



MNTC News

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

August 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
Colon Therapy
Counselling
Osteopathy
Kinesiology
Hypnotherapy
Iridology**

And more....

Call (08) 9535 9195 to make an appointment

What Can We Provide For You at MNTC ?



Mandurah Natural Therapies Centre has a diverse team of professional consultants that may offer something for you. They are community health professionals offering alternative solutions. They are passionate with helping people and their well-being.

John Holodnak is a Wellness Consultant and Coach with skills as a naturopath (doing Iridology and Live Blood Assessment), remedial muscle therapies, dry needling, kinesiology, life enhancement coaching and counselling.



Bernice Barlow is a qualified and experienced naturopath and hypnotherapist with her background of nursing. Hypnotherapy assists in addictions, stopping smoking, fears, etc.

Sue Price is a Nutritional Medicine Practitioner who is trained in Hydroxy Colon Therapy, saliva and urine analysis and nutritional medicine.

Vianne MacBeth is a qualified Bowen Therapist. She is a accredited Bowen Instructor and Practitioner. She also has well trained in Mind-Body Bowen therapy.

Aimee McLeod (Lemon Tree Wellness) is Remedial Massage (relaxing, deep tissue and sports massage),. She also does Hot Stone and LaStone therapy massage.

Leisha Garner (Reinvent Skin and Body) is our beauty therapist doing anti-aging beauty therapies. Beauty therapy work includes facials (cleansing, exfoliating, masking and moisturising), reducing cellulite and assisting body reshaping.

Paul Dupker is a McTimoney therapist (osteopath equivalent) performing whole body alignments. McTimoney treatments lies in correcting pelvic alignment.

Bev Hobbs is a classical homeopath and combines this with naturopathy. Classical homeopaths ask many questions to find the right remedy combination that match the individual and their health challenge.

Doreen Jones (Integrated Counselling Services) is a well experienced and qualified counsellor. She also does Breathwork therapy associated with trapped emotions.

There may be something for health, relaxation, revitalisation that is for you. Something to consider.

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 Special for August Only

For the month of August, John has decided to do a half hour Iridology Review or a Live Blood Assessment for \$50 (normal price is \$65) as a **August Special for existing clients.** You will need to bring a copy of the August Newsletter to get the special.



Seasonal Patterns

John likes to observe patterns of change that go on within our community that relate to people's health and well-being. During the winter time, John has observed that people become more emotionally sensitive, whether it be winter blues, cranky or oversensitive. Besides not wanting to go outside due to rain, dampness and coldness, John does more kinesiology balancing and emotional sabotage/trauma clearing with counselling and coaching work. Lots of Rescue Remedy medicine is helpful.

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

Turmeric Shot to Boost Immunity.

Excellent for colds and flus.



Juice of 5 lemons

1.5 cups of Coconut Water

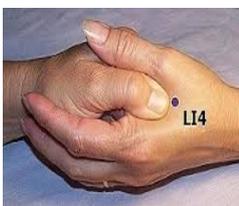
1 teaspoon of cayenne pepper

3 tablespoons of organic turmeric powder
OR Alternatively

1 tablespoon of fresh grated turmeric

This will make 7 shots of 30ml drinks, one for each day. Please keep in the fridge in a sealed container for storage.

Extra Immune System Boost



Rub this point regularly on a daily basis so as to provide extra support during these winter months when there is quite a widespread of colds and flus about.

Herb of the Month– Licorice

All-Rounder Herb



Licorice (*Glycyrrhiza glabra*) plant is a legume that is native to southern Europe and parts of Asia. Most people know Licorice as a flavoring in foods, beverages, and tobacco. The root is used to make medicine.



Licorice is used for various digestive system complaints including stomach upsets and ulcers, heartburn, colic and ongoing inflammation of the lining of the stomach (chronic gastritis). In some cases of food poisoning, licorice has helped, as it assists in enhancing the mucous protective lining in the digestive system. For some individuals it is a

great bowel mover due to its slipperiness, laxative and demulcent properties.

Licorice has been found to be useful for sore throats, bronchial problems (bronchitis, congestive mucous, coughs, infections that are caused by bacteria and viruses. It assists in the breakdown of congestive mucous and phlegm that associate to difficult nagging coughs. Licorice has a relaxing property and will tight congestive mucous chest conditions.

Licorice has been found to assist with craving factors when people have had sweet or sugar craving. Tiredness can be associated so Licorice will assist the adrenal exhaustiveness.

When John is making up various herbal medicines he will often put some Licorice in with herbs to enhance the properties of other herbs or just give a better taste to formulations.

I'm Sad



Did You Know?...

That a lack of sunlight in the wintertime can contribute to depression and seasonal affective disorder (SAD). Try some Vitamin D.

