



# MNTC News

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

November 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**

## Kinesiology - How Can This Benefit You

Kinesiology - what is this?



I liken it to sending your car in for a service. Your car is connected to a diagnostic testing machine to find out whether it is operating and functioning well or not. If not, specific strategies are used to rectify problems so the car can drive and perform well. Kinesiology uses muscle feedback assessment testing to find what imbalances there can be within the body and then certain techniques are applied.

Some chiropractors use it for testing where subluxations are within your spine. Specialised kinesiologists, like John, look a little further by checking muscular imbalances; chemical imbalances (allergies, hormones, etc); electrical imbalances (nervous system, energy meridian systems, etc) and emotional imbalances (trauma, self image, etc).

Commonly, John uses kinesiology testing for checking allergies and intolerances within the body. Often John will use this testing to track imbalances down. John uses his Allergy Testing Kits (has a number of different vials containing foods, bugs, chemicals, additives, etc). This assists people to help manage themselves for better quality health.

For example, this is hayfever time and many individuals suffer badly and often what is found is that there can be intolerances to milk, cheese, wheat, native plants, etc that possibly trigger off sinus and hayfever problems. To assist resolution, it is either eliminating these products or have a homeopathic remedy. There can be further kinesiology reduction techniques that can be utilised via rubbing and resetting certain master meridian points on the body.



Another common thing that John uses kinesiology for is to reset people's time clock. When people are flying overseas or interstate, rotating shifts, trauma, high stress, etc, often they feel out of sorts and not connected to present time. The Chinese meridian systems are linked to our time clock and these can go out of synchronisation. Certain rubbing points and energy holding points are stimulated to assist with a reset and often people say that they have returned back to planet earth and feel grounded.



Body Balancing or Energy Alignment balancing (car tuning service). Each of the 14 Chinese meridian systems are tested. If there are imbalances, then certain meridian associated reflex points are stimulated to enhance the energetic of the meridian system. Exercise, improved eating, changing mindsets/attitudes (is the glass half full or half empty??) can be part of this. John has one of these nearly every month to ensure that he runs to optimal performance to assist others and comes out smiling, inside and outside.

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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](mailto: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.



## SPECIALS FOR NOVEMBER

**Aimee MacLeod**, our Remedial Massage Therapist, is offering 90 minute massages for the price of a 60 minute massage (\$80). The feedback from clients is that it assists with their life management and it is a great way to give a gift back to self for all the work they do for others. She is now covered by all the Health Funds, including Medibank Private.

### John's Specials

- Allergy test only for \$65
- Those that want a combined iridology and allergy test, normally valued at \$195, for \$130.
- Kinesiology Time Clock balance for \$65

### WHAT'S NEW

**Shontelle Ferguson**, a highly qualified Reflexologist has come to join the crew. Having your feet massaged and reflexologyed is a wonderful way to pamper the body. People love having their feet worked as then they feel they walking on cloud 9. Her fee is \$80 per session.

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*

### Switching On Technique



When some individuals need grounding, feeling disconnected, are vague or require assistance with dyslexic tendencies, then there is something simple and easy that can be done.

Holding the navel with one hand and the other hand's fingers are used to rub top and bottom lips and then under the collar bone close to the throat notch. These are linked to the body's master meridian points to assist switching on the brain to enhance better clarity.



### Importance of Water



With the warmer weather starting to come upon us, this means that we can become more easily dehydrated. The recommended average is approximately 8 glasses per waking day. This can vary according to your situation and conditions. FIFO workers working in the NW Aust, usually can consume to 3-8 litres daily. If the taste of water isn't quite to your liking, then taint it with a small amount of lemon or orange juice to make it more palatable. Water assists with the Switching On technique above for better results.

## Carrots

### The Mighty Superfood



The mighty carrot (*Daucus Carota*) is a root vegetable, commonly orange in colour. There are purple, yellow, red and white colours also. It is believed that the carrot may have originated in Iran and Afghanistan. History mentions that the carrot was first cultivated in Switzerland and Germany.



It is comprised of about 88% water, 7% sugar, 1% protein, 1% fibre, 0.2% fat. The fibre comprises mostly cellulose, with smaller proportions of hemicellulose and lignan. Carrots contain almost no starch, is free of sugar and has small traces of nitrite and nitrates. Most of the taste pertained to the carrot is due to glutamic acid and other free amino acids. The carrot gets its characteristic and bright orange colour from  $\beta$ -carotene, and lesser amounts of  $\alpha$ -carotene and  $\gamma$ -carotene.  $\alpha$  and  $\beta$ -carotenes are partly metabolised into Vitamin A in the body. It can contains B vitamins, Vitamins C & E, along with the minerals of calcium, phosphorus, potassium, magnesium, manganese, iron, sodium and zinc.



The health benefits of carrots are vision improvement (vitamin A and B-Carotene) especially night vision and macular degeneration; anti-aging due to its anti-oxidant content; skin (premature wrinkling, acne, dry skin, blemishes) relating to the vitamin A content; preventing heart disease; preventing stroke; assists in healthy gums and teeth; body and liver cleanser due to its vitamin A and fibre content; great antiseptic; cancer prevention (especially the risk of lung, breast and colon cancers).

Carrots can be consumed in many different ways - raw, put into salads, stir fried, steamed, juiced, pureed, etc. It is the second most popular vegetable after the potato due to its colour, taste and economics.



## Did You Know?...

*Magnesium can assist those individuals that get night cramps and restless leg. It will also assist with the body and mind recovery after activity like exercise.*