



MNTC News

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

May 2014

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
Psychology
Counselling
Osteopathy
Kinesiology
Hypnotherapy
Iridology**

And more....

Call (08) 9535 9195 to make an appointment

Flu Season is about to hit...are you ready??



With the cooler weather coming... warm days cold nights signals the beginning of the Cold and Flu season...are you ready?

It is vital that you keep warm over the coming months.

Did you know that if your core body temperature drops by 2 degrees and you develop a chill ...you weaken your immune system and become more susceptible to bacteria and viruses including the common cold and influenza?

Stress also plays a major part in decreasing your immune resilience... so do look at ways of reducing the stress factors in your life.

Ensuring your bowel function is regular helps the body to eliminate toxins and bugs from your system.

Colds and flu are most commonly passed on when the victim comes into contact with those already infected. And the most common method of transmission is by being on the receiving end of a sneeze, cough, kiss or skin contact.

So the first line of defence is to ensure that anyone who has a cold/ flu covers their mouth and nose when coughing or sneezing. Coughing into the crook of your elbow is ideal. And of course having the infected person washing their hands immediately afterwards is important.

Boosting immune system is an excellent way to help prevent or minimise the impact of these viruses on the body. At MNTC we recommend a daily preventative supplement regime that will boost the immune system and build resilience.

- Echinacea or Olive Leaf Extract
- Take a daily dose of Zinc,
- Vitamin A (call us and use with caution if you have a liver or gallbladder issue)
- Other Herbs in a preventative mixture could include Elderflower, Licorice

The naturopaths at MNTC can help formulate the right balance of herbs and supplements to help boost your immune system over the cold and flu season.

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.



John vs Spider...John Wins!

I've had an interesting month since our last newsletter.

A couple of weeks ago I had the dubious honour of being bitten on my thumb by a nasty little spider... I didn't see it but we suspect it was a white tail. The pain was incredible and the swelling... you wouldn't think that a thumb could be that big and still stay in its skin!

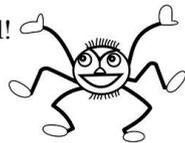
So it was off to the emergency department for treatment. I was put on huge amounts of intravenous antibiotics and painkillers to combat the spread of the spider toxin and help deal with the pain.

After a few days the top of my thumb started to go necrotic and I had to have a plastic surgeon excise the area. Not nice at all.

I've healed very well and I have put it down to the massive amounts of Echinacea that I have been taking alongside the antibiotics. This is supportive medicine at work and how I see Natural Therapies and Orthodox Medicine can work together.

Until next month...enjoy... I will!

John

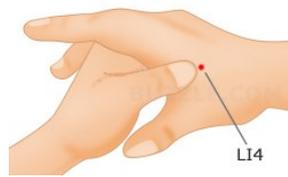


Health Hint of the Month

Each month John and his team gives you simple techniques that you can use at home that may help you deal with some common conditions and discomforts

Support your immune function by regularly massaging these two points.

Primary Immune Support point

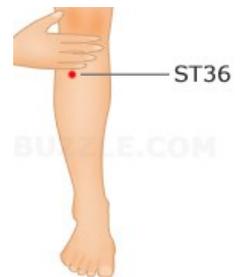


This point is found just inside the arch of thumb and index finger about 2.5 cm below the knuckle of the index finger. If sore massage firmly until soreness clears. Use this point when facing an immunity

crisis eg when you have a cold or the flu.

Secondary Immune Support

Massage this point until the soreness reduces to help reduce the impact of infections. To find it, place the four fingers of your hand below the kneecap. Massage the point on the outside of your leg bone in the hollow near your little finger.



Herb of the Month– Echinacea

Immune System Booster



Echinacea has a rich tradition of use by North American Plains Indians who used it medicinally more than any other plant. Echinacea increases activity of the immune system. Unlike antibiotics, which are directly lethal to bacteria, Echinacea makes our own immune cells more efficient in attacking bacteria, viruses and abnormal cells, including cancer cells.

Echinacea facilitates wound healing, lessens symptoms of and speeds recovery from viruses. Anti-inflammatory effects make it useful exter-

nally against inflammatory skin conditions including psoriasis and eczema. It may also increase resistance to candida, bronchitis, herpes, and other infectious conditions.

Case Study:

We had a family of Mum Dad and two kids who were caught in an ongoing cycle of colds. One child would bring home a cold or flu from school and pass it on to the other members of the family... and as one member recovered they would become reinfected shortly after.

This lasted for months before they came to MNTC for help.

John decided that the whole family needed to boost their immune systems. He put them onto a liquid herbal mixture which contained a high percentage of Echinacea. They stayed on this preventative course of treatment for the remainder of the winter season.

The whole family's health vastly improved within 5 days of starting treatment and the cycle of sickness was broken.



Did You Know?...

The common cold REALLY IS Common - Typically children get 6 to 10 colds and adults get 2 to 4 every year