



MNTC News

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

February 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 Control - Fuel Burning Mechanism

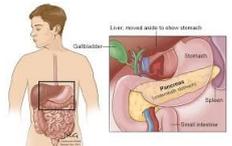
Last month there was a look at general Weight Management and some of the common contributing factors. This month, we take a closer look at more common issues.

The benefit could be that this could be one of the vital clues to what is the missing link with reducing weight and fitting into those saved clothes. At times, the Fuel Burning Mechanism can be an easy thing to solve or just that juggle. That is why John has looked more closely at incorporating Kinesiology testing in assessing this mechanism.

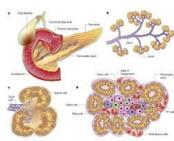


Using an analogy of a oil refinery and car. We collect the raw crude oil and this gets processed at the refinery to convert raw crude oil into usable fuel like petrol for the car. The cleaner and better refined the petrol is, the better the car runs. The digestive system of our bodies is like a refinery where it converts foods into usable fuel that the body (car) can use in order to function efficiently. Refineries are designed to refine down natural clean raw oil/food.

When fuel/food is processed with certain substances (preservatives, stabilisers, colourings, etc) then the refining process doesn't cope so well, thus resulting in fuel that doesn't burn so well and results in poor performance or energy output.



In our digestive system, there are digestive enzymes and juices in our mouth, stomach small intestines. The supporting glands are the thyroid, pancreas, liver and adrenals and play a major part in the Fuel Burning Mechanism. They assist the refining regulation process of converting raw food into usable burnable fuel for energy output. If fuel doesn't burn, it stores (hips, belly, thighs, etc). Foods get broken down into protein parts and sugar/glucose (fuel for the body). Waste products are excreted through the bowel or urination. All of the above need to work efficiently together.



The pancreas has alpha, beta, delta and F cells. Beta cells produce insulin (decreases sugar in the blood). Alpha cells produce glucagon (increases sugar in the blood). Delta cells produce somatostatin which affect the regulation and release of both insulin and glucagon. F cells produce pancreatic polypeptides that can affect somatostatin, gallbladder functioning and certain pancreatic digestive enzymes. If these aren't working in harmony then problems with fuel burning occurs. Importantly, these are working together.

If the thyroid is underactive, then digestive enzymes and breakdown processes can have a lowered functioning. If the thyroid is not talking to the liver and pancreas adequately, then there is lowered efficiency.

John uses iridology to assess this with kinesiology testing to check the efficiency of the Fuel Burning Mechanism. Call 9535 9195 for an appointment. This could benefit you.

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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 the Centre.



SPECIALS FOR FEBRUARY

Shontelle's Special is giving you a taste of what reflexology is all about. For \$45, you will get a half hour session with your feet wrapped in a hot towel scented with essential oils, then followed by a mini Reflexology session. Sounds pretty hot to me.

Aimée McLeod, Remedial Massage Therapist and Beauty Therapist, is offering a selection of product gift sets as well as treatment packages for Valentine's Day. With every gift set purchased, you can buy a voucher for a 60min Aromatherapy Massage or Facial for \$70 (a savings of \$15)! Gift set prices start as low as \$20. Aimée is now offering Traditional Spa Pedicures at an introductory price of \$50 for the month of February!

Sue Price, is offering specials on Urine and Saliva Testing. This is to be discussed with as each person has different requirements. Ask Sue for the discount.

Leisha Garner, our Beauty Therapist, is having a major representative (Jenny) from Barbor Skin Care. This will be on Feb 19th, 5.00 - 7.00pm. Jenny will be giving a demonstration on some of the facial products. A Barbor Goodie Bag will be given to those attendees. An exciting night for all. To confirm your attendance, phone 0408 008 137.

Some interesting stuff happening with the consultants. Their aim is to bring something special to you and give service with a friendly smile. Don't always find that around these days.

Thanks for reading. *John*

Health Hint of the Month

Ear Performance Exercise

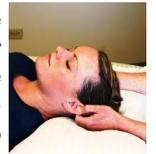
Did you know that your ear and hearing has a correlation to your neck muscles and various head-neck turning positions. Everyone's ears are constructed differently to suit the individual. Take a look sometime at the different shapes.



It has been shown that the turning of the head in certain positions can switch off your hearing/ear energy to some degree. The same thing when you have a sore neck your hearing can be affected.



One great little exercise is to massage the ear lobes on the outer edge progressing top to bottom and back again. Do this several times. This



needs to be done whilst turning the head slowly one way and then the other. You may slightly turn your head, then massage the ear lobes and then partially turn again and massage ear lobes.



Try it out and see for yourself and sense the result.

BowenTherapy

The Bowen Technique is a cross fibre muscle release technique (similar to using the thumb to strum across guitar strings) that balances and stimulates energy flows of muscles and the body, resulting in a deep sense of overall relaxation. There are regular pauses (allowing the drainage of lactic acid) between the series of gentle moves to give the body the required time to allow the body to reset and heal itself.



Thomas Ambrose Bowen (1916-1982) began developing his technique in the 1950s in Geelong, Australia. He became interested in ways to alleviate human suffering and began to notice that certain moves on the body had particular effects. Tom Bowen developed his technique without having previous formal training in any modality or discipline looking at the mechanical action of muscles and body physiology.

This therapeutic technique is not considered a massage application but rather a **non invasive muscle release technique** consisting of a series of gentle cross fibre moves that have long term benefits so long as the injury or pain is not re-aggravated.



Bowen Technique strives to find the origin of a problem and is therefore very effective for muscular-skeletal problems, including ankle, knee, lower back and neck pain. Other problems addressed by the Bowen Technique include: Asthma; Dizziness; Frozen shoulder; Headaches; Repetitive stress injury (RSI); Whiplash; Dental or Facial pain; Many muscle or joint pains of unknown origin; Emotional stress and anxiety.

A treatment usually requires the client to lie on a bed or treatment couch and can be performed through light clothing. Sessions can last from 30 - 60 minutes. It is usually recommended to have two to three sessions of the Bowen Technique with a break of five to ten days between each session.

Vianne MacBeth is our experienced Bowen Therapist and Instructor. She has great application and touch.

Did You Know?...

The rate of your recovery after activity is dependant on your magnesium replenishment. Magnesium influences calcium levels in the body. It influences many processes of the body. That includes restless leg syndrome. The best form of magnesium is ionic or colloidal.