



MNTC News

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

April 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 2 - Muscular

Last month was Referred Pain and this month we will look at pain and muscles, tendons, ligaments. The idea behind this is seeing what may relate to you, attain maybe a better understanding behind what you may have and hence allow you to make better decisions on what possible solutions can be done for resolution.



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.

Muscular Tissue



Muscles, tendons and ligaments are thousands of fibres stacked together like parallel lines and there is a fluid system between the fibres. Some of this fluid is blood and lymph. In muscles there is more blood concentration (seen as red fibres) than in tendon and ligaments (seen as white fibres). Blood brings nutrients and energy to all tissue so as to assist its function and action. Lymph is related to the waste product excretion and this can include lactic acid. Under normal function, muscle fibres like slide smoothly alongside each other in the fluid system. Every 1-2 cm along the muscle fibre, there are nerve fibres that wrap around in a coil type fashion. The stimulation of these fibres via positive / negative polarity stimulus is similar to a inductor coil so as to turn the muscle fibre either on or off and have to work all in synchronisation together at the same time.

Muscular Problems & Possible Correcting Strategies

Accidental Knock, Blow, Trauma

Different injuries can come from knocks, blows or some type of trauma. Generally the first thing that can happen is the muscle fibres swell. When swelling occurs, then best to use a cold pack to reduce swelling. Along with swelling is pain and movement restriction. The restriction can be related to muscle fibres swollen or a cross over of fibres (unparalleled). Light applications need to be applied, like Bowen Therapy, Muscle Retensioning Technique or Remedial Massage. Arnica herbal ointment and Moonhaven's ointment of St John Wort and Calendula can assist.



OverExtending / Over Stretching

At times muscles, tendons or ligaments can be over stretched by accident, overextending, etc. This will usually bringing a fraying of the fibres resulting in fibres swelling and restriction. If tendons haven't been torn from the bone (check with a scan)(if torn then possible surgery) then Bowen Therapy and Muscle Retensioning Technique can assist.

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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 APRIL

Aimée McLeod, Remedial Massage Therapist, is celebrating her first year at MNTC. She has decided to continue her special over April and is offering a 90 minute massage for \$90. This is a savings of up to \$40 depending on which style you choose.

John is offering a \$50 half hour iridology / live blood session for existing clients that haven't been for awhile (not for 2nd visit consultations) so as to prepare for the winter challenges.

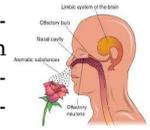
What's Happening At MNTC

MNTC is looking at having an 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. This is the perfect opportunity to try this if you have ever been undecided in a different therapy.

Thanks for reading. *John*

Products of Interest

Over the last 3 months, there has been some interesting positive feedback related to the MoonHaven Pulse Point Potions. They consist of blends of essential oils that Leonie Gully has formulated together to be effective. What is amazing is the feedback to say how these actually work and I can vouch for this. These potions are applied to the temples, neck base, wrists and stomach.



The most popular of these is **Deep Sleep**, as it assists with the insomniacs. The Roman Chamomile makes the difference. When your mind is busy and too chatty or you are the worrying type and this prevents you from falling asleep, then **Meditate** is good to additionally use with the Deep Sleep. The Roman Chamomile along with the Marjoram appears to do the job. So many of us have brains that are still processing (someone needs to take the battery pack out and plug me into recharging mode).

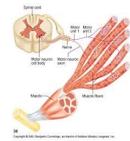
Sometimes when we get affected by all the stresses and challenges of the world, we just need something that assists us to go into "cruise mode". **Relax** assists with its Lavender, Rose Geranium to put you in the groove.

The students that require further assistance with concentration and studying. **Focus** is the one. Great for year 11 and 12 students as well as uni students.

Talk to us at MNTC - 9535 9195 for more.

Pain Part 2 - Muscular

Nerve Impingement



Nerves come from the brain, down the spine and branch off to various different muscles and organs. If there is an impingement somewhere along the route, like a spinal misalignment, then either chiropractic or osteopathic treatment, Bowen Therapy or Muscles Retensioning Technique may assist. If the nerve fibres that wrap around lack sufficient electrical stimulus, due to either the wrap around gets damaged or traumatised then either Bowen Therapy, Muscle Retensioning Technique or Kinesiology are helpful.

Dehydration



Muscles and the body are approximately 75% water. If this % content drops, due to not drinking much water or fluids, overheating, heat exhaustion, etc, then muscles tend to get sticky in function and the fibres don't slide over each other properly. Simple solution is to drink water to rehydrate and then rest for an hour or so.

Lactic Acid

Lactic acid is mainly produced in muscle cells and red blood cells mainly after intense muscle usage. It forms when the body breaks down carbohydrates to use for energy during times of low oxygen levels. Lactic acid is released into the muscles when they have used up their normal energy stores but still have intense energy needs. However, a build up of lactic acid during a workout can create burning sensations in the muscles that can slow down or halt activity. When one cools down after a workout exercise then stiffness, restriction and pain can occur. The way to reduce lactic acid is to do lighter frequent exercise, increase your water content, increase magnesium intake, make the body more alkaline through lots of green vegetables / juices. Remedial and lymphatic drainage massage can be quite effective.



Emotional Memory



Muscles can emotional memory. Muscles may appear to be functioning Ok but still bring soreness and restriction. After an accident or trauma, muscles can stay compromised so de-traumatisation is required. Muscle Retensioning Technique, Mind-Body Bowen, Kinesiology work are very helpful.

MNTC Associated Therapists

Vianne MacBeth is our Bowen Therapist; **Aimee McLeod** is our Remedial Massage Therapist; **John Holodnak** is our Muscle Retensioning Technique therapist and Kinesiologist. We are here to assist with your Pain.

Did You Know?...

The heart beats on an average approximately 100,000 beats per day, 37 million beats per year, 3 billion beats for an average lifetime. Wow. That's on a good day or lifetime.

