



MNTC News

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

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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

The Mighty Tomato



This edition is about something different. The mighty tomato. This is quite a super nutrient food. Ordinarily we take the mighty tomato for granted but we tend to use it with many different types of dishes. How much do you know about this little red vegetable or fruit.

The mighty tomato is first thought to have originated in South America and goes back to the Mayans and Aztecs. From there, it is believed to have been taken to Europe. The French referred to as the "pomme d'amour" or "love apple".

The mighty tomato is full of nutrients so as to assist the body to function efficiently. Potassium (High); Phosphorus; Magnesium; Calcium; Sodium (low); Iron (low); Manganese (good); Copper; Zinc; Selenium (low); some Trace Elements; Vitamin A (high); Vitamin B1; B2; B3; B5; B6; Vitamin C (high); E; K; Folate; Essential Fatty Acids mainly Omega 6 (low) Omega 9 (9-oxo-octadecadienoic acid); Lots of fibre; Glycosides (esculeoside A). Also different antioxidants - Flavonoids; Flavonones - naringenin; chalconaringenin; Flavonols - rutin; kaempferol; quercetin; Carotenoids - lycopene (very high); lutein (high); zeaxanthin; beta-carotene (very high). With all these nutrients contained, it can be called a "superfood".



Tomatoes are low in calories (18 calories per 100g). It is also very low in any fat contents and have zero cholesterol levels. It is an excellent source of antioxidants, dietary fiber, minerals, and vitamins. Because of their all-round qualities, dieticians, nutritionists and naturopaths often recommend them to be included in cholesterol controlling and weight reduction programs. Consider including this vegetable fruit as part of your 4-6 different coloured vegetables required for balanced eating.



There are many ways that the tomato can be consumed or prepared as part of delicious eating. Raw and fresh, cooked, baked, grilled, mashed, pureed, marinate or juiced. It can be mixed with many other types of vegetables or meats to enhance the flavours. It also enhances the presentation of a dish because of its red colour.

Medicinally, the tomato can be a body health restorer due to its nutrient content. Externally, due to the flavones and flavonoid content, it can be sliced up and applied onto skin to assist cuts, abrasions, inflammation and skin toning.

In today's world, superfoods are strongly considered to provide maximum output for our bodies and the mighty tomato can definitely be considered as part of this.

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- 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.



Seasonal Patterns

Changing seasons from winter to spring brings warm and lushness. It is also the commencement to pollen season. Many individuals get sinusitis, rhinitis and hayfever about this time of the year. It is the time that they dread as it becomes quite a challenge to function during their waking day as concentration can become an issue.

We gear up to have certain herbs and homeopathic medicines that assist in the management of these conditions. If your standard medication isn't working as effectively, then consider some herbs, homeopathics dry needling / acupuncture that may bring results

It is important to watch certain foods that will enhance these health conditions (milk, cheese, wine, chocolate, etc).

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

How to Make a Flower Essence

Collect the flower heads or the petals of the particular flower and put them into a glass of purified, filtered water and cover them the top of the glass with either clingwrap or clear glass to prevent bugs, etc from climbing in. Leave out in the sunlight for 4-8 hours. The essence or perfume aroma embeds into the water to make the essence.

Scoop out the flower heads and petals and decanter into a container via a mesh filter and add some gin/vodka so the proportion is 30% alcohol and remainder is the essence liquid. This is the essence stock.

Use from 5 drops to 1-4 mls of this stock and mix with a quarter glass of water and drink 1-4 times daily. This can be rubbed onto sensitive emotional parts of the body such as the forehead, the stomach, the diaphragm, the Achilles Tendon and the lower back. There are many different flower essences that can relate to different types of emotional distress and states of mind or feeling.

Tomato Flower Essence

Mental Strength, Courage and Endurance



Flower Essences are a off shoot to herbs. Herbs can assist the chemical aspects of the body whereas the flower essence can assist the emotional aspect of the body. We are all controlled and driven by our emotions in everyday life.

Pattern of Disharmony: Fear; weakness; nightmares; withdrawal; defensiveness; addictions; shyness; minor hesitation to severe terror; defeatist attitude; instability; for the stress of city life.

Positive Aspects - Strong; centred; courageous; believing in self; success orientated; open minded; steadfast; empowered; celebratory; self-honest; psychically protected; hopeful; stability; renewed with travel

Negative Aspects - Cowardly; weak; hesitating; defeatist attitude; nightmare prone; fear of failure; frail feeling; fearful of known and unknown causes; anxious; shy; lacking conviction

Tomato helps us battle anything from mildly annoying bad habits to major addictions. Addictions may include substance abuse, smoking, overeating, wrong eating, harmful relationships and even the seemingly insignificant difficulty in getting out of bed in the morning. When we hear ourselves saying, Oh, I shouldn't; I'll start tomorrow; I secretly don't believe I have the strength to deal with this right now. It can assist with the fears of both known and unknown causes: fear of weakness, of planes and cars, and the residual fear that follows accidents. It also addresses issues of repeated failure, of a lingering sense of inadequacy, and of faltering and uncertainty. For many people, travel can generate fear. Addressing states ranging from a sense of vulnerability and disorientation in foreign environments to the raw terror of air flights, Tomato Essence makes a welcome traveling companion. Even if we are only trekking to the nearest town for a day of errands.

Did You Know?...

There is a connection to cow based milk and dairy sensitivity and frontal headaches. The casein in the cow's milk is like glue to some individuals.

