the process of catabolism, and in psychology it is associated with many different conditions all connected to the degradation of energies or psychosomatic (mind-body) tension. In essence, this principle simply states that: “...over time, all systems (i.e., planets, societies, individual people, etc) disperse and scatter their energy...”

Dispersing, scattering and fragmenting energy is a necessary ingredient in life and physical processes to allow energies to flow and keep things in motion. If left unabated, the logical consequence of scattering or dispersing is the death of that system.

As in physics when the thermodynamic mechanics of the machine or engine comes to a stop, or in biology when complete catabolism ends in the death of the organism, so too in psychological terms can we begin to degrade or die. Words such as depression, exhaustion, fatigue, vagueness and meaninglessness describe the depletion of the intellectual, emotional or physical energies. It is the language we often employ when the dispersion principle begins to overwhelm us.

The ability to relax, the skill of responding to the tensions of life, is the key to abate this apparent inevitability.

INTUITIVE HEALTH Workshop for Women

When: Thurs 9th September – Thurs 7th October (7 – 8.30pm)

Where: 46 Challis St, Newport

Cost: \$150 or \$130 (early bird before Aug 30)

Come and join us for this fun program – learn techniques to help you relax, gain more awareness of your bodies needs, its energies and systems.

You will go home feeling relaxed and refreshed and learn some basic tools that you can use to improve the quality of your life.

Covered topics:

- ♥ Breathing and meditation techniques
- ♥ Self massage
- ♥ Awareness exercises
- ♥ Stretching
- ♥ Chakra balancing
- ♥ A little bit of pampering too!!

For more information or to register please contact Shelley on (03) 9398 0787



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