



# MNTC News

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

August 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 II—Chemical, Hormonal

This is Part 2 of Depression. This edition, we will look at some common activators and some possible solutions. As mentioned previously, the way that I see elements of depression is that it is one of the end results of something that is out of balance.

### Sex Hormones



These tend to surge at puberty time and affect our growth and development and then at the other end of the scale (better called menopause—male/female or puberty in reverse (as we start to shrink!!! and its all down hill!!!)). There are many changes within the body and every organ and glands does get affected.

At puberty time, it is also the awakening time of the self image or “me” mode and these are quite emotional times. Hormones during puberty take about 5-9 years to settle. Because there are so many changes within the body, the chemistry or neurology can go out of balance and opens the door for some interesting symptoms to develop, including depression.

When I hear that things have never been right since puberty/15-16 years, then I know depression has come from changing hormones and/or changing body regulating systems (organs and glands). I use iridology to closely look at what system are out (sex hormones - pituitary, ovaries, uterus, testes, estrogen, progesterone, testosterone, etc), thyroid and liver regulating hormones. I use different herbs and homeopathics to assist (chastetree, blue cohosh, false unicorn, peony, sarsaparilla, etc). I ask if depression symptoms are cyclic (monthly for females and 3 monthly for males). Commonly, St. John`s Wort can be used under supervision as this is never used with certain prescription medication (needs to be checked) as this can affect mental and chemical imbalances.



Those going into menopause (female or male and generally starts from mid 40-50s) and this can take 3-9 years with many different individual changes that occur (hormonal, body shape, mood, mental factors, chemical, etc). Depression can be one of the possible things that can occur. Different herbs and homeopathics are also used that cater for the individual. For a % of individuals weight increase can be depressing enough, especially when you have no control and are doing everything correctly (eating and exercising well). Iridology can assist with the identification of what is out. This can be an easy or challenging thing at times.

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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.



## Herbal - Hawthorn

Hawthorn has been used for a long time in herbal European medicine. It can help improve the amount of blood pumped out of the heart during contractions, widen the blood vessels, and increase the transmission of nerve signals. It appears to have blood pressure-lowering activity, according to early research. It seems to cause relaxing of the blood vessels that are furthest from the heart. Research suggests that hawthorn can lower cholesterol, low density lipoprotein (LDL, or "bad cholesterol"), and triglycerides (fats in the blood). It seems to lower accumulation of fats in the liver and the aorta. Hawthorn fruit extract may lower cholesterol by increasing the excretion of bile, reducing the formation of cholesterol, and enhancing the receptors for LDLs. It also seems to have antioxidant activity. For those who have family cardio weaknesses, this can be a great supportive along with Vitamin E and CoQ10.



### Herb / drug interactions:

Before taking hawthorn, talk with your healthcare professional, as it potentially can significantly interact with several prescription medications. Hawthorn may affect blood pressure, and should not be taken with medications for high blood pressure, including beta-blockers and calcium channel blockers, medications for "male enhancement" (many of which are based on blood vessel dilation and increasing blood flow), and medications that increase blood flow to the heart. Additionally, people taking digoxin should not take Hawthorn.

Thanks for reading. *John*

## August Specials

### Ultimate Detox Package

#### Shontelle Ferguson & Sue Price

Shontelle (Reflexologist) and Sue Price (Hydrox Colon Therapist) have put together a Detox Package for \$299 (normally \$355). This includes a Urine & Saliva Analysis (2 visits over 90minutes) with Sue to test how your body is functioning and ensure that it is doing the right thing before and after detox. Then having a 60 minute Reflexology Detox session with Shontelle, followed by a Hydrox Colonic session with Sue.

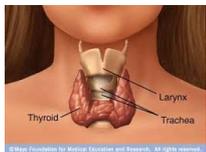
This is a different easier way to detox and cleanse the body without too much fuss and effort on your behalf. Book in for your ultimate detox - 9535 9195

### John's August Special

Clear or dramatically improve the status of your allergies by having a **Allergy Body Reset**. People have all sorts of allergies and sensitivities/intolerances. The concept behind this is whenever you are exposed to your allergen, (allergen is put onto the body) it is like your body blows/switches off many of its different circuit breakers which brings reactions and compromise to the body. John goes through the circuit breaker points and assesses which ones have switched off and resets these. Each session usually takes 1.5 hours and may need 1-3 sessions. John is offering these sessions (normally \$195 per session) for the price of a 1 hour session (\$130 per session). This is a savings of \$65 per session. Each allergen is reset individually as the body doesn't cope too well with multiple allergens.

Ring for appointment - 9535 9195

## Thyroid Imbalances



When depression is present constantly for no reason, then a possible underactive thyroid can exist. Stress, pressure of life can affect the thyroid. If you get 2-3+ symptoms - weight gain/loss, brain fog, disconnected feeling, low or flat energy, craving, split hairs and nails, mood swings, agro, never my fault, increase urine frequency, thinning hair, moving aches and pains, etc. Depression can be constant a lot of the time. Blood tests of T3, T4, TSH, Iodine should be checked by your medical doctor. I do iridology and check if the markers are present in the iris and sclera and if present then either kelp, bladderwack, co-leus, tyrosine, iodine, minerals, etc may be considered. Neck problems can contribute.

## Parathyroid Imbalances

The parathyroid gland is located with the thyroid. It assists the thyroid and mineral metabolism. Vitamin D (from sun or supplement) can play a big part of the parathyroid functioning and can contribute to depression. Many people don't see the sun much these days as lifestyles - wake up, into car, work in a building, car, inside home. In the wintertime in the northern hemisphere, Vitamin D is readily prescribed out, as depression is a big issue.

## Heart / Cardiovascular Imbalances

If your thyroid and sex hormones are OK and you gradually start to become always cynical for no reason and is constant or everything is a negative, then this can be a possible symptom of very early depression related to the start of a possible heart / cardiovascular weakness. It is important to check family weakness, check mid-back alignment, diet, type of exercise, lifestyle, etc. Any new medication can also contribute from adverse reactions. At times, magnesium and hawthorn herbal can be helpful.



## Blood-Sugar Imbalances

Bloodsugar balance is important, as this can contribute to depression tendencies along with energy, craving, diet issues. This needs to be checked. Diet, chromium, magnesium, exercise, lifestyle maybe contributors.

## Interesting Quirky Facts

There are more stars in space than there are grains of sand on every beach in the world.

