



MNTC News

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

September 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 III – Other Factors

This is Part 3 of Depression. This edition, we will look at some common activators and some possible solutions.



Brain Changes

At times, the brain can have chemical, hormone or mineral imbalances. Other times there can be conflict imbalances with medication. Hormones, like serotonin, tryptophan and noradrenaline can have interesting outcomes when these levels aren't balanced. When they get low then severe degrees of deep depression, bi-polar, etc. there is a choice of certain types of medication or homeopathics (serotonin, tryptophan) can be of assistance depending on the severity of depression.

Family History

Patterns can run within families. It is a matter of investigating more carefully as to where origins are coming from (hormones, thyroid, bloodsugar, chemical imbalance, etc). One needs to look carefully at the active personality genetic program that runs through to each family member and when the trigger switch gets thrown.

Drugs and Alcohol

When individuals are using these substances to excess and/or consistently daily then this often masks depression. Dependency often happens which contributes to addictive behaviour patterns. When the fix isn't got regularly then interesting behavioural outcomes can occur. Quite often people make excuses to justify themselves. At the end of the day they are just emotional or reality blockers. Proper qualified help needs to be addressed in order to break these depressive, addictive patterns. Medication and/or supplements can be also supportive. These depends on the individual.



Illness

Chronic fatigue, fibromyalgia, debilitating bugs (deep seated bacteria, viruses, parasites, etc) can contribute towards depression. When illness lingers on for quite some time with little solutions, people often become depressed. People with severe bouts of rheumatoid arthritis, where movement restriction occurs, this can be quite depressing and debilitating because their future outcome doesn't look good. Appropriate support and supportive care needs to put into place.

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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.



Manuka Honey

Manuka honey is produced in New Zealand by bees that pollinate the native manuka bush.



Hydrogen peroxide is a component of honey. It gives most honey its antibiotic quality. Can be eaten or applied topically for these antibiotic properties to have an effect. The enzyme Glucose Oxidase, also brings assistance. But some types of honey, including manuka honey, also have other components with antibacterial qualities. Another antibacterial component is methylglyoxal (MG). MG is a compound found in most types of honey, but usually only in small quantities. In manuka honey, MG comes from the conversion of another compound -- dihydroxyacetone -- which is found in high concentration in the nectar of manuka flowers. The higher the concentration of MG, the stronger the antibiotic effect. But, there may also be other compounds involved in the medicinal effect of manuka honey.



Other uses are some anti-inflammatory and pain reduction properties. It assists with wound healing for minor wounds and burns. It has been used in assisting with reducing high cholesterol, treating some diabetes, treating systemic inflammation and some digestive issues due to its anti-oxidant properties.

Thanks for reading. *John*

September - December Specials

Ultimate Detox Package

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

MNTC Activity

I would like to welcome Michael Tcherne, a registered hypnotherapist and Holistic Counsellor for 28 years. For more details refer to - (www.mntc.com.au)

Vianne MacBeth, our Bowen Therapist, is gaining a right hand person to assist her with her load. Tania Lewis, has been trained by Vianne and has the closest touch suitability. Welcome Tania.

We are sad that Aimee, our massage therapist, is leaving at the end of this month. If you need to book in, then do it whilst she is at MNTC. We wish her all the best for her future from October onwards. Shontelle Ferguson, our Reflexologist and Beauty Therapist will be taking over some of the massaging. She has studied massage as part of her training.

Mineral Issues

When magnesium, calcium, potassium, zinc, trace mineral levels become low then problems can develop. Magnesium and potassium relate to mental challenges when these levels are low. Overall having a Vitamin B Complex with multi-minerals can be often helpful. Low testosterone in males can relate to low zinc and magnesium, when depression related here.

Mental Factors

Mental factors quite often have another factor behind it, whether it is what has been mentioned in this issue or the previous newsletter issue. Then poor concentration, dyslexia, constant daydreaming, not really with it not rationalising well can be some outcome factors.

Emotional Related Issues

Withdrawal, obsessive behaviour, fiery behaviour, high emotional outbursts, poor self image, poor self confidence, denial, defiance, etc are common signs and symptoms related to depression. Supplements, herbs, homeopathic and prescribed medications can be useful and it depends on the prevailing situation. Certain herbs and medication can't be combined (St Johns Wort and most anti-depressants) as severe adverse reactions can occur.

When there is severe trauma (death in the family, accident, loss of a partner, family member or friend) can bring extreme sadness. At times, this can be mistaken for depression when really it can be grief. It is important to look at the big picture as to what the situation or event was prior to the sadness, grief started to occur. Supportive homeopathic drops or flower essences (Rescue Remedy, Crisis or Emergency drops) can be helpful and are great to consider using. I call them, the BPs, the quiet achievers, as they work quietly and profoundly.

Many of these factors that have been mentioned are looked at by John and some of his team. This is all part of getting to the root cause.



Interesting Quirky Facts - The first man to urinate on the moon was Buzz Aldrin, shortly after stepping onto the lunar surface. As my wife used to say, men are like dogs, they have to mark their territory to let others know they have been there. Enjoy the smile.

