



MNTC News

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

June 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 4 Emotional / Psychological Indicators



Last month we looked at Physical and Chemical Indicators in relation to pain. 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 resolvment. **Pain.** is an indication signal that alerts us that something within our bodies is not right, out of balance and hence brings a compromise to our function of living.

Pain Indicators - Emotional / Psychological Based Spirit/Soul Worry

People that worry excessively or have panic attacks can tense the body muscular, circulatory and organ systems to bring on pain, tension, restriction, etc. The worry centre is the stomach and diaphragm. When these get tense, it pulls on the heart sac and the lung muscles and pleura and this can result sometimes with breathing difficulties and false heart pain. Headaches can



also be part of this. When negative adrenalin is pumping, due to anxiety, it locks up the calf muscles and affects the lower back to have pain and sometimes cramping. Tension headaches can affect the back of the head or bring on whole head migraines. Best solutions are using calming formulations and this needs to be carefully discussed with a naturopath or doctor.

Most of the time, people that worry are concerned about the future and what may happen but more often than not, things have a different outcome. The suggestion that I pass on to assist with worry management is when the future becomes the present then one can make more appropriate decisions as to what needs to happen. Forget about trying to get rid of worry, as it is a built in program, so it is better to look at good management strategies and this will improve the outcome. Depending on your hereditary make up will depend what best supportive medicine can help. Ring John or one of team for assistance.

Anxiety



This can be similar to worry and does affect the same body areas, as above. Anxiety is more inclined to go into panic attacks and the brain and body goes into major overwhelm and individuals can become quite disorientated. Similar medicine can be suggested but again, John looks at dealing with individuals and treats and supports from this angle. Children are classics as often there is stomach pains for no reason.

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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.



Herbs For Winter Cold and Flu

This is the time of the year that many people are prone to getting colds and flu. This can affect the sinus, nasal, chest, respiratory and digestive system.

Overall, Echinacea is a great all-rounder. Sinus and nasal condition are best with Albizia, Golden Rod with Marshmallow Root.

Respiratory conditions are best with Elder flowers, Mullein, Eyebright and with those nagging congestive coughs then Hyssop, Euphorbia, Myrrh and Marshmallow.

Digestive related conditions are best with Meadowsweet, Olive Leaf, Marshmallow, Lemon Balm, Gentian or Barberry.

Lymphatic and body aching that is associated then Clivers, Calendula, Blue Flag, St Mary Thistle, Dandelion Root serve well.

Advice and direction ring us on 9535 9195

Thanks for reading. *John*

Completed Formula For A Practitioner



Sue Price has recently completed her training formula. She has just recently completed a GAPS (Gut and Psychological Syndrome) program. This program can assist those individuals with autism spectrum disorder, dyslexia, ADD, ADHD, some digestive and neurological disorders. The connection is about cleaning the diet, cleaning the gut and detoxing the body to bring better functionality of the body.

She is running a GAPS Program seminar related to this on Sunday June 7th @ 2.30pm. Ring 95359195 to book seat.

This training will compliment her other training in colon cleansing therapy (clean bowel - clean body - clean mind) and saliva - urine analysis (RBTI). By improving your body pH, this can assist the body in functioning more appropriately.

We could call Sue, the body cleansing and detoxing therapist. Clean diet, clean bowel and digestive system, good body pH aligns the mind - body to function better. Another approach to bringing better improved quality to the body. It's worth considering. Well done Sue.

JOHN'S SPECIAL FOR JUNE John has found about this time of year, things can get a little slow and he has noticed that more so Tuesday. So for **June, Tuesdays and Wednesdays only** (no other days) there will be 40% discount on consultations to existing clients. **You have to bring this newsletter in and you have to state the offer when ringing in for your discount appointment otherwise the special will not be valid.**

Pain Indicators - Emotional / Psychological Based Spirit/Soul

Loneliness

This is the pain when one has lost or separated from a partner and after a period of time it is about the heart felt pain of loneliness. Loss of a partner, especially when you have lived together for many years and your partner passes away due to a sickness, cancer, accident, etc, this brings a huge loss and challenge. The grieving, pining, loneliness is the biggest thing. Symptoms related to this are depression, brain fog, loss of energy, anxiety, disconnectedness, misdiagnosed with dementia, not coping, breathing restrictions, heart related chest pain, etc. Counselling, talking about your loved one helps a lot and there are quietening homeopathic formulations that can be given.



Depression

This often brings negative behaviour, negative talk, always doubting, everything is too hard, low energy, sore neck and back. Panic attacks, anxiety, aggressiveness, etc due to not coping often is associated. Best to see a professional for appropriate help and support.

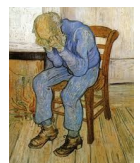


Spiritual/Soul Based Pain

This is an interesting one and this can show in different ways. This can overlap into some of the above areas. **We are social creatures and people need each other** in different ways. When individuals are left alone for too long and they fall into despair and depression they often isolate themselves. After a period of time when things gets too much often pain and stiffness without reason develops resulting in low energy. Everything becomes too hard.



Loss of direction and purpose can bring depression, reclusive and withdrawn behaviour. The pain is illusional pain and becomes too much. There can be many different types of pain and when assessed, nothing is conclusive. This is a big one in today's world. People that retire and don't really want to, they lose their sense of purpose and 20% of these people often develop heart related problems. Individuals that lose their jobs and can't get another due to the fact there is limited market for them or they are too old (they are in their 40s) for their work industry. Counselling, talking things over with someone they can trust is important. Individual supportive medicine can be helpful.



Did You Know?...

That a honey bee beats its wings 200-230 times per seconds and can fly between 1-13km daily. They mostly collect their pollen to make honey within a 2km radius.

