



# MNTC News

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

June 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**

## DO YOU SUFFER FROM ANY OF THESE ?

**Low energy**, food allergies, chemical sensitivities, **insomnia, aching joints / muscles, PMS, headaches**, craving sugar, yeast or vinegar type foods, unexplained weight change, **poor circulation, ADD, ADHD, anxiety**, bad breath, dry mouth, recurring mouth ulcers, sore throat, **bloating**, heartburn, stomach cramps, **irritable bowel syndrome**, constipation, diarrhoea, anal itch, haemorrhoids, jock itch, thrush, burning & painful urination, bladder infection, ear itchiness, hard of hearing, irritated eyes, **arthritis**, bloodsugar swings, heart conditions, **low libido**, menstrual cycle irregularities, menstrual pain, **fatigue, depression**, mood swings, fearful or paranoid, poor concentration, poor learning ability, **poor memory.**

*If you have any of the above conditions, then you may have a form of candida.*

**What is Candida?** Candida is a debilitating yeast / fungal infection that compromises many body systems to the point that it can control your life and affect your well-being.

**Candida is naturally part of your gut micro-flora and mucous membranes.** Under normal healthy conditions, Candida numbers remain low. When the body is exposed to stress, the immune system is compromised or taking certain medications such as antibiotics then Candida get out of

control and then people can start to experience some or many of the above conditions.

**Candida is becoming an epidemic in modern society.** At MNTC, 15 years ago, we were seeing 1 in 20 people with Candida and today 1 in 3 to 4 people have this condition. This is due to the increase of living a more stressful life, increased amount of refined sugars in our diets (takeaway and processed foods in particular) and the increased use of antibiotics.

**We can identify candida patterns with Iridology and Live Blood Assessment**



Luckily, once identified, Candida can be easily and effectively managed with a combination of :-

- Herbal and homeopathic supplements
- Probiotics
- Diet
- Lifestyle changes

Candida can be brought under control easily. Often we see initial improvement within a few days of commencing treatment.

**If you would like any help** with the management of any of the above conditions or would like more information on Candida and its treatment, please call us on (08) 9535 9195

## 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.



## Spider Update - John Still Winning

My recovery is still ongoing from the white tail spider bite but from what I have been told it is faster than most. Besides the excellent nursing care, I put this down to the use of Colloidal Silver, high doses of Echinacea and homeopathics.

Nursing staff have told me that this year has been particularly bad for white tail spider bites. Please be careful in and around the house as they are lurking in the most unlikely of places.



### Need A Great Massage?

We have been receiving wonderful feedback from clients that have booked a massage with Aimee McLeod - Remedial Massage Therapist. They say that she has wonderful and a great touch. We see their smiles and relaxed bodies as they walk out the door.

### Reminder

Remember with winter coming to keep up your doses of Echinacea and rub your Immune Booster points regularly (see last newsletter).

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*

### First Aid for Vaginal Candida (thrush)

1. **Bathe** area in plain natural unsweetened yoghurt with high levels of acidophilus and probiotics
2. **Add** 5 drops of pure Tea Tree oil into 20ml of unscented moisture cream and apply liberally to affected area as needed
3. **Avoid** washing with soap or any cleanser to preserve the acid balance within the vagina
4. **Avoid** any sexual activity until the infection has subsided otherwise cross infection can occur. *Yes, men can get thrush too.*
5. **Take** twice daily a Probiotic supplement (keep in fridge to ensure its effectiveness)
6. **Keep** diet free of sugar, yeast and alcohol (beer and wine). This includes breads, refined foods, carbonated drinks.
7. **If you** experience regular bouts then make an appointment to further discuss management strategies and treatment.

## Herb of the Month– Goldenseal

### Anti-Fungal, Anti-Bacterial, Anti-Viral



Goldenseal has gained a well earned reputation as a herbal antibiotic and immune system enhancer.

American Indians used goldenseal as a medication for inflammatory internal conditions such as respiratory, digestive and urinary tract inflammation induced by allergy or infection.

The Cherokee used the roots as a wash for local inflammations, a decoction for general debility, dyspepsia, and to improve appetite. The Iroquois used a decoction of the root for whooping cough, diarrhea, liver disease, fever, sour stomach,

flatulence, pneumonia, and with whiskey for heart trouble.

### Why is Golden Seal So Effective for Fungal and Bacterial Infections?

In particular it is the alkaloid berberine that is most likely responsible for Goldenseal's effectiveness against bacteria, protozoa, fungi, Streptococci and it also promotes easier removal of the bacteria by inhibiting their ability to adhere to tissue surfaces. Berberine is also anti-fungal and strongly anti-diarrheal. It aids against the infection of mucous membranes such as the lining of the oral cavity, throat, sinus, bronchi, genito-urinary tract and gastrointestinal tract. Clinical studies have shown it is effective in the treatment of diarrhea cause by *E. coli* (traveller's diarrhea), *Shigella dysenteriae* (shigellosis), salmonella paratyphi (food poisoning), giardia lamblia (giardiasis), and vibrio cholerae (cholera) <sup>1</sup>.

### Why use Golden Seal to help manage Candida?

In the case of Candida, we use both the anti-fungal and auto-immune properties of Goldenseal along with other herbs and homeopathics to interrupt the growth pattern of the fungus/yeast and allow the body to build its own immunity to combat the infection.

*1. Anti-fungal effect of berberine on Candida albicans by microcalorimetry with correspondence analysis—Journal of Thermal Analysis*



## Did You Know?...

*There are more than 100 different types of Candida. The most common is Candida albicans. It is found equally in both men and women.*