



MNTC News

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

December 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:

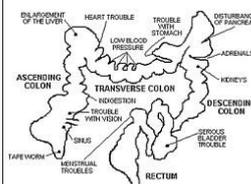
- Naturopathy**
- Bowen Therapy**
- Remedial Massage**
- Beauty Therapy**
- Colon Therapy**
- Counselling**
- Osteopathy**
- Kinesiology**
- Hypnotherapy**
- Iridology**

And more....

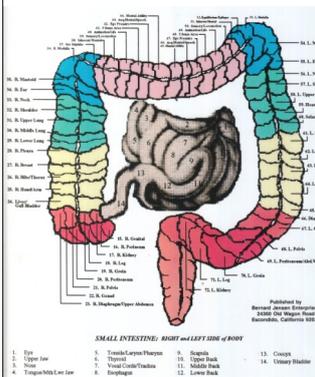
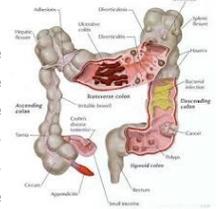
Call (08) 9535 9195 to make an appointment

Colon Therapy - How Can This Benefit You

What is Colon Therapy. This therapy cleanses and revitalises the colon/bowel. This revitalises your health, well-being and energy. Warm, sterilised filtered water is gently inserted into the colon with some gentle massage. At times, oxygen is mixed with the water to enhance the cleansing affect. An applicator is inserted into anus to allow water to flow in and out as part of cleansing. The concept is to soften up and remove debris, toxins, etc, that stick to the inside of the colon/bowel.



The bowel, as we know it, often relates to the large intestine and the sigmoid colon. It is like a flexible pipe (similar to our home sewage pipe system). Solid waste matter form and accumulates in the large intestine and moves it towards the sigmoid colon (the parking place before elimination download). Movement of wastes should be smooth, easy with minimal effort, mostly as one stool (similar to a banana size), darkish brown with no smell. When it is like this, then there is minimal residue left within the bowel.



Bad or dysfunctional eating patterns, lifestyle (stress), etc can affect the outcome of how waste material formulate. When stools aren't formed properly then they can be sticky, smelly, dry and broken, etc. This can lead to residue accumulation within the bowel plumbing (in the home the sewage pipe builds up slag) which narrows the internal diameter of the bowel (in the bloodstream the accumulation is plaque). This eventually leads to multiple health issues.

It has been found that different sections of the colon have reflex points that cross relate to parts of the body. If these get blocked or hindered then body functioning becomes compromised.

Benefits for You - When individuals have been doing alot detoxing, clean eating, etc and it feels like you aren't getting anywhere because one is still feeling tired, congested, toxic, headaches, irritable bowel, digestive issues, weight issues, etc. It may be that your colon plumbing maybe compromised. Colon therapy could provide a possible solution.

I tried this therapy many years ago and the outcome was that I got increased energy, felt internally clean, my head felt clearer, I felt alive and lost 5 kgs in weight. A consideration that maybe for you.

Our Colon Therapist, Sue Price, is the expert for this therapy. Talk to Sue on 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.



SPECIALS FOR DECEMBER

Aimee MacLeod, our Remedial Massage Therapist, is offering a bonus gift voucher for a 30 minute massage or 30 minute facial with the purchase of any treatment or package. This can be used as an extra gift or treat yourself.

Sue Price, our Colon Therapist, is offering 10% every colon therapy along with a free health assessment.

Shontelle Ferguson, our Reflexologist, is offering a free head and neck massage with every reflexology session.

John`s Special is a half hour Iridology or Live Blood Assessment for \$50 (normally \$65). Bring a copy of the newsletter to qualify for this.

What`s New - We have started to sell some of Moon Haven`s beautiful smelling handmade soaps. The swirling colours are interesting. Come in, smell and buy at \$6. A great gift.

I would like to wish everyone a great festive season. Thanks for reading.

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.

Fennel

Foeniculum vulgare



Fennel is one of those old herbs that has been around for many years with a variety of uses. It is part of the Umbelliferae family. It is a perennial tough herb. It is composed of a white or pale green bulb with superimposed arranged stalks, topped with feathery green leaves, yellow flowers that produce fennel seeds. Everything is edible, the bulb, stalk, leaves and seeds. It has a wonderful smell of aniseed. It is indigenous to the Mediterranean but now is found in many parts of the world, especially on dry soils near sea coasts and river banks. It is closely related to parsley, dill and coriander.

It is reasonably high in nutrients of vitamin C, fibre, potassium, molybdenum, manganese, copper, folate, phosphorus, magnesium, calcium, iron, vitamin B3, pantothenic acid. This makes fennel one of the good antioxidant foods.

Medicinal Uses

colic, wind, irritable bowel, improving digestive function, calming effect on nervous digestive function, suppresses appetite, heartburn, respiratory congestive problems, persistent coughs, asthma, breast enlargement, assist breast milk production, increases urine flow, improves libido and sexual desires, promotes menstruation, amenhorea, angina, anxiety, depression, lowers blood pressure, good all rounder for kidneys liver lungs spleen dynamics, eaten raw it is known to improve eyesight, the powder can used as a poultice for snake bites.

Culinary Uses

It is often used in the Middle East, India, Pakistan in food cooking. It is used in herbs and spices for flavour enhancement similar to anise (great aromatic). The bulb can be used as a crisp vegetable that can be sautéed, stewed, grilled or eaten raw. The leaves are great for garnishes to salads, and sauces.



Did You Know?...

Proper water hydration can make you 10 years younger by giving the skin a better glow and vitality.