



# MNTC News

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

July 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**

## Are you getting a good night's sleep??



Approximately one third of your life is approximately devoted to sleep. We require 7-8 hours quality sleep per night to function at our best each day. Depending on how well or unwell you have slept will determine how you will function the next day.

### *What Affects Good Sleep and Some Solutions*



Some people like totally dark rooms (bat caves) whilst others don't mind semi-light. Darkness has an influence on your melatonin hormone (sleepy hormone) so the darker the better.

Electronic devices (mobile phones, wireless/cordless phones, devices that emit electromagnetic radiation, bed heads that back onto electrical power boards or many cables. All of these have an influence on the brain electrical system and circadian rhythms. It would strongly recommended to minimise these exposures to ensure quality sleep.

Rooms that do not have suitable ventilation can affect your sleep. People that close their bedroom doors with no open window have no fresh oxygen and have a build up carbon dioxide which can contribute towards fatigue and exhaustiveness. Key solution is to sleep with ventilation for oxygen and air flow. Bedroom doors open, window slightly open are good recommendations.

Particular foods (sugar, preservatives, additives, MSG, etc) can bring digestive upset or rev up your adrenalin system, hence poor or no sleep. These are allergies.

Some people who are grasers may need to eat a snack prior to bedtime. People that wake up between 1-3am and can't return to sleep (bloodsugar drops and adrenalin kicks in) may need to have a snack or a small drink in order to settle to sleep again.

Some people are workaholics or those that run small business and do paperwork in the evening or students studying often are still thinking about the job/activity and hence they are still thinking about their work resulting in a restless sleep. The solution is to stop all activity about an hour prior to sleep.

Heart health can be inter-related to sleep quality. Unhappiness, trauma, depression, stress, medication, etc all influence on heart health which indirectly will affect your sleep quality. Seek appropriate help whether it be change of medication or have some counselling support. Sleep apnoea has been found to have some association to heart related issues so further investigation maybe recommended.

Restless legs can often affect sleeping quality. This is often related to a magnesium deficiency and can be helped with a Magnesium Phosphate supplement before bed.

## 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.



## What is Happening At the Centre

John has 95% recovered from his ordeal with white tail spider, just a healing scab. Yippie.

Flu session is in its element and presently there is alot of stomach bug flu along with sinus congestion happening within our community. Plenty of Echinacea, Golden Seal, Albizia and Licorice herbs is doing the trick.

We have Sue Price (Nutritional Practitioner) joining the team . Sue`s focus will be providing Colon Irrigation Therapy (HydrOxy Colonic Irrigation Therapy). This is about cleaning the bowel which in turn cleanses the body with the assisted use of oxygen therapy.

Reinvent beauty therapist, Leisha Garner, is offering July specials with her Lipomassage, Facials treatments. They are getting some great results.

Aimee McLeod, our massage therapist, is offering 90 minute massages for 60 minute prices with the focus to reduce the stress levels. Aimee`s clients are raving about service.

Until next month...enjoy... *John*

## Health Hints 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*

Massaging Achilles Tendons and Calf muscles (these are linked to your adrenalin) that are tight so as they loosen off will assist sleep.

Massaging inner wrist bracelet line, little finger side (Acu point 5) assists to calm and settle heart energy and hence relax individuals.

Massaging neck and shoulder muscles can assist with unravelling tension.

For those individuals that wake between 1-3 am and can`t return to sleep, may indicate that one`s blood-sugar levels have dropped and revs the adrenalin.

Simple solution is to have a snack and/or have a small/warm drink to stabilise bloodsugar. For those that are not reactive to cow`s milk, a small glass of low fat milk can additionally help due to the tryptophan within the milk that assists sleep and calming.

## Herb of the Month– Passionflower

### Sedative Sleep Supporter



A perennial climbing vine native to south-eastern North America, passion flower is now grown throughout Europe. The herbal supplement is composed of the flowers, leaves and stems of the plant. The passionflower fruit is what some people enjoy for its flavour and nutrient benefits

The constituents of Passionflower allow it to have actions as a hypnotic (sleep aid); sedative; anxiolytic (anti-anxiety); nervine (nervous calmer and relaxant); anti-spasmodic (prevent spasms); anti-depressant; hypotensive (lowers blood pressure). In very early days the Cherokee Indians used the root as a poultice to draw out inflammation from thorny wounds and as a root tea it would assist earache.

Today, Passionflower is commonly used as one of the main herbs for sleep problems (insomnia) due to its sedative, hypnotic and nervine properties. With these properties at varying doses, it can assist with general anxiety disorders, excitability, agitation, nervousness and nervous unrest. This can be helpful with those that have ADD/ADHD disorders and mild hysteria.

Nervous digestive function or upset, this can be effective. The digestive system is also known as the “emotional-feeling brain” so Passionflower can be appropriate.

Cardiovascular conditions where there nervous anxiety symptoms (irregular heart beat, anxious related blood pressure, Passioflower can be considered.

If there are any concerns about any of the above conditions, it is important to consult with your naturopath before starting. Call us on 9535 9195.

## Did You Know?...

*The average adult breathes 12-20 breaths per minute and a 6-8 year child breathes 18-30 breaths per minute at resting rate*

