



# MNTC News

*www.mntc.com.au*  
*220 Lakes Rd, Mandurah*

April 2014

*Take care of your body. It's the only place you have to live.*

## The MNTC Story

John Holodnak had a vision to build an **integrated natural health practice** where natural health practitioners from wide and varied fields could offer their much needed **services to the Mandurah community.**

In 1994 John's vision became a reality with the birth of the Mandurah Natural Therapies Centre (MNTC).

**The community responded and the centre thrived.**

As demand grew, John saw the need to create a purpose built centre and in July 2006 the MNTC team moved into 220 Lakes Road.

Today, MNTC's continues to thrive and its fully qualified practitioners offer:

**Naturopathy  
Bowen Therapy  
Remedial Massage  
Beauty Therapy  
Psychology  
Counselling  
Osteopathy  
Kinesiology  
Hypnotherapy  
Iridology**

And more....

**Call (08) 9535 9195 to make an appointment**

## Headaches –Which type do you get?



Almost one in every two of us suffer from disabling, crippling headaches. It even more common than the "common cold". It is one of the most underestimated, under-recognised and under-treated conditions in the world according to the World Health Organization (WHO).

Yet there are many natural, safe and highly effective treatments available to you. The trick is to first recognise which type of headache you suffer from.

### **The Seven Headaches:**

There are 7 main types of headache...which ones do you suffer from?

**Frontal, forehead:** Situated across the forehead. The pain can be dull or sharp, stabbing or slowly building to an unrelenting hammering. This type of headache is often caused by congestion, allergies, stomach and digestive issues and/or a toxic liver.

**Back of head, top of neck:** related to stress, tight neck muscles or feeling burdened. You'll often feel tension in the shoulders and neck muscles.

**Top of head – crown:** This usually presents as intense pressure at the very top of the head. This headache relates to low levels of iron, B12 and high or low blood pressure

**Side of face- jaw:** Characterised by tension and ongoing pain in this area. Common causes are muscular tension, jaw misalignment and grinding teeth. (Inner frustration and not expressing your innermost feelings and emotions.)

**Edge of eyebrows/ temples:** Can be felt as intense, stabbing or ongoing pain- can be intense at times. This is characteristic of hormone imbalances (left side – pituitary, right side- reproductive organs)

**Around eyes and cheekbones:** Common following colds, influenza and occurs with hayfever sinus congestion and allergies. This headache will often intensify when bending over and lowering your head.

**Migraines:** Migraines do not necessarily affect only one side of the head. They may start at any point on the skull and can spread throughout the whole scalp. They are often accompanied by intense pain, pressure, nausea and sensitivity to light.

*(For some simple techniques that may help ease a headache—see over the page)*

## Subscribe to the MNTC News

**Like to get this newsletter delivered to your inbox?**

Each month we send out an email version of the newsletter. It saves trees and we like that!

- Just call Chrissie or Jenny on (08) 9535 9195,
- email us at office@mntc.com.au with the word NEWSLETTER in the subject line or
- let us know you'd like the email version next time you call into Mandurah Natural Therapies Centre.



## Everyone needs to take time out

After a busy summer of consulting and managing the centre I decided to take a little of my own advice and have just returned from a rejuvenating break in Bali.

So it's all systems go with the centre welcoming 3 new consultants.

Aimee McLeod is a great asset to our team. She specialises in remedial body work and her clients leave the building euphoric, relaxed and of course, beaming.

Natika and Leisha of Reinvent Skin & Body are beauty therapists with a difference. They specialise in a non-invasive form of facelifts, cellulite reduction, skin rejuvenation and toning using highly specialised Endermologie equipment which I have nick named "the Dalek". The results their clients are achieving are amazing.

So that's it for this month..until next time. Be happy...Enjoy life to the fullest

*John*



## Health Hint of the Month

*Each month John and his team gives you simple techniques that you can use at home that may help you deal with some common conditions and discomforts*

### Frontal Headache Soother Point

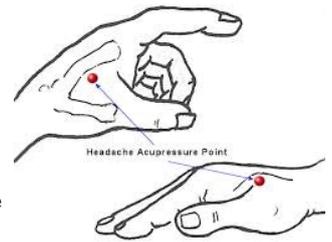


The Headache Soother Point is found just below the inside of your ankle on both feet.

When you feel a headache coming on just gently feel around for this point. It will be sore to gentle pressure. Just gently massage the point until the soreness releases and reduces. Repeat on the other foot.

### General Body Harmonising Point

Massage this point until the soreness reduces to help with general headaches and discomfort. It is a good general purpose point to use whenever you feel distressed or in pain.



## Herb of the Month- St Mary's Thistle

### Liver Protectant and Detoxifier



St Mary's Thistle could be considered as the protector of the liver. In its major role as a body detoxifier it helps the liver to process and remove toxins from the bloodstream. This why it is such a great herb to use when you are burdened with headaches and other symptoms of body toxicity.

The fruit of the thistle contains antioxidants which has been found to be ten times more powerful than Vitamin E. It also has other powerful properties which aids in cleansing the blood and lymphatic systems of the body. This means that it is an excellent herb to use when embarking on a detox program, helping the liver to become more efficient and of course it is invaluable when working to resolve headaches. If you would like to know more please call into the centre or call us on (08) 9535 9195

### Case Study:

I recently had a middle aged woman suffering from menstrual/ hormonal type headache came to see me for help. I put her on a herbal mixture of St Mary's Thistle and hormone balancing herbs which she took for 3 months.

Within the first two weeks her headaches cleared and by the end of her treatment her menstrual cycle was regular and her PMS was greatly reduced.

Her comment to me was "It's nice to feel normal again"

## Did You Know?...

*For centuries St Mary's Thistle has been used in Europe for the treatment of liver congestion and digestive disorders due to poor liver function such as bloating, biliousness, nausea and indigestion.*

*It is considered by many to be a wonder herb.*