

“A WELLNESS PROGRAMME TO SOLVE
SNORING PROBLEMS AND IMPROVE
YOUR GENERAL HEALTH”

COMMONLY ASKED QUESTIONS

Q. How can this programme help me when my medical specialist couldn't?

A. The Karrinyup Wellness Centre snoring programme was developed by Dr Reza Samvat and utilises a combination of therapies with the aims of restoring integrity to your immune and digestive systems, improving respiratory function and efficiency and improving your airway and TMJ (Jaw Joint) function. Once corrections have been achieved, balance to your body systems can be restored.

Q. How long does the programme take and how much will it cost?

A. It depends upon the severity of your problem but most people respond well within 2-3 months. Most people benefit from regular follow up care and advice over a 12-month period. The programme is available in three month packages.

TESTIMONIALS

“My snoring is completely cured and my asthma is much improved. I cannot speak highly enough of you and your staff.”
Rory J. O'Rourke

“It was really very easy. I am hardly snoring at all now.”
Jack Clark

YOUR NEXT STEP

Make your first appointment now to discuss this fantastic programme that will not only stop you snoring but also dramatically improve your overall health.



KARRINYUP
WELLNESS CENTRE
celebrating your life potential

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SNORING PROGRAMME
A WELLNESS PROGRAMME TO SOLVE SNORING
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HEALTH

WELCOME

We welcome you to the Karrinyup Wellness Centre where we will coach you to achieve your optimum wellness potential. Being totally well enables you to feel great every day and enjoy life more fully.

WHAT MAKES KARRINYUP WELLNESS CENTRE DIFFERENT?

The Karrinyup Wellness Centre is dedicated to helping you achieve your optimum wellness potential by providing specially trained Wellness Practitioners who are up to date with the latest techniques and knowledge in whole person care.

This is done through specialised chiropractic care, therapeutic massage, the latest technology in naturopathic care and experienced re-evaluation therapy.

OUR MISSION STATEMENT

Coaching you to achieve your wellness potential by restoring balance to your structure, body chemistry and emotions.

SNORING

Virtually all of us snore from time to time. In fact it is estimated that as many as 35% of us snore regularly. For some, snoring is no more than an occasional, inconvenient habit, but chronic, heady, loud snoring can be more serious; particularly for your loved ones!

CAUSE

Snoring usually occurs when a person's airway at the back of the throat constricts, causing air to be inhaled at an increased speed and pressure. This results in the soft tissue in the back of the mouth vibrating, creating the snoring noise.

RISKS

Simple snoring can disturb others and cause a dry mouth or a sore throat. Heavy snoring is often a symptom of sleep

apnoea, which is frequently associated with hypertension, stroke and heart and lung problems. Snoring disrupts a good night's sleep causing your body to become fatigued.

RESEARCH

Recent research and clinical evidence suggests that snoring may be an indicator of developing imbalance within our body systems.

Statistics confirm this hypothesis and indicate a six-fold increased risk of heart attack. Other common symptoms resulting from snoring include interrupted sleep patterns, daytime sleepiness and reduced energy, headaches, sinus problems and memory loss.

SOLUTION

The Karrinyup Wellness Centre offers a unique approach to this worrying problem. A combination of therapies is used to provide a complete treatment system. The good news is that most people who snore can be helped and clinical results show that some people have no recurrence of their snoring at all.

Factors which contribute to snoring:

- Poor function in your airway
- Diet, nutrition and your environment
- Emotional stress

POOR FUNCTION IN YOUR AIRWAY

Our body consists of hundreds of bones and muscles that are in constant motion maintaining balanced function in the musculo skeletal system. Motion within the bones in your skull is very important in reducing snoring. There is a pulsatory type movement within the cranial bones of the skull in association with breathing. Any alteration within the normal rhythm of these bones can alter breathing patterns, interrupting oxygen transport within the body and thereby contributing to snoring. Car accidents, falls, head injuries, viral infection and birth traumas are all considered important factors affecting cranial motions and breathing.

DIET, NUTRITION AND YOUR ENVIRONMENT

One of the most important aspects of being healthy is to have a healthy digestive and immune system. As a result of our choice of food, exposure to antibiotics and environmental toxins over the years, coupled with the stress we experience, we tend to lose the proper function of our immune and digestive system. When we experience stress, the body's adrenal glands become overworked reducing our digestive function. This is why so many people complain of digestive imbalances.

One of the most common problems that arise as a result of poor digestion is over-growth of yeast (Candida) within the digestive tract. This has been found to contribute greatly to snoring. Once treated with the appropriate nutrition and dietary changes many patients report a rapid improvement in their snoring.

EMOTIONAL STRESS

During times of stress and anxiety, the muscles and tissues of your body contract and tighten. This causes blood flow to be restricted, the digestion process to slow down and breathing to become shallow. Structural and chemical imbalances usually develop if anxiety and stress are prolonged.

PROGRAMME OVERVIEW

The Karrinyup Wellness Centre Snoring Programme consists of the following:

- Combination of Chiropractic Care/Applied Kinesiology, Craniomandibular Therapy, Neural organisation technique
- Naturopathy including complete nutrition and food review
- Full dietary analysis with food allergy testing
- Nutritional/herbal/homeopathic medicines as required
- Wellness Education Seminar
- Wellness Ways Newsletter
- Re-evaluation therapy (Snoring Deluxe Programme)
- Massage Therapy (Snoring Deluxe)
- Life enhancement tapes, manuals and videos (Snoring Deluxe)