



# Unwind Newsletter

October 2010

## Welcome to the October newsletter

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Our second newsletter comes after our first birthday celebrations. It is hard to believe that the doors have been open for one year already!

Keep an eye out in the upcoming months for e-mails about workshops, classes and seminars that we will be holding at the clinic and the establishment of our Facebook page that is currently in development.

All the best,  
The team from Unwind.

*Unwind* mind · body · soul

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## Interested in trying our Detox Foot Spa?

For the month of October all ionic detox foot spa sessions will be 50% of normal price. Reduced from \$65 per half hour session to \$35 per session. A perfect opportunity to see what it can do for you. Special Saturday sessions will be available.

See our website for further details about the ionic detox foot spa.



## WATER WORKS

When you're feeling anxious, sip a glass of warm water. Drinking warm water has much more of a calming effect than cold water. To help relieve tension, try floating in a swimming pool, floatation tank or even in the bathtub. The addition of calming essential oils such as lavender and chamomile can help to make the bath even more effective.

## ANXIETY AND CHINESE MEDICINE

Anxiety can be described as a subjective state of unpleasant restless tension and apprehension in which it is difficult to relax or find calmness and peace. There is often no apparent cause for the anxiety, or it may be related to a specific ongoing situation or past event.

Fear and anxiety are part of our natural response to stimuli; for example in avoiding danger and unsuitable situations, or to achieve high levels of performance. If however the state of anxiety becomes chronic and long standing, or if it is out of proportion to the stimulus, the response may become pathological. For example, high levels of alertness may progress to mental strain, insomnia and exhaustion; increased breathing rate may progress to dyspnoea (laboured or difficult breathing), or panic attacks; raised heart rate may progress to palpitations; and increased muscle tone may progress to muscular tension, pain or tremors.

Chinese Medicine has always considered the mind and body to be inseparable, thus the body affects the mind and the mind affects the body. As such, treatment not only addresses calming and relaxing the mind, but also the underlying causes within the rest of the body. Usually a combination of both acupuncture and Chinese herbal medicine has the best Results for treating anxiety.

Acupuncture treatments for anxiety can use both body and auricular (ear) acupuncture points and many people report feeling calm and relaxed during and following an acupuncture treatment. Auricular points such as *Shenmen* (Spirit Gate), can effectively reduce anxiety; in some cases, retaining ear tacks or small magnetic balls at this auricular acupuncture point can prolong the effects between treatments. Body acupuncture points commonly use points on the heart and kidney channels.

It is also important to be aware that making changes in your lifestyle can help to balance your mind. The mind likes to attach to negative emotions and resists acceptance of new ideas. However, consider beginning a program of exercise to help circulate your own energy and studying a form of meditation to learn how to control and relax your mind. Activities such as tai chi, qi gong and yoga are excellent forms of mind-body exercise that can improve your ability to control anxiety. Practicing these arts in conjunction with regular acupuncture treatments will help to provide the foundation for a positive change in your life.



Physical effects of anxiety may include:

- ♥ heart palpitations
- ♥ muscle weakness and tension
- ♥ fatigue
- ♥ nausea
- ♥ chest pain
- ♥ shortness of breath
- ♥ stomach aches
- ♥ headaches
- ♥ feelings of apprehension or dread
- ♥ trouble concentrating
- ♥ feeling tense or jumpy
- ♥ anticipating the worst
- ♥ irritability
- ♥ restlessness
- ♥ nightmares/bad dreams



### INTEGRITY COSMETICS

Our massage therapist Georgia, has recently become a consultant for Integrity Cosmetics, a unique, Australian Certified Organic (ACO) range of skin care products now available at your doorstep. Integrity Cosmetics is proud to be a company which creates certified organic products that are fantastic for your skin, health, environment, sustainability and philanthropy.

All products have at least 95% certified organic ingredients and combine many amazing essential oils like Ylang Ylang and Frankincense, and they are the FIRST in the world to be energetically tested and aligned by using methods such as kinesiology.

If you are interested in trying any of the products, or for more information, please call Georgia direct on 0412 287 166 to organise a time to come in and test the products on your skin. You may even wish to host a party and share these beautiful, pure products with your friends.



### LYMPHATIC DRAINAGE MASSAGE THERAPY

Are you looking for something to boost your immune system, increase your energy levels, release toxins from your body, decrease swelling and help your injuries to heal more quickly? Lymphatic Drainage Massage Therapy may be the ideal treatment for you.

Lymphatic Drainage massage is a type of treatment which combines gentle, light pressure with soft and slow pumping movements in the direction of the lymph nodes in the body. It is a type of massage that works with the lymphatic system and is performed by using the pads of the fingers and the thumbs and /or the palms of the hands. The movements happen rhythmically so the pressure increases and decreases to create the same suction and pumping effect that the body creates in relation to this system.

By stimulating the lymphatic system we are able to help your body to filter and remove wastes, toxins and excess fluids from the cells. This will improve the efficiency of the immune system to support the body through illness and injury.

**LYMPHATIC DRAINAGE MASSAGE IS  
NOW AVAILABLE AT UNWIND.**

**BOOK YOUR FIRST TREATMENT WITH GEORGIA  
AND RECEIVE \$15 OFF.**

### CHRISTMAS APPOINTMENTS

It is hard to believe that Christmas is just around the corner again. Some of our therapists will be taking well deserved breaks over the Christmas period. Please be sure to plan ahead and book your sessions early to avoid disappointment. We will keep you up to date with our exact closing and re-opening times on the website.

### "PEOPLE WHO ARE STRESSED ARE WEAK..."

One of the first obstacles to relaxation is the acknowledgment that '...I am stressed...'. Yet there is a stigma that being 'stressed', 'anxious', 'tense' or 'depressed' is a sign of weakness and abnormality. The fact is that stress is an occupational hazard of living.

Everyone gets stressed or is stressed almost all the time. The only difference is those who acknowledge its existence and those who work very hard denying it.

When stress is embraced, it can be a very powerful catalyst for relaxation. Accepting the reality of stress, anxiety and depression can be a beginning to develop a strength beyond all measure."

### WELLNESS AND LIFESTYLE EXPO

Look for us at the Wellness and Lifestyle Expo on Sunday October 24th at the Williamstown Town Hall.

The expo is a good opportunity to support and meet some of your local therapists and practitioners.

There will be free workshops all day as well as stalls with healers, readers, crystals, nutritionists, hypnotherapists, massage therapists, personal trainers, organic and health care products, soy and aromatherapy candles...and a whole lot more.

Williamstown Town Hall  
104 Ferguson Street  
10:00am—5:00pm  
Sunday 24th October 2010

Entry \$8 Adults/\$5 Children &  
Concession (Under 10 FREE)

## THE PELVIC FLOOR

### What are the pelvic floor muscles?

The floor of the pelvis is made up of layers of muscle and other tissues. These layers stretch like a hammock from the tailbone at the back to the pubic bone in front.

A woman's pelvic floor supports the bladder, uterus and the bowel. The urethra (urine tube), the vagina and the rectum pass through the pelvic floor muscles. Not only do pelvic floor muscles play an important role in bladder and bowel control, they also affect sexual function and sensation.

These muscles can be weakened by straining to open your bowels, being overweight, chronic coughing, heavy lifting, pregnancy and childbirth.



## PELVIC FLOOR EXERCISES

1. Tightening and drawing in around the anus, the vagina and the urethra all at once, lifting them UP inside. Try and hold this contraction strongly as you count to five, then release and relax. You should have a definite feeling of "letting go".
  2. Repeat (squeeze and lift) and relax. It is important to rest for about 10 seconds in between each contraction. If you find it easy to hold for a count of 5, try to hold for longer – up to 10 seconds.
  3. Repeat this as many times as you are able, up to a maximum of 8 – 10 squeezes.
  4. Now do 5 – 10 short, fast but strong contractions.
- Do this whole exercise routine at least 4 – 5 times everyday while sitting, standing or lying.

Be careful not to hold your breath, not to push down instead of up and not to tighten the buttocks or thighs.

The quality of these exercises is important, fewer exercises are better than half-hearted ones. Once you are confident with them they should be done on a regular basis, with your complete attention. It may be helpful to have a prompt to remind you when to do them. For example in the shower, whilst in line at the shops, or perhaps at the traffic lights!



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