

Welcome back to Wellness Ways

With Dr Simon Carlin

We have had a period of significant change at the Wellness Centre.

I completed full time practice at the Wellness Centre in June after more than 20 enjoyable years looking after you and your families. I remain GRATEFUL for your patronage and patience as the centre has been developed. I am also grateful to the many children we looked after, particularly through the 90's from whom the foundation principles of neurobiological health model for the Wellness Centre was created. I will continue practicing fortnightly undertaking patient reviews on Friday afternoons and Saturday mornings.

Thankyou everyone, for the many generous gifts, thankyou cards and goodwill on the next "leg of my journey."

I will be practicing in the new Margaret River Wellness Centre. I know this will sound like a ruse for my surfing and vino pastimes but its mostly true.....More about Margaret River Wellness Centre later!

Other significant changes....Dr Justin Mazzucchelli completed practice at the Wellness Centre recently and will be establishing a new practice in Mosman Park opening in spring. We thank Justin for his contribution to the Wellness Centre and for his leadership in skill development for our Chiropractic team.

Dr Peter Cockram recently married his long time partner Tennielle Palin and decided not to return to Karrinyup after their honeymoon in Europe. Dr Cockram will be

establishing a new service with Tennielle in central Perth. We thank Peter and Tennielle for their hard work in upgrading our practice systems and taking our service to a new level.

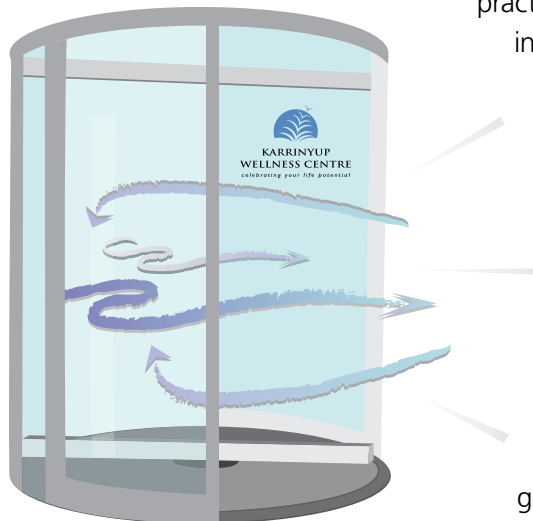
Dr Jason Alach has been training with our Chiropractic team during 2010. He has family background in holistic health. Dr Alach has extensive post graduate training in applied kinesiology, Activator methods and craniosacral approaches such as SacroOccipital technique.

Dr Alach has taken over Dr Cockram's practice. You will have received an introductory letter from him together with a "get to know me offer". I know Dr Alach will take good care of you.

Dr Shane Mackintosh has been practicing at the centre since late 2009 and has been training with Dr Carlin and Dr Mazzucchelli. Dr Mackintosh has taken over Dr Mazzucchelli's practice. Again I know he will take good care of you and your family.

I would like to formally apologise for any inconsistency in our service that the departures of Dr Mazzucchelli and Dr Cockram may have created. I have personally taken over the facilitation of our ongoing staff training both at front desk with our wellness assistants and in the "engine room" with our coaches.

I am being very ably assisted by Wendy Pearce whom has taken over as coordinator. Aimee Hughan will assist Wendy backed up by Bonnie, Stephanie, Caitlin, Beth and Krystal.



MEET THE TEAM – CHIROPRACTORS

Dr Simon Carlin **Managing Director**

B.App.Sc(Chiro)
Dip.N.O.T.



Dr Carlin is the Managing Director of the Karrinyup Wellness Centre and has 22 years experience in family chiropractic care. He is one of only a few certified instructors in Neural Organisation Technique. Dr Carlin particularly dislikes getting up early in winter and going slowly!

Dr Carlin's current role at the Wellness Centre will be providing a client review service should your care or progress need to be reassessed. He is also supervising clinical training, programme training, an upgrade of our dispensary service and mentoring of new staff.

When Dr Carlin gets some free time he likes surfing, scuba diving, family time and playing guitars.

Dr. Barry Smith **Director**

[B.Sc. (Chiro), B. Chiro
(Hons), I.C.S.S.D.



Dr Smith is one of the three directors of Karrinyup Wellness Centre where he has been practicing since 2007. Dr Smith along with the other directors is a keen surfer and spends much of his free time in and around the water.

He graduated from Murdoch University with honours and has worked in multi-disciplinary clinics that emphasize paediatric and family care around Australia as well as here in Perth. He has a broad training in a range of chiropractic techniques and extensive training in neural organization technique and Applied Kinesiology. He is committed to children's and family health and excited by the continuing education emphasis at Karrinyup Wellness Centre.

Dr Jason Alach **Director**

B.Sc.(H.B)B.Sc.
(Chiro)



We welcome Jason who brings his Chiropractic knowledge in multiple techniques including Sacro-Occipital technique, Neuro-organisational technique, Applied Kinesiology, Activator, Gonstead Thompson and diversified techniques.

Jason completed his 5 year Chiropractic degree at Murdoch University, also completing a 3 year Bachelor of Science in Human biology with a minor in nutrition.

He has specialised training in pregnancy chiropractic (Webster Technique).

Since the birth of his daughter Claudia he also has a special interest in Paediatric Chiropractic.

Dr Shane **Mackintosh B.sc** **(Chiro), B.Chiro**



I have been privileged to enjoy long term chiropractic care from a young age yet am still in awe at the benefits I and others have received from chiropractic care.

Throughout my career I have continually sought out the best techniques that ensure that my patients receive maximum benefit. These techniques include Applied Kinesiology, Neuro Emotional Technique, Neural Organisational Technique, Sacro-Occipital Technique, and Webster's Technique (Pregnancy Chiropractic). I look forward to working with you and help you reach your optimal potential.

Dr Simon Turbide

D.C (Board Eligible
Chiropractic Neurologist)



Dr Simon Turbide is a French Canadian born Chiropractor from a small town called Seven Island near the Atlantic Ocean. At 18 years of age he left his home town to study Anatomy at McGill University in Montreal. He then went on to study Chiropractic and graduated as a Doctor of Chiropractic from the Canadian Memorial Chiropractic College.

He worked in Montreal for 5 years and decided to push his study further but this time in Chiropractic Neurology in Amsterdam, where he worked for 4 years. After travelling all over Europe he then decided that Australia was the place to work. Arriving in Melbourne, Dr Turbide worked in Victoria for 18 months before coming to Karrinyup Wellness Centre.

Dr Jason Perry

B.Sci, B.Chiro (Hons), B.Sci (Sports Sci), Dip. H.Sci (Remedial Mass).



Many of you may not know that I have been working at the Wellness Centre since Christmas of 1999. I originally came from a sports science background where I particularly enjoyed working in the field of rehabilitation after injury or disability using Remedial Massage techniques. I am a relative new-comer to Chiropractic, only being exposed to its benefits after I started working at Karrinyup. For many years, starting in my mid teens I had suffered from chronic headaches and I had tried everything, none of which gave me any lasting relief. After receiving 2 chiropractic treatments my headaches were miraculously cured, I didn't have another headache for 6 months after more than 15 years of pain! This amazed me, so for the past 5 years I have been studying Chiropractic at Murdoch University on a full time basis.

At the moment I am undertaking post graduate studies in a number of areas in order to broaden my skills. I have a keen interest in Neural Organisational Technique and am fortunate to work at KWC because of their ongoing training in this area as well as their commitment to helping individuals and families reach optimal health. In early December I will be training in Trigenics, a neurological treatment system which helps to reset the way the brain communicates with the body to help relieve pain, accelerate healing and strengthen muscles. In early January will also be sitting exams for my radiographic positioning licence. As you can see I will be extremely busy over the next few months all with the aim to help other people in the same way that Chiropractic was able to help me.

Wellness Workshop **Tuesday 7:15pm &** **Saturday 12:30pm**

Karrinyup Wellness Centre will be conducting a Wellness Workshop every Tuesday at 7:15pm and Saturday at 12:30pm to help inspire and educate our clients on the specialised care that is required to balance their structure, chemistry and emotions – the pathway to true wellness.

Our Wellness Coaches will be taking part in conducting the evening and will be available on the day to answer any questions regarding the services and care clients receive at The Karrinyup Wellness Centre.

We encourage all new and existing clients to attend and to also bring along a friend or family member who may benefit from the evening.

Please call or speak to our Wellness Assistants at front desk to register for the evening. Yours in health and happiness.

The Karrinyup Wellness Centre team would like to wish you all a Merry Christmas and safe and healthy New Year. The Centre will be closed from 12:30pm on Christmas eve and New Years eve and on the public holidays.



MEET THE TEAM - NATUROPATHICS AND SOFT TISSUE THERAPIES

Jessica Welsford – Naturopath

Whilst studying psychology and a science degree at UWA, I worked at a local pharmacy. It was during this time that I took care of the natural health section and had the opportunity to work with a naturopath. I became convinced of the naturopathic approach to health, especially in contrast with what I was seeing with the symptomatic approach of conventional and over-the-counter medicine. The aim of natural medicine is simple – to help the body to heal itself. I felt inspired.

After graduating naturopathy in 2002 I have sought out different testing procedures including Saliva Hormone testing, Hair Mineral Analysis, Cellular Health and Digital Iridology to compliment my practice. I love the merging of science and nature. Optimum health and wellbeing is a passion in my own life and to help others find wellness in their own lives.



Introducing Diana Oliver

Dip of Natural Medicine; Dip of Herbal Medicine; Post Graduate TCM Clinical Acupuncture; China Advanced Research TCM Orthopaedic Medicine; Certificate Iridology; Certified Teacher in Tian Pu Qi Gong Xiu Lian Fa (Medical Qi Gong);

I believe in a well-rounded approach for good health care and emphasize both western medical sciences and the art of natural healing using traditional herbal medicine, nutrition and acupuncture. In general, I focus and specialize on reducing inflammation by detoxification and promoting circulation to areas of stasis using the principals of TCM (Traditional Chinese Medicine) diagnostics and supported by a thorough case history including diet and lifestyle.

Good health is a natural state of being for every person and healing takes time and requires the human touch and emotional contact from the physician and healer alike.

I have been actively involved with National Complementary Medicine submissions for registration of practitioners in Chinese Medicine and also policy reviews for acupuncture use in Western Medical hospitals. My passion is to be able to deliver an accepted standard of health care nationally incorporating the best of all sciences to empower wellness for mankind.



Veronica Plej – Massage Therapist

Veronica is a Remedial Massage Therapist with 10 years experience in a variety of soft tissue techniques including deep-tissue, aromatherapy, reflexology, cranio-sacral therapy, trigger-point, pregnancy massage, myofascial release and swedish massage.

Veronica has completed a Bachelors Degree in Applied Science specialising in Paediatric Nursing and has worked and studied in Australia and in Europe learning new and advanced bodywork techniques.

Her passion for her work comes from her belief in each person's right to wellness and the role of massage therapy in assisting clients to maximising their health potential.



Chiropractic Care

Advances in neuroscience and clinical research indicate that chiropractic care appears to suppress fear and anxiety centres in the limbic system and stimulate the release of immune enhancing neural signals.

Why Scoliosis Screen? Clinical evidence indicates scoliosis is linked to developmental delay and compromises healthy spine function.

Why Neonatal Screening? Scientific studies and clinical research indicates early chiropractic can provide significant health benefits for infants particularly in regard to poor sleeping, colic and birth trauma.

VLA SPECIAL OFFER

Vitality, Longevity and Healthy Ageing gives us a powerful and unique understanding of what areas of health care are out of balance, and what you can do to achieve total wellness.

Based on science and used by many qualified health practitioners we use a device called a Bio-impedance machine. Within a few seconds a quick and non-invasive test is achieved, the results will include:

- Muscle mass – increase muscle tone and fitness
- Fat mass – manage weight more effectively
- Cellular fluid balance – improve energy levels
- Hydration levels – Fluid balance, better health
- Biological age – age healthily

The results will be explained and you will receive a detailed printout of your results. We can then work with you, using these results and develop a detailed wellness plan. We are convinced of the benefits of VLA and would like to extend a very special opportunity to you, to find out for yourself how VLA can revolutionise your health care.

Make your appointment today to take advantage of this offer and look forward to achieving optimal health and wellbeing.

Our special offer to you is a VLA consultation at **only \$20** this is a massive **66% reduction** off the regular fee. This offer is only available until 28th January and is our way of saying thank you for being such a valued customer.

NEW WELLNESS ASSISTANTS TEAM

A new improved group of Wellness Assistants have landed at the centre.

Caitlin is approaching the end of her first year and is also studying psychology and human resources at university.



Caitlin

Caitlin is Dr Shane Mackintosh's Wellness assistant. The new girls: Stephanie has been with us for 9 months has recently arrived from the UK to enjoy the great Aussie life style.



Stephanie

Bonnie has been with us for 6 months and has recently bought the new car she has been dreaming of and is also expecting her first baby. Bonnie is Wellness assistant to Jessica Welsford our Naturopath.



Bonnie

Beth has been with us just one month and joins is from Margaret River Wellness Centre, Beth is expecting her second child with husband Ricardo. Krystal has joined us recently and spends her spare time singing.



Beth

To complete our team we have our Assistant Centre Co-ordinator Aimee Hughan, a lot of our regular clients will know Aimee, as she has been working for Karrinyup Wellness Centre since 2006 and has recently arrived home from a fantastic trip to Europe incorporating her sisters wedding.



Krystal



Aimee

Rounding off the team, our Centre Co-ordinator Wendy Pearce, who has been with the Centre since March this year, after having spent the previous year travelling around Australia. Before her extended leave she had been working in the medical industry for 10 years, most recently at St John of God in Subiaco in the Human Resources and Learning and Organisational Development Departments.



Wendy

Margaret River Wellness Centre

Margaret River wellness centre was established in late September 2009. The centre was initially run 2 days per week and now operates 4 days per week in the winter months and 5 days per week in the summer months.

Currently the centre offers family chiropractic care. Applied kinesiology approaches such as NOT and soon some of our Life Enhancement programmes currently offered at the Karrinyup Centre.

The Centre has a compact and comprehensive wellbeing dispensary. During the summer months we will have our soft tissue service available with Helen and Lara. We are currently upgrading our computer networks so we can access your records should you wish to have an adjustment or other care whilst you are on the Cape.

We are also in the process of establishing satellite services Augusta - as well as busso and Nannup.

We look forward to seeing you in Margaret River.

Kind Regards,
Dr Simon Carlin



Dr Simon Carlin, Laura Kolomyjec, Michelle Lee, Dr Alex Siegwart.

Neuroscience Snapshot: Eczema

A client brought her 7 year old son in to see us; he had an acute attack of Eczema. The lesions on his arms and legs were very itchy, cracking, and bleeding from the constant scratching.

A functional neurology exam showed a decreased right brain activity compared with the left.

Normally, the left brain is responsible for the initiation of the immune response to fight off infection and toxins. On the other hand the right brain is responsible for stopping the immune section and preventing it from becoming overactive and killing healthy cells.

Auto-immune disorders such as allergies, asthma and eczema often go hand in hand with a right brain imbalance. Children are often very sensitive to the environment, foods, and many have contact allergies. When the right brain cannot suppress the immune system, it can cause inflammation in the body which is what happened in this instance.

Treatment was aimed at rebalancing the right and left hemisphere and after four intensive sessions the lesions were clearing up. He could finally use his precious time for things other than scratching!

Introducing My Weight Guru

My Weight Guru is a complete lifestyle and wellness solution that can enable you to lose weight and improve your well-being. It is also for those who simply want help in maintaining their health and vitality.

My Weight Guru programme involves coaching for 12 months. We will help you to achieve your health goals and many clients will achieve their targets within the first 3 to 4 months.

My Weight Guru takes into consideration four key elements to promote a healthy lifestyle:

- Emotional wellness
- Supplementation
- Nutrition
- Exercise

Losing weight, feeling great and looking good isn't so far away. Forget fad diets. It's time to get well and stay well.

With *My Weight Guru* you will receive an individualized life style program based on proven research that offers a real increase in vitality and zest for life. Through the use of individual eating plans, moderate exercise, personal support/coaching and relaxation techniques we enable you to meet your goals.

Speak to Stephanie Kenna our Programme Co-ordinator and make an appointment now for a life changing experience.

You and Your Friends will Notice the Difference!



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KARRINYUP
WELLNESS CENTRE
celebrating your life potential