

WELLNESS WAYS

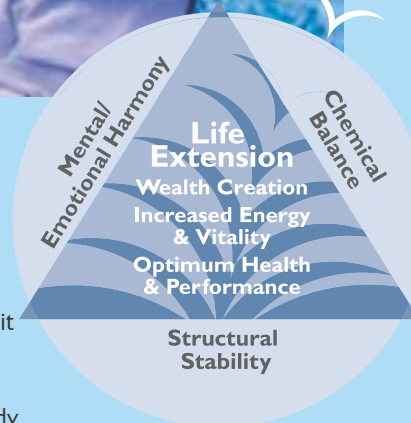
WELLNESS LIFESTYLE = OPTIMUM PERFORMANCE

Most people want to perform their best whether it be at work, their favourite sport or playing a game. To enable us to perform well we must be well. Wellness is the key to good performance.



People are becoming more aware and interested in their role in being well. Karrinyup Wellness Centre is proud and excited to be at the forefront of this trend towards wellness and looks forward to assisting you to perform at your optimum. The health triad that we have developed above demonstrates our philosophy for wellness. The structure must be stable so that the bony housing of the nervous system does not impinge on the neural pathways thereby providing optimum support for healthy nerve function. This way complete neural impulses will flow freely to and from the brain and your body's glands. Glandular balance ensures all of your hormonal systems are

functioning optimally. This will enhance and ensure balanced chemical function in your body providing the food, oxygen and water it needs and any exposure to toxic chemicals is minimized. Balanced body chemistry enhances your performance. The health triad also demonstrates that mental and emotional harmony is critical in achieving overall wellness. Mental/emotional harmony allows your nervous system to operate free from stress and interference. Our commitment to wellness care is the catalyst to developing a range of prepaid care programmes which



offer significant savings to the wellness client. Prepay is also available with monthly/yearly discounts for you and your family. See our friendly reception team for details. Consider also making time to see our naturopath and counsellor to evaluate your biochemical balance and mental/emotional status and join us on the path to wellness.

PROGRAMME UPDATE

Dr. Simon Carlin has developed the following programmes for those who are committed to overcoming specific obstacles to their wellness potential. Workshops are now held fortnightly:

Mondays 7pm - 8pm

- Snoring – How to stop naturally
- Learning Difficulties, ADD, ADHD, dyslexia & developmental problems in children.

PROGRAMMES FEE UPDATE

The following fees are discounted and will be maintained until August 31st. From 1st September all programme fees will increase by \$200.

All programme fees are now available in 3 easy pre-paid installments or a 10% discount is available if the full fee is paid in advance.

Initial consultations, testing, report of findings - **\$175**

Slimwell - 14 weeks **\$1320**

Snoring - 14 weeks **\$1320**

Existing clients - **\$1020**

Learning difficulties - 14 weeks **\$1320**

Existing clients - **\$1020**

Wellness - 14 weeks **\$1320**

Your health insurance may cover a large proportion of this cost. Check with our reception staff and your insurer for details.

PROGRAMME TESTIMONIAL

"I did not realize how sick and out of condition my body was until I did the Snoring Programme. The result has been fantastic - my whole wellbeing is back to where I never thought it could be - like taking twenty years off my life. I have increased energy, can think and remember better and have stopped snoring. I feel great!"

Michael Kelly

SERVICES UPDATE

Chiropractic



Dr Stacey Burke is leaving us at the end of July and Dr. Cliff Pearson will be taking over his practice.

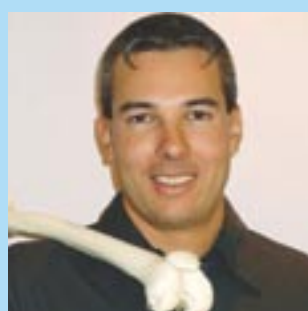
We thank Dr Burke for the high level of care he has provided for our clients and wish him well for the future.

We are confident that Dr. Pearson will continue the excellent service our clients are accustomed to.

Dr Pearson has over twenty years experience as a chiropractor and has

moved here from Eastern States to make Perth his new home. Please make Dr Pearson welcome.

Podiatry Now Available



We are delighted to welcome Paul Minon, who has joined our team to assist our clients with foot and lower limb health. His qualifications include a Bachelor of Science (Podiatry), Bachelor of Nursing, Diploma of Reflexology and Advanced Musculoskeletal training. His previous experience includes flying helicopters in the Australian Army, teaching Scuba diving and serving in the WA Police Service. He says "What a lot

of people don't know, is that lower back, hip, knee & ankle pain may be the result of excessive pronation or "rolling in at the ankle". See photo (excessive rolling in ankle at A and normal ankle at B looking from behind at the heel of the right foot)."

Appointments with Paul are available on Tuesdays & Fridays. Health fund rebates available on HICAPS.



SPECIAL OFFER For Month Of July And August only – All New Podiatry Clients. **\$10 OFF** initial consultation rate. Plus bring your child along to this appointment they will receive a complimentary foot assessment. Please mention this when booking so we can allow enough time.

What's On!

Creating Wellness Workshops – Half Hour To Health
Now available 3 times a week! Make sure you attend at least once. You may bring a friend or family member.

Tuesdays

Dr Mazzucchelli 11.30am - 12noon

Wednesdays

Dr Pearson 6.30pm - 7pm

Thursdays

Dr Carlin 11.15am - 11.45am

Program Workshops Fortnightly

Stop Snoring Naturally

Learning Difficulties, ADD and Developmental Delay

Naturopathy, Counselling, Acupuncture

Welcome to Mandi Whyte

N.D., BSc Psych Naturopath/Counsellor



Mandi is an experienced naturopath and counsellor using acupuncture, herbal medicine, homeopathy, nutrition and iridology.

Mandi has a special interest and experience in women's and children's health including, weight management, pregnancy care and ADD in adults and children. Her psychology training also equips her with a unique understanding of

mental/emotional harmony in our wellness approach.

Mandi is replacing Rikki Cox who has left Karrinyup Wellness Centre. We wish Rikki every success in her career. We invite you to make an appointment with Mandi to assess your health, assist with natural health options or simply to review your current health status.



SPECIAL OFFER All clients who have previously seen another naturopath but who would like to come and see Mandi will get the first two consultations for the price of one! So don't delay book now – Offer limited to August 31st

New Diagnostic Technology to come to Karrinyup Wellness Centre

Body composition assessment – a scientifically validated assessment and monitoring instrument to aid in determining your state of health. A small electrical signal, quickly and safely measures

- Fat mass
- Muscle mass
- Total body water
- Intracellular & extra cellular fluid levels
- Cellular toxicity
- Cellular vitality

These readings allow your health status to be instantly analysed, improving treatment accuracy and results. Your results can be charted over time to map your progress. Make your appointment now – for all new naturopathic clients the fee for the extended consultation is \$75, for current clients the fee is \$55 until August 31st.

Fee Changes Effective 1st May 2003

Please note that fees for some chiropractic services have changed. A new fee schedule is now available. The main changes and some new fees are as follows:

- *Standard chiropractic consultations are now available at a reduced rate by paying for 5 or 11 visits in advance – 5 visits \$210, 11 visits \$440.*
- *Single consultation rate has increased by \$2 to \$44*
- *The reduced fee for naturopathy first standard consultation is \$45*
- *Podiatry – initial consultation \$60, standard consult \$45*

CUTTING EDGE TECHNOLOGY



Above: Quantum collapse week-end with Dr Demartini
Left: Dr Carlin and Dr Samvat at the Learning and Neuro Transmitters seminar

News from the Australian Spinal Research Foundation. Theorising about Subluxation and SIDS

Two interesting research papers (details below) indicate the nature of the relationship between the cervical spine, the autonomic nervous system and Sudden Infant Death Syndrome which deserve further investigation.

The clinical theory is that upper cervical spine subluxations alter autonomic nervous system balance. This in turns causes neonatal apnea, which can result in SIDS. The research papers are:
Koch LE, Bidermann H, SaternusKS. High cervical stress and apnoea. Forensic Sci Int 1998;97:1-9

Koch LE, Koch H, Graumann-Brunt S, Stolle D Ramirez JM, Saternus KS Heart rate changes in response to mild mechanical irritation of the high cervical spinal cord region in infants. Forensic Sci Int 2002:128: 168-76.

Learning and Neuro Transmitters

Dr. Simon Carlin traveled to Adelaide during May to attend a very important seminar with Dr Chris Astill-Smith. The seminar outlined the latest clinical advances in balancing and enhancing brain chemistry especially for learning and memory.

Mental/Emotional Harmony – The Quantum Collapse Method

Dr Simon Carlin, Dr Stacey Burke and massage therapist Milva Guarino spent an exciting weekend with Dr John de Martini last month to learn this exciting new personal development tool. Dr de Martini's weekend programme helps people to acknowledge the benefits of their individual strengths and weaknesses and how this new found gratitude can significantly enhance your social, mental and emotional wellbeing.



CLIENT OR PATIENT - WHAT IS THE DIFFERENCE?

Our coaches will guide you through the storm.

A client is proactive about their health. They want to be well and so they invest resources to promote health and prevent illness. They do not wait for symptoms of discomfort or disease but get advice from health professionals on how to be and stay well.

Keeping your nervous system functioning at an optimum level will allow your body to function at an optimum level.

Symptoms of nervous system dysfunction can vary from pain to sensitivity and hormone imbalance. Regular chiropractic care will fine tune your nervous system so that your body is able to work optimally.

Naturopathy, therapeutic massage and podiatry are also important elements of wellness care and illness prevention and should be used routinely by those seeking to be well.

What is a patient?

A patient can be described as "one who suffers" and is a victim of their symptoms. Patients need their doctor or health professional to 'get them better' which often consists of masking symptoms.

They may not take responsibility for their health and expect to be well regardless of how much they fail to listen to their body.

Unfortunately these people often end up with chronic illness or serious disease. Their health is often so deteriorated that a full recovery to health may not be possible or will take months/years rather than days/weeks to achieve.

The choice is yours - client or patient? Which do you want to be? We encourage you to choose to be a client and we look forward to coaching you on the path to wellness.

Workshops at Oceanside

The following workshops/classes are being held at the hall at Oceanside, North Beach

Feel It Fun – Workshops For Children

Mondays & Tuesdays Tel: 0407 197 233

3.45pm – 4.30pm & 4.30pm – 5.15pm

For further information please contact the mobile telephone number above.

DRUG FREE CHILDRENS/FAMILY HEALTH - NATURAL SOLUTIONS FOR COMMON AILMENTS



Mandi Whyte N.D. will teach you how to care for the whole family using natural remedies.

Topics will include:

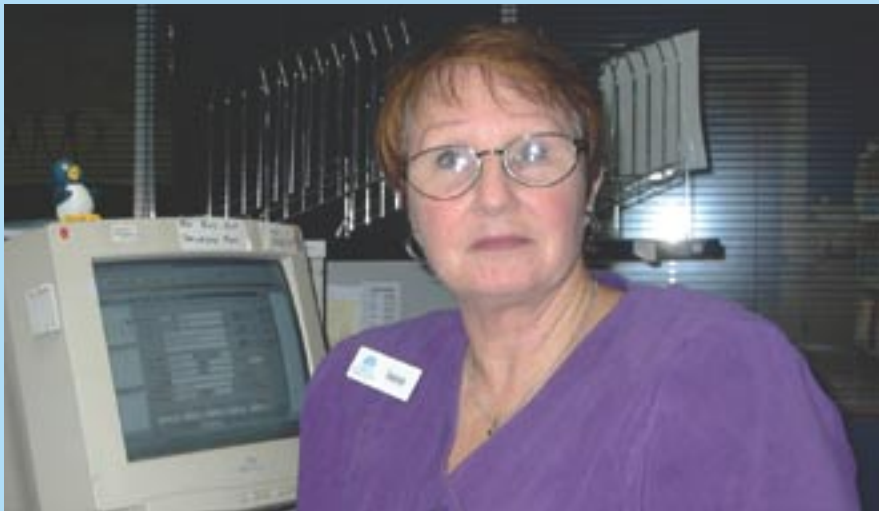
- Eczema
- Diarrhoea, constipation
- Fever
- Cold, cough, flu
- Infants teething, colic
- Homeopathic first aid

To be held at Karrinyup for 1.5 hours subject to minimum 6 and

maximum 10 attendees. \$25 p.p. including free tastings, take home notes and complementary cuppa. Please book and pay in advance to secure your place.

Date: to be held on last Thursday of each month commencing 31st July 9.30am - 11am.

WELLNESS ASSISTANTS' CORNER



Farewell to Irene Saunders

Farewell to Irene Saunders

After 13yrs unwaivering service Irene will be leaving us to enjoy retirement. Irene has been a wonderful contributor to Karrinyup Wellness Centre and has been a "powerhouse" as the centre has grown from a small practice to the multi practitioner centre we are today. Irene's efficiency and congenial manner will be sorely missed. Thank you Irene for all your hard work, we wish you an enjoyable retirement.

Welcome to our new Wellness Assistants

Fiona Harwood joined the centre in February and has already become a great asset to our team. Her background includes working as a health and wellness consultant, recruitment consultant and medical receptionist. She lives in Carine and enjoys running, cycling, gym and kick boxing.

We are also pleased to welcome Tanya Purcell to our team. Tanya worked in the Goldfields Chiropractic and Healing Centre for two years and has come to Perth to live and work. She has valuable experience in working with Naturopaths and Podiatrists. She lives in Trigg and enjoys a healthy, outdoor lifestyle.



Fiona Harwood



Tanya Purcell

STAR CLIENT – PAM BENNESS



Pam is a longstanding client of Karrinyup Wellness Centre – in fact she has been attending this practice since 1987! “

I started chiropractic care because all conventional medicine could offer for my shoulder injury was drugs and surgery,” says Pam. “Thanks to chiropractic I have not needed either.” Pam attends for regular appointments every 4-6 weeks even if she has no symptoms .

“If I get symptoms I come more often,” she said. Pam decided to consult one of our naturopaths about a year ago. She says she has noticed a significant improvement in her general wellbeing since making the changes to her lifestyle and diet that the naturopath has recommended. She also decided to start regular massage as her job involves a lot of sitting and lifting. “Massage has relieved the tension I was feeling in my neck and shoulders and I feel free of stress to enjoy life more,” says Pam.

As a consequence of the excellent results Pam has experienced at our centre, the extended Benness family are regular clients. Pam has been rewarded with a complimentary therapeutic massage for being our star client for this newsletter. Pam, thank you for your loyalty and understanding of wellness care – you are a Star Client.

Left: Pam Benness

LIFE ENHANCEMENT LIBRARY

Book review – The Seat of the Soul – Gary Zukav

In the Seat of the Soul Gary guides us on a journey of exploration into worlds beyond the reach of our five senses, opening our eyes to the existence of intangible realities and taking us beyond the 'external' world, deep into the realm of the soul.

Brilliantly analyzing the fascinating complexities of human experience, this stimulating book offers a unique opportunity to understand ourselves at the deepest level, with the hope of becoming masters of our own spiritual evolution and destiny.

Books and audio-visual aids can be borrowed by members of Karrinyup Wellness Centre – membership fee only \$30 p.a.

NEW MEDITATION CD NOW IN STOCK \$33.00

We now have in stock an excellent relaxation resource with guided relaxations. Escape from your busy and pressured life by listening to the engaging music and allow yourself to be guided through creative relaxation techniques, which will take you to a place of peace and tranquility – relaxing your body – relaxing your mind.