



MNTC News

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

July 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

Depression Part I Definition & Indicators

Depression is becoming quite a concern within our society and appears to be on the increase. Me, being me, I question why this is so and what are the patterns that contribute towards this health status. Over the last 10-20 years, some of the major things that have changed within our society are technology, image, expectations, time, pressure. The smart phone and everything is at our fingertips and we have to reply to things asap, whether you are in bed, driving, work, etc. Many things have to done now and not prioritised as there is a presumed expectation. Image, whether it is of self, how your home is expected to be, your social expectation, etc as often these are portrayed out in social media (Facebook, Internet, Twitter, etc). Then there is expected family demands and expectations whether it be from kids, grandkids, partners, parents, etc. Financial pressures is also a biggie. It doesn't matter what age you are.



More people are stressed, too busy and heading into burnout than ever and it is increasing and it is all justified stuff. This affects people's health and wellbeing. People's thyroid, sex hormones, heart, adrenal and digestive systems get affected.

These are things that get you thinking and whether they relate to you, your partner, kids, family, friends, etc. The idea is that it makes you stop and think and look at the fact that there are possible solutions.

From my perspective, I see that depression is the end result of something that is out of balance. If these things are out - sex hormones; thyroid hormones, blood sugar; adrenalin hormones; liver hormones or overloaded or toxic; bowel functioning; heart functioning; poor sleep; grief / sadness of someone close to you; high muscle lactic acid; poor immunity; chronic fatigue; fibromyalgia; and more. Any of these could contribute towards depression.

When I look at this, I feel it is important to bring support or open doorways of possibilities for those around us through increased awareness you may be able have the choice of helping yourself, family or friends and it is the buzz of seeing positive outcomes and life being recaptured to a better place for self and others. At MNTC, John and some of the team with appropriate skills attempts to identify where possible origins are coming from so as to assist in supportive regimes.

Subscribe to the MNTC News

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 Flus

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.

Deep acting immune herbs like Horopido, Kawakawa, Astragalus and Qing Hau are extremely supportive.

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*

July Specials

Shontelle Ferguson - Reflexologist - Beauty Therapist

Shontelle has not long been with the MNTC team and so she is trying to build her business after being in the UK and working as a Reflexologist for 10 years in some of London's top Spas and hospital maternity wards assisting mothers through their pregnancies and labour. For her, this was extremely rewarding. Shontelle is well experienced to look after you.

For the month of July, Shontelle will offer for WEDNESDAYS only, 30% off all Reflexology treatments for 60 and 90 minute sessions. This means normally an \$80 (60 minute session) will cost you \$56, bringing a saving of \$24. **You need to bring a copy of this July Newsletter in order to redeem your discount.**

JOHN'S SPECIAL FOR JULY

Refer A Friend

For those existing clients that are reading this newsletter, if you refer a friend then you receive a \$20 discount. If you refer 2 friends then you will receive \$40 discount. Yes, \$20 discount per friend. Your friend will also receive a discount of \$20 for taking up the offer in July only.

There are conditions. The person referring a friend has to give a front page copy (July edition) of the newsletter with their name written on it to the friend and the friend has to bring this in. This copy then gets put into the referring person's file and it will be valid for 3 month for them.

We do these conditions so we can keep track of where people are coming from. No copy with name on, then no discount. When ringing for the appointment, let Chrissie and Jenny know.

Known Definitions

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behaviour, feelings and their sense of being. People often use the word depression when they're talking about moments or periods of time where they feel sad or down. When life gets full on and deals you things like stress, disappointments or grief, it's really common and normal to feel down about it. However, if you continue to feel lower than usual for a really long time, or if you're not really sure why you're feeling that way in the first place, there might be something more serious going on.



Common Signs and Symptoms

People can feel sad, anxious, empty, hopeless, helpless, worthless, guilty, irritable, ashamed or restless. They may lose interest in activities that were once pleasurable, experience overeating or loss of appetite, have problems concentrating, remembering details or making decisions, and may contemplate, attempt or commit suicide. Insomnia, excessive sleeping, fatigue, disinterest, aches, pains, digestive problems or reduced energy may also be present. Also there may be an experience a lower than average mood for longer than two weeks, many things and activities can be too hard, every body else has the problem, lose interest in activities that you used to really love, have a negative image of yourself, feel like you don't have any energy, have trouble with your memory.

Behaviour Patterns - not going out anymore, not getting things done at work/school, withdrawing from close family and friends, relying on alcohol and sedatives, not doing usual enjoyable activities, unable to concentrate.

Feelings – overwhelmed, guilty, irritable, frustrated, lacking in confidence, unhappy, indecisive, disappointed, miserable, sad

Thoughts - 'I'm a failure.', 'It's my fault.', 'Nothing good ever happens to me.', 'I'm worthless.', 'Life's not worth living.', 'People would be better off without me.', No one likes me, people never understand me, its everyone else's fault

Physical - tired all the time, sick and run down, headaches and muscle pains, churning gut, sleep problems, loss or change of appetite, significant weight loss or gain.

Did You Know?...

The average heart beat is 80 beats per minute; approximately 4800beats per hour; 115,200 beats per day; 42,048,000 beats per year and over the average lifetime of 80 years 3, 363,840,000 beats. Wow whose counting.

