

## Clinic Locations & Contact Numbers:

Creek St Clinic: 99 Creek Street (Cnr Adelaide) - 3229 0115 Ann St Clinic: 69 Ann St (City Plaza) - 3229 9334



**Julie Baker**  
Remedial Therapist

**Qualifications:**  
Cert IV Mass. Therapy

**Specialty:** Deep Tissue, relaxation and shiatsu massage, Reiki and food as medicine

**Ann St** -Thursdays & Friday

**Interests:** Pottery, silversmithing and dancing



**Hamish Swainson**  
Acupuncturist

**Qualifications:**  
Bachelor of Health Science  
Acupuncture

**Specialty:**  
Traditional Japanese Acupuncture and Chinese Medicine Techniques. Also performs remedial massage treatments.

**Creek St** - Monday, Tuesday, Wednesday & Friday

**Interests:** Mountain Biking & Music

## Stress - Taking back the reins

**The definition of stress in the Encyclopedia is:**  
*"A physical or psychological stimulus that can produce mental tension and or physiological reactions that may lead to illness"*

Even the dictionary is trying to tell us that stress, when not taken seriously, can become detrimental to a person's health. One in three adults suffers from moderate to extreme stress, which is no wonder why things like 'road rage' exist!

When you feel stressed, you get cross, irritable, and experience periods of depression for no apparent reason. You constantly feel frustrated and begin to feel your life is out of control. When you get to this point, your body rebels. It's internal harmony becomes right of tune with reality. Organs may begin to malfunction; your memory may fail; you make poor judgments and you become extremely short-tempered.



Stress can be caused by any one or a combination of the following problems:

- Emotional
- Physical
- Hormonal imbalances
- Low Blood Sugar
- Poor Immune Functions



We all experience stress at different times in our lives. And we all know that it's not much fun. So what do we do to try and relieve some of this stress?

### 1. Acupuncture.

For stress-related problems, acupuncture works by stimulating the body to basically 'heal itself'. It can balance the harmony in your body, putting everything back in tune and restoring the natural balance of your mental, physical and emotional functions.

An individual treatment will be specifically devised depending on the kind of stress you are experiencing and its effects.

Acupuncture provides a drug-free alternative to help you manage the stress of modern society.

### 2. Massage.

These days massage isn't just for feeling good anymore. It is a therapy that reduces the heart rate, lowers blood pressure, increases blood circulation and lymph flow, relaxes muscles, improves range of motion, and increases endorphins, the body's natural painkillers.

Therapeutic massage enhances medical treatment and helps people feel less anxious and stressed, relaxed yet more alert. It had been said that, "Massage is to the human body what a tune-up is for a car."

If you find yourself suffering from stress related issues, then it's time to start helping yourself. Allowing space for ourselves in our lives is something that many of us find difficult but you have to start somewhere! Book an appointment for a massage or acupuncture treatment today and take the first step to start helping yourself and your body.

If you are suffering from severe depression or stress related symptoms it is always advisable to consult your doctor.

## Essential Oil Stress Kit

Scentual NRG have a range of essential oils specifically blended to help with stress and stress related problems. Come in and try them out.

**Serenity - Bliss - Chillout - Soothe - Slumber - Grounding**

# What is Cupping Therapy?

Cupping therapy is an ancient Chinese method of causing local congestion. It has been practiced for thousands of years for the treatment of diseases and pain.

By creating suction and negative pressure, cupping is used to drain excess fluids and toxins; stimulate the nervous system; bring blood flow to the stagnant muscles and loosen adhesions, connective tissue and stubborn 'knots'.

## What to expect

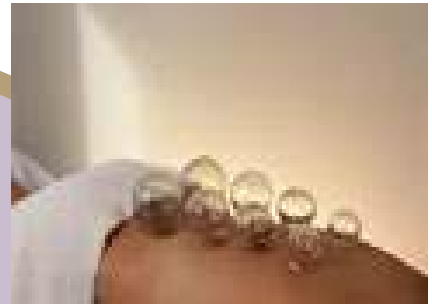
A partial vacuum is created in glass cups placed on the skin either by means of heat or suction. This draws up the underlying tissue of the body. The therapist will take a number of glass cups to apply to your body. For each cup used, a vacuum is created by using a naked flame or suction pump. The cup is then applied to the skin. In order to allow easy movement, oil is applied. The suction anchors the

cup to the body and the area of skin covered is drawn up a few millimeters into the cup. The cups are then left on the body whilst the area beneath is being treated and the energy is moved. Generally the cups are left in place for approx 10 minutes as the skin begins to redden due to the congestion of blood flow.

## After the treatment

Occasionally you may feel a little run-down while the body is cleaning out the waste products. Therefore, it is very important to slow down and drink small amounts of water as often as possible.

After a cupping session, you will notice your skin will come up in welts or red bruises. This discoloration of the skin is caused by the drawing up of waste products to the surface for excretion. These marks generally only last between



two to seven days.

## Results

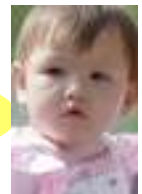
Cupping is comfortable and relaxing. The sensation is often characterised as deep warmth and tingling long after the treatment has ended. You will immediately feel the results; you will feel looser and the muscular pain will be relieved quite considerably or eliminated completely. The feeling of sore aching muscles will be replaced with a deep feeling of relaxation and well-being.



## Interesting facts about your body...



The average human produces 10,000 gallons of saliva in a lifetime



During an average lifetime, a man will spend 3,350 hours removing 8.4 meters of stubble

There are approximately 550 hairs in the eye-brows



## "Breast Cancer Screening: Myths and Facts"

Women over 40 years of age are encouraged to attend an informative session held by the **BreastScreen Queensland** (Government service) on the **9th or 29th of August**, at the Central City Library, City Plaza, Brisbane. Breast cancer is the most common cancer diagnosed among Queensland women and early detection is still our best protection. Come along to learn about breast cancer screening, breast awareness and the BreastScreen Queensland's free breast screening services.

For bookings phone: 3403 4166