



MNTC News

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

March 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

Pain - Part I

Over the next couple of issues, we will look at referred pain and pain and the different types and what can be done for you. The idea is to give you a greater awareness of pain and what possible solutions can be done so this provides better self management.



Pain. What is it?? It is an indication signal that alerts us that something within our bodies is not right, out of balance, being overloaded, being pinched or squeezed, etc. and hence brings a compromise to our function of living. The question is how many of you adhere to the signal and get something done about it or do you just put up with it and say it is too hard or block it out. On an average, about 50% of people do something about it, whilst the remainder just live and tolerate it and hence make excuses to justify its existence.

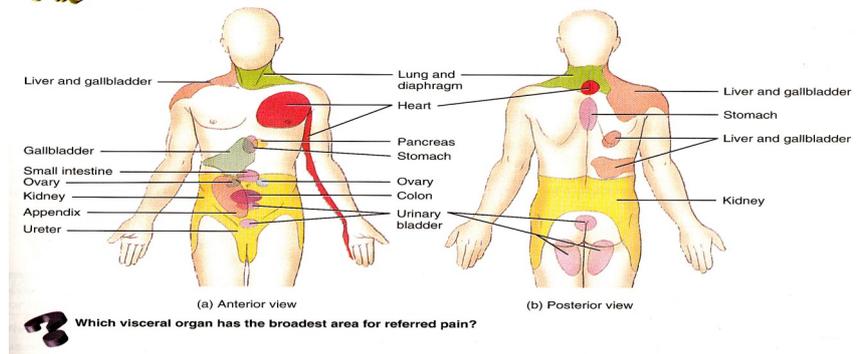


Referred Pain

(Diagram from Tortora & Grabowski - Principles of A & P)

Figure 15.3 Distribution of referred pain. The colored parts of the diagrams indicate skin areas to which visceral pain is referred.

 **Nociceptors are present in almost every tissue of the body.**



This is important to be able to recognise this, whether it is for you, your partner, family or friend. As seen in the chart, this is where pain develops and gradually can get worse and can present itself at various times of the day. It is not at the point of where distress is.

The more common referred pain sites are stomach, ovary, heart, liver and gallbladder. Appendix (this is part of your immune system associated to monitor activity within the colon) referred pain can be either the appendix or a infected illeocecal valve (valve between the small/middle intestines and the large intestine/bowel and is where bacterial infection can occur and brings possible bowel irregularity). Herbs and a kinesiology valve reset technique assists here.

(see over page)

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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 Mandurah Natural Therapies Centre.



SPECIALS FOR MARCH

Aimée McLeod, Remedial Massage Therapist, is celebrating her first year at MNTC and is offering a 90 minute massage for \$90 for the month of March! This is a savings of up to \$40 depending on which style you choose.

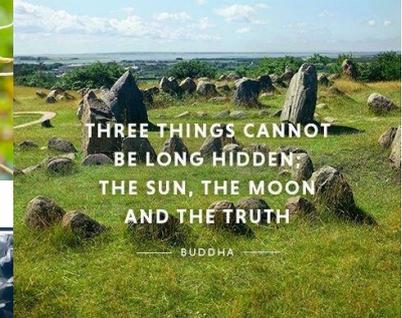
What's Happening At MNTC

Things have been quietly moving along with most consultants just focusing on assisting clients. There is a lot of smiling and happiness within the centre which shows the great harmony that is present. Clients sense this and makes them feel safe and confident that they are being looked after.

MNTC is looking at having a Open Awareness Day on Sunday, May 24th. The idea behind this is to allow people to have an insight and a taste of all the therapies that are performed at MNTC. In upcoming newsletters you will be told more.

Thanks for reading. *John*

Food For Thought



Life is like a camera...
Focus on what's important,
Capture the good times,
Develop from the negatives,
And if things don't work out,
Take another shot.

Pain Part 1 - Referred Pain continued

Heart Referred Pain



The heart referred pain or tingling down the arm can be indication that there could be a possible obstruction (cardio infarction), excess stress and anxiety overload (angina symptom). Additional symptoms are pale, clammy and possible faintedness. The solution here is emergency and call for an ambulance. Depending on the condition and situation, medication may be prescribed from the doctor. Magnesium and CoQ10 can assist alongside. A change of approach on how life is being run is also an important consideration.

Stomach Referred Pain

This is usually intense pain between the shoulder blades. This is where the stomach nerves come off the spine. Additionally there can be discomfort just under the centre diaphragm. This relate to an allergy, sensitivity, stomach juices can burn into the mucous stomach lining, ulceration, infection, etc that all pertains to the stomach. Depending on the condition will depend on what formulation is given.



Ovary Referred Pain

This is usually a deep cramping, grabbing type sensation or bearing down type pain sensation. It can be felt either deep front or lower back intensity. The solution usually given is high levels of Magnesium, hormone balancing herbs.

Lung/Diaphragm Referred Pain

The lung/diaphragm site is more related to the diaphragm, as we hold a lot of emotional tension and stress. When you have challenging news or an incident that takes your breath away, we breathe in and momentarily hold our breath and the challenging emotion, incident, trauma, becomes frozen in the diaphragm and hence we have neck issues, at times. Rescue Remedy and calming remedies along with meditation helps alot.

Referred Pain is something to be mindful of as indicators can throw you off. Look at the diagram on page 1 and if it is something chronic, then see your doctor or else gives us a call or book in for a visit to ascertain the situation. Tel - 9535 9195

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.

