



# MNTC News

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

May 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 3 - Physical & Chemical Indicators



Last month we looked at Muscular Pain. This month we will look at things from a different perspective. 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.** 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.

### Pain Indicators - Physical Perspective



Physical pain is more related to the physicalness of the body (structure; bones; muscles; accident; bruising; a knock; cut; etc. We have talked about muscles in the last edition. When one has an accident and knocks their body around (sport injury, a fall, accident, etc) then this causes muscle fibre misalignment and swelling of the capillaries and tissue.

Ointments with herbs or homeopathics of Arnica, Rhus Tox, Comfrey, St John's Wort, Calendula, Lavender are excellent.

When there is a deep type of bone pain due to a bad knock / trauma then Arnica and Comfrey work well. When there is a lack of sunlight or Vitamin D then Calcium supplements (calcium phosphate, calcium chelate, calcium hypoxypitite) along with Silica can assist greatly.



Muscular tissue bruising in the groin area after childbirth delivery, The muscles can be over-stretched, cut or torn. Arnica is extensively used as this assists the recovery time.

Organ, muscular, postural or sciatic pain can be that the spine is out of alignment. Best choices are Bowen therapy, McTimoney, Chiropractic or Osteopathic treatment can be considered. It is important to have the spine realigned so all the nerves that branch off are not inhibited. The use of Arnica, St John Wort with Calendula are great supporters as after treatments.



Physical pain from sinus congestion can bring on pressure to the bones around the sinus cavity and other area. Either the neck is out of alignment or there is a food allergy or maybe a bacterial infection. Each has their own strategy solutions.

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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 MAY

**Sue Price**, our clinical nutritionist, is doing saliva and urine testing (RBTI) for \$55. This is a biochemical test and checks the body chemistry to ensure that your digestive, liver and kidney etc functioning is within the parameters that it should be.

### What's Happening At MNTC

Shontelle Ferguson has decided to step up to working 3 days (Wed - Fri) due to her popularity of getting great results with her reflexology. Well done Shontelle. She has decided to bring in Raw Food Facials (food does the treatment and if you are hungry, a simple lick of the tongue and you have a snack) What a way to go. Yes, she uses edible skin care products. It's worth the try.

John has been having a lot of success with facial structural reading counselling. The shape of the face indicates how you process, think, interpret the world and deal with relationships and communication in a open or defensive manner.

Thanks for reading. *John*

## Products for Autumn & Wintertime

Some individuals don't cope so well with the changing temperatures and so there is a challenge to the immune system. Some people get a flu jab and many don't.



Possible alternative to flu and cold protection are Echinacea, Golden Seal, Oregan Mountain Grape, Elder Flowers, Mullein or Hyssop, Licorice and Apple Cider Vinegar along with Ginger.

Golden Seal is nature's antibiotic and when combined with Echinacea, these become a powerful immune enhancers.

Elder Flowers, Mullein are strong lung and mucous decongestants and assist in opening air pathways. Hyssop is also for lung congestant for is more for asthmatics or individuals that have breathing congestion issues. Licorice is related to lung immunity.



Oregan Mountain Grape is a great digestive enhancer and can assist with mucous congestion and assist in enhancing digestive juices. Apple Cider Vinegar improves digestability and improves the pH of the body.

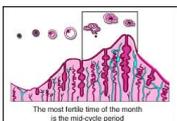
These herbals can be blended together into one bottle and when well, this can be used once daily and when sick then 3 times daily until is appropriate.

## Pain Part 3—Body Indicators

### Pain Indicators - Chemical Perspective

Chemical perspective means that something is out of whack related to body chemistry (pH; overacidity; food allergy or intolerance; hormonal imbalance; enzyme imbalance; poor drainage of lymphatic &/or lactic acid; toxification, etc). The most common is related to food allergies and intolerances.

Certain natural substances within some foods (cassein, lactose, gluten, salicylic acid, solanum in night-shades, certain amines, etc) can be contributors to a whole array of pain symptom indicators. These indicators can be headaches, belly pain, liver and kidney pain, muscle / bone pain, eye pain and blurriness, etc. The key factor is to identify, then eliminate and maybe something to assist the detoxification process.



Hormones, especially women's cycles, where there can be pain prior, after or during their menstruation. Also gut issues, headaches, mood swings, stiffness and achiness, etc can be associated to sex hormones. This indicates that ratio of estrogen/progesterone/testosterone can be out of balance. This needs to be carefully assessed with a naturopath. Sometimes a change with the contraceptive pill, maybe appropriate or else certain herbs / homeopathics that assist in balancing and regulating the sex hormones may do the job appropriately. Sex hormones control 80% of everything about us. The same applies to men.



Thyroid imbalances can attribute to energy, muscular and bone stiffness, arthritic type pain, moodiness, cravings, brain fog, etc. Having a iridology assessment can be assistance. Blood sugar swings, especially on the low, then can bring headaches, body ache with low energy and brain fog, so some food needs to be consumed and a reassessment of diet and 1-2 supplements or medication maybe required.

Pharmaceutical medications can sometimes have adverse reactions and some of these are related to different types of pain in the body. It is important to talk with your consultant or physician.

## Did You Know?...

Excess sugar can switch off your brain and considerably bring dehydration resulting in poor concentration and focus. A small amount of natural sugar can energise and stimulate you. How much is how much??

