

Introducing our New Slimwell Program

Our Slimwell program 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.

Our Slimwell program lasts for 12 months. We help you to achieve your goals and many clients will reach their goals within the first 3 to 4 months.

Kinesiotape – with Dr Barry Smith

Kinesiotape has taken the Rehabilitation and Sports Medicine world by storm. This amazing taping method was developed over 25 years ago in Japan. Kinesiotape has quickly become the gold or should we say “Platinum” standard, for therapeutic rehabilitative taping. The proprioceptive method of taping uses a uniquely designed tape for treatment of muscular disorders and lymphedema reduction.



Kinesiotape affects the activation of the neurological system, the body's information processor and the circulatory system. Kinesiotape creates a completely new and innovative approach to treating nerves, muscles and organs.

The method and tape allow the individual to receive the therapeutic benefits 24 hours per day with both comfort and

ease, because it can be worn for several days per application. Currently, Kinesiotape is used in hospitals, clinics, high schools and by professional sports teams.

One quarter of the 204 counties participating in the 2008 Olympic Games, utilized Kinesiotape.

Coaches at the Karrinyup Wellness Centre have been internationally trained by the founder of Kinesiotape – Dr Kenzo Kase from Japan and have been utilizing it with fantastic results for the last 4 years.

The Slimwell program takes into consideration four key elements to promote a healthy lifestyle:

- Emotional wellness • Supplementation
- What you eat • 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 our Slimwell Program 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 and relaxation techniques we enable you to meet your goals.



Speak to one of our Wellness Assistants and make an appointment now for a life changing experience.

What is Craniosacral Therapy? with Veronica Plej

Craniosacral Therapy is a technique which uses extremely subtle touch and pressure to free tension between the skull bones and the spine.

The Craniosacral system includes bones of the cranium and sacrum, spine and spinal cord membranes and the brain. These structures form a system containing the fluid that nourishes and supports your brain and spinal cord. The fluid known as cerebrospinal fluid (CSF) pulses gently up and down the craniospinal system.

Tension blocks within the system can affect the entire body as every organ, muscle and tissue group is linked by nerves to precise points on the craniosacral system.

Similarly, feedback from a stiff limb for example can upset the subtle craniosacral circulation and balance.

The touch used in this technique is light, the effect can be extremely relaxing and centring.

The role of the craniosacral therapist is to support the head, spine and other zones in the body using the bones as handles to allow tension to uncoil.

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Introducing our New Naturopath – *Jessica Welsford*



Jessica's training has been intense and diverse. Jess graduated from the Perth Academy of Natural Therapies in 2001 after also embarking on additional training abroad.

She has studied at a homoeopathic hospital in Mumbai, India and attended Australia's oldest and most renowned natural medicine college in Australia, Nature Care, Sydney, in areas such as exercise and stress physiology. Her university studies also saw

her branch out into psychology, early childhood studies, biochemistry and genetics.

Jess has been a practising Naturopath for 7 years and has been consulting at and running one of Perth's busiest and most vibrant health and organic stores. She also has an extensive background in pharmacy. Jess specialises in nutrition, herbal medicine, digital iridology, saliva hormone testing, hair mineral analysis, flower essences and paediatric naturopathy.

Dr Gillian McCall



In April 2000, Gill and her husband emigrated from the UK to start a new life here in Perth.

In February 2004, Gill began her studies to become a Chiropractor, and has recently graduated from Murdoch University after completing a 5 year double degree in Chiropractic.

During this time, she also became certified as a Graston Technique therapist, and gained qualification as a sports trainer. In addition, Gill

has experience in both Activator and Kinesiotape techniques.

Gill has a keen interest in Neural Organization Technique, and is passionate about providing the whole family with the benefits of chiropractic care. Dr McCall will be co-managing Dr Carlin's clients whilst Margaret River Wellness is established during 2009.

In her spare time, she enjoys walking her dogs on the beach and scuba diving.

Flourless Orange Cake

(serves 10-12)

Ingredients:

2 Oranges
180gm PerfectSweet
250gm Healthy Life Almond Meal
225gm eggs (4-6 depending on size)
1 teaspoon of baking powder

Orange Syrup:

2/3 cups of orange juice
2/3 cups of water
1/4 cup of Perfect Sweet

Method:

Microwave unpeeled oranges for 10 minutes on high or boil for 1 hour until tender. Strain, cool and remove pips. Do not peel oranges. Line a 20cm spring form cake tin with baking paper. Preheat oven to 180C or 150C Fan Forced. Using a food processor blend unpeeled oranges and PerfectSweet. Add eggs, almond meal and baking powder, blend well. Pour into the lined spring form cake tin and bake for one hour or until cooked. Test with skewer. Do not overcook. The cake should be moist. Allow to cool in tin before removing.

Orange Syrup: (optional) combine all ingredients in a small saucepan and bring to the boil, stirring constantly. Allow to boil for five minutes til reduced. Prick holes in top of cake and drizzle over orange syrup.

Serving suggestion: Serve with ice cream or cream.

Freezes well and perfect for afternoon teas and lunchboxes.

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Every tension, injury and illness- both physical and mental leaves its mark. The craniosacral therapist can feel restrictions and the body pulling subtly against them. By giving the body freedom to go its natural way, a point of release is reached.

What happens during a treatment session?

It is truly amazing how profound the effects of this subtle therapy can be. It is not unusual to feel as though you're floating above the treatment table or that your body is turning from left to right as tensions uncoil and energies find their pathways again. Often clients can't help but laugh, cry, yawn and sign at the relief of it all. At the end of a session most clients feel refreshed, expanded and revitalized.

What is Craniosacral Therapy Beneficial For?

Craniosacral Therapy has demonstrated to be beneficial to restore health and wellbeing. CST can also be used to alleviate:

Headaches	Visual Disturbances	Dyslexia
Migraines	Any Frontal lobe	Ear Infections
Sinus problems	impacts	TIA
Stress and Posture	Tinnitus	Post Head Injuries
related shoulder and	Depression	Pregnancy
Back Pain	Anxiety	Post Childbirth
TMJ	Dizziness	

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