



# MNTC News

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

January 2015

**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  
Colon Therapy  
Counselling  
Osteopathy  
Kinesiology  
Hypnotherapy  
Iridology**

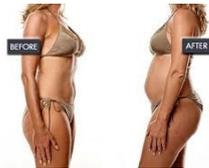
And more....

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

## Weight Management - A Different View



There are many different weight loss programs out there. The general consensus is that 5% of each program is successful in assisting individuals in their weight loss, it is considered to be successful. Social media puts a lot of pressure on people to looking good and now "being sexy looking". The question to you - which of the programs has worked for you and which haven't?? Do you lose weight for yourself or for others to accept you?



The outcome benefit that everyone wants, is to feel great, have more energy, fit into those new types of clothes or swim wear, be acceptable with what you see in the mirror, etc.

At MNTC, we see that weight issues are related to health imbalance issues. We attempt to address some of the deep core issues. Some factors that are considered - body make up or constitution (carbohydrate; hormonal, thyroid, etc); your genetic family (large or small bone framed - mother or father side; what is the active running program that is consistent within families); age to body status (eg - 40 to mid 50s and how male/female menopause affects you); lifestyle (highly stressed/pressured or relaxed/paced; where your head space is mentally & emotionally); glandular-hormone status (sex, thyroid, blood-sugar, liver, adrenal hormones, etc); dietary consumption (what & how you are eating; sprinter/slow eater; emotional comfort eater; allergy foods consumer, food combination issues, etc);



your digestibility (do you actually break foods down to be converted into usable fuel or are they being stored); poor bowel functioning (constipation, irritable bowel issues, etc); immune status (active immune systems can activate inflammation which leads to swelling stiffness and soreness); sleep (routine & consistent, disturbed irregular); exercise (type-aerobic or anaerobic, walking, running, nothing); the commitment to yourself in how determined you are to achieving; are you doing this to be accepted by others or by your self.



When a lot of these factors are addressed and become in alignment, there is a better chance that your weight to genetic size will fall into alignment and you will benefit from this. Individuals feel happy and comfortable about themselves.

If you have tried many programs without success, then maybe a different approach to see how your body is functioning maybe the issue. Call 9535 9195 for possible solutions.

## 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.



## SPECIALS FOR JANUARY

**John's Special** is a half hour Iridology or Live Blood Assessment for \$50 (normally \$65). Bring a copy of the newsletter to qualify for this.

### What's New

We have started to sell some of Moon Haven's beautiful smelling handmade soaps. The swirling colours are interesting. Come in, smell and buy at \$6. A great gift.

Everyone at MNTC is starting the year of 2015 with a new clear focus. The focus is that we are an essential health care centre looking after the needs of our community offering a variety of different solutions. It is important to look after your health as you do with your car, so it can look after you. When you have problems, get onto them quickly to get resolution so you can stay on track and be happy and functional. 2015 is supposed to be the year of power and balance, so increase your potential power by improving your health and being to bring increased balance to how you function.

Thanks for reading. *John*

## Health Hint of the Month

### Morning Stretch On Waking



When you see a cat or dog wake up, what is the first thing that they do. Stretch. They stretch their spine, torso and extremities. How often do humans do this??

The benefits of this, is that it increases your flexibility and agility when moving around.

1) Whilst lying in bed, gently stretch your body and spine with bringing your arms above your head and taking a breath in and out.



2) Slightly rock your hips side to side.

3) Then sit up with your feet to the side of the bed and have another gently stretch your spine with raising your arms upwards.



4) Then get straight up and have another stretch with arms up in the air and gently stretch your spine.

5) Do a couple of gentle shoulder and neck rolls

6) Raise your heels slightly off the ground a couple of times and then stretch out your arms upwards and forwards.



7) Now you're ready to move and get about your day.

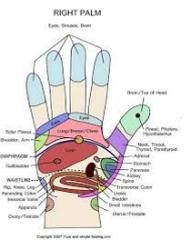
If you have an injury (neck, lower back, etc), then do these more gently or not at all, depending on the severity of the injury.

Try this for 5-7 days and see how you go

## Reflexology

**Reflexology** is an application of pressure (light to moderate pressure) to the feet, hands and face with specific thumb, finger, and hand massage techniques without the use of oil or lotion (can be used at certain times). Majority of the time, reflexology pertains to the feet. It is based on a system of zones and reflex areas that reflect an image of the body on the feet, hands and face with the premise that such work affects a physical change to the body.

The concept behind reflexology is when these reflex areas are massaged it assists the stimulation of vitality pertained to the body area. It can stimulate circulation and assist the clearing of toxins. When the therapist comes across a sore spot, it indicates that there may be some sort of compromise pertained to that part of the body or system. Massaging is done until the soreness disperses (meaning that lactic acid crystals that create soreness are broken down and dispersed). Once the soreness or crystals are dispersed, this will allow that body part or system to improve in its functionality and result in increased vitality to that area.



The benefits that people can attain from reflexology is that it will enhance the body's vitality and circulation, assists in clearing toxins, it can be an alternative to a body massage.

From my experience, I felt I was walking on cloud 9 and my feet felt light and alive. It was a powerful way to clear toxins from the body (so I needed to drink plenty of water over the next 24 hours). 3 treatments, 1-2 weeks apart, really made the difference to how I felt and how my body functioned. Definitely, worth a consideration.



Shontelle Ferguson is our certified reflexologist and she is claimable with your Health Funds.

## Did You Know?...

*10-15 minutes of sunlight daily can enhance your Vitamin D levels that can assist bone resilience and mental clarity, despair and some depression tendencies.*

