



Clinic Locations & Contact Numbers:

Creek St Clinic: 99 Creek Street (Cnr Adelaide) - 3229 0115

CHRISTMAS

Is it that time of year already?!



ADAM POWER

Qualifications:

BA Health Science -
Acupuncture, Cert IV
Remedial Therapies
(Oriental Massage)

Specialty:

Acupuncture

Based at Ann St Clinic

Mon, Tues, Thurs, Fri

Interests:

Cycling, Music, reading,
movies Qi Gong (Chinese
exercises).

Ahhhh. Christmas holidays at last. Time for relaxing, spending time with loved ones, eating, drinking, some more eating and possibly a little more drinking... until New Year's day comes along and the guilt begins to kick in. All the hard work we've done throughout the year to keep ourselves fit and healthy all seem to evaporate in the space of a week. Why not try things differently this year and follow these helpful hints on how to keep you on top of your game throughout the holidays.

Prepare...

As well as being a time to relax, Christmas can also be quite an active period where our daily activities differ to those in our weekly routines or schedules. Our bodies are about to use muscles they're not quite used to and it is important that we take the time to prepare ourselves for this. By getting a massage or acupuncture treatment *before* you go on holidays, you are giving your body a chance to relax and re-boot before the festivities begin.

Keep active...

It's very easy for us to take the lazy way out and spend our holidays sunk into the couch catching up on all that T.V. we've missed out on - but it's only going to make the return to work harder than it has to be. Every little bit of exercise



counts. Play some family cricket in the park, a game of footy on the beach; whatever you do, get out there, enjoy your family and our beautiful weather. You'll be surprised how much better you'll feel afterwards.

Relax...

As well as being enjoyable, Christmas can also be a very stressful time of year for some. You may find it difficult with all the relatives around, but try and make some time for yourself to rewind. A bath, a massage or an easy walk can be an ideal way to release some of the stress that has built up over the year.

This is a great time to regenerate your mind and your body, so utilise your spare time and pop in for a massage or acupuncture treatment to help begin your holiday celebrations. Or, why not come in and purchase a Gift Voucher for friends or family. They make wonderful Christmas presents for those who need that little bit of extra help to wind down before the holidays.

The Team @ Assiram wish you and your family a safe and Merry Christmas and hope to see you in the New Year.

CHRISTMAS GIFT PACKS

10% off Gift Packs when you purchase a gift voucher!

- For Her...** NRG Shower Gel, NRG Complete Body Lotion, NRG Slumber Essential Oil, Relax You Bath Salts and Lip Balm - RRP \$50
- For Him...** NRG Cleanser & Shave Gel, NRG Shampoo, NRG Conditioner, NRG Grounding Essential Oil - RRP \$50
- Active Pack...** NRG Shower Gel, NRG Active Massage Oil, NRG Stimulate Essential Oil, mini wooden massager - RRP \$35
- Romantic Pack...** Soothe You Bath Salts, Sensual Massage Oil, Complete Body Lotion, Seduce Essential Oil, Strawberry Kiss Lip Balm - RRP \$55
- Treasure Pack...** Marci's Treasures Hand Made Soap and Lip Balm - RRP \$7

Gift Vouchers available from \$10.00.



Menopause and Acupuncture... Can it help?



Menopause is a natural event, one that happens to each and every woman at a time in their life. It is characterised by hormonal changes, and can be a rather uncomfortable time for women. Going through menopause is often thought of and projected as a sign of the beginning of old age and is feared by most women. In China, menopause is called '**Second Spring**'. It signifies the opportunity for a woman to fully blossom in the second half of her life with the completion of child rearing duties and other obligations allowing her to be freer to pursue life goals and personal dreams.

What is Menopause?

The meaning of Menopause is cessation of the menses, that is, the period before, during and after the last menstrual period. This usually occurs between the late 40's and early 50's of a woman's life, and the process lasts an average of 4 to 6 years. The symptoms and experience associated with menopause are unique to each woman. Some common menopausal symptoms include:

- Hot flushes
- Night Sweats
- Mood Swings/Irritability
- Tiredness
- Forgetfulness
- Aches and Pains
- Headaches
- Anxiety
- Difficulty with sleeping
- Depression
- Reduced sex drive
- Dryness in the vagina and pain during intercourse
- Crawling or itching sensations under the skin.
- Weight gain

What does Acupuncture do?

Acupuncture is a form of Traditional Chinese medicine that involves the placement of needles at certain locations in the body. The treatment aims to influence, redirect, increase or decrease Qi (vital energy which flows through our body); to ensure that Qi is flowing properly with no blockages or imbalances. The treatments employed by the acupuncturist are aimed at reducing the severity of symptoms attributed to menopause, assisting with pain relief and improving quality of life. They will also help stimulate the release of hormones that help our bodies respond to injury and stress.

How can Acupuncture help?

With Western medicine, the most common treatment for menopause is hormone replacement therapy (HRT); however some women cannot, or would prefer not to, take hormones. With Chinese medicine however, all women are treated individually with the patterns of their physical and mental-emotional symptoms taken into consideration. Chinese medicine has been successfully used to treat gynecological problems for thousands of years and boasts excellent results for the treatment of menopausal symptoms.

Education, understanding and acceptance are also very important factors of dealing with menopause. They allow for direct intervention and lifestyle changes to be employed by the patient herself. Stress and dietary factors can exaggerate discomfort so it is important to eat properly and to engage in healthy lifestyle options like exercise, meditation and regular acupuncture treatments. These will also help you to stay happy and positive and allow you to embrace this stage and the changes it brings with it.

Come in and let one of our qualified acupuncturists help you begin your '**Second Spring**'.

INTERESTING FACTS...



On an average work day, a typists finger travels 12.6 miles

The average bed is home to over 6 billion dust mites



On average, a 4 year old child asks 437 questions a day

What's On?

Golden Casket Christmas Celebrations

Sing along with Christmas carolers, learn how to swing dance, marvel with the fireworks, entertain the kids, ride the Ferris Wheel, catch a free movie, see the Rainbow Tree, walk through the Arbor of Christmas lights and let Santa know what you want for Christmas. The best thing? It's free entry.

When: 21-23 December from
From 6pm each night

Where: Southbank Parklands
Grey Street Southbank

Contact: Visitor Information Centre South Bank
Phone: 07 3867 2051
Web: www.visitsouthbank.com.au

