



# WHAT'S HAPPENING AT Phoenix Therapies

AUTUMN NEWSLETTER  
MARCH 2011 – MAY 2011

## THANK YOU

Thank you to all our new clients who have visited Phoenix Therapies, many who have now become regular clients and are seeing fantastic improvements to their health and wellbeing. We genuinely appreciate that so many people are supporting our local business and spreading the word about Phoenix Therapies. We also thank our clients who have followed us to Darch from our previous premises and are continuing with their regular treatments with us. We love what we do and strive not to be the biggest natural therapy clinic, but the best by offering personalised service and providing up to date information and support any way we can.

## MOTHERS DAY

Don't forget Mothers Day is on Sunday, 8<sup>th</sup> May and we have a number of beautiful gift ideas such as our essential oil candles and products, electric oil burners, essential oil soaps, gift baskets and our luxurious hand and body creams to name just a few.

We can also do gift vouchers for massages or any of our therapies or you can just put a dollar amount on the voucher so the recipient can choose their own therapy. Go ahead and spoil your mum with something special from Phoenix Therapies.

## HILLARYS WELLNESS EXPO

The Hillarys Wellness Expo will be held over three days on Friday, 8<sup>th</sup> April through to Sunday, 10<sup>th</sup> April at the Hillarys Boat Harbour. Phoenix Therapies will be running a 2-hour mini workshop titled "*Positive Affirmations To Change Your Life*" in the "Yurt" at the Expo on Friday, 8<sup>th</sup> April between 2:30pm and 4:30pm



**Do you say and think more positive thoughts than negative ones? Does your life revolve around being positive and motivated? Do you feel like you deserve an abundance of prosperity, love and health? Do you feel happy and content with your life? Do you know how to relax and live a stress free life? Do you have drive and determination to succeed in life?**

If you answered NO to any of these questions then you should come along to the mini workshop to get some ideas and techniques to make positive changes in your life. The cost of the workshop is only \$35 and this will also be deducted from your registration if you decide to book in for our upcoming 2 day Heal Your Life Workshop on 30<sup>th</sup> April & 1<sup>st</sup> May 2011. Please email [phoenix.therapies@bigpond.com](mailto:phoenix.therapies@bigpond.com) for a registration form but hurry as places are limited.

## **BUSINESS OPPORTUNITY**

We believe there is a great opportunity and market for qualified consultants in the following fields to set up their business within our clinic either full-time, part-time or casual basis:

- Acupuncturist / Traditional Chinese Medicine
- Naturopath
- Weight Loss Consultant
- Nutritionist

Interested people can email their details to [phoenix.therapies@bigpond.com](mailto:phoenix.therapies@bigpond.com) or ring the clinic on 9303 9111 or check out our website [www.phoenixtherapies.com.au](http://www.phoenixtherapies.com.au) for more information. We would love someone who has a real desire to help people in a natural and holistic way. Phoenix Therapies will work with the right person to get their business established in the local community and promote their business through our own.

\*\*\*\*\*



The “Heal Your Life” workshops based on the philosophies of Louise Hay can now only be offered by registered and licensed Heal Your Life Workshop Life Leaders. Vicki is a licensed workshop leader and our next Louise Hay “Heal Your Life Workshop” will be on **Saturday 30<sup>th</sup> April and Sunday, 1<sup>st</sup> May 2011.**

This workshop is designed to give you relaxation techniques to stress less and live well. You will also be given the tools to help release negative thoughts and break through layers of old conditioning and belief patterns which may be limiting your life or making you unwell.

This workshop allows you 2 days where you focus on positive life changes and learn to love yourself unconditionally. We will focus on:

- ❖ **Positive Affirmations**
- ❖ **Identifying and releasing negative thoughts**
- ❖ **Health and Wellbeing**
- ❖ **Mind / Body Link**
- ❖ **Meditation and Visualisation**
- ❖ **Your inner child**
- ❖ **Self-Esteem and Confidence**

The cost of the workshop is \$350 for both days and includes morning /afternoon teas, healthy lunch, fruit, work book, handouts, journal and facilities. As we keep these workshops limited to a small group (maximum 6 people), spots fill very quickly so book as soon as you can.

## **REIKI TRAINING – EXPRESSIONS OF INTEREST**

We are excited to offer Reiki I training with Lisa Brandis (Reiki Master / Teacher / Psychic Medium & Spiritual Healer) at Phoenix Therapies. If you are interested in attending a 2 day Reiki I workshop, please send us an email advising us of your interest. These workshops are run over 2 days with a maximum of 6 people and the cost is \$300 per person. Once we have 6 participants we will be able to set a date for the training.

I have known Lisa as a friend and colleague for over 10 years and she is incredibly talented and an amazing lady to be around. You will feel her warm and caring nature instantly and will thoroughly enjoy your weekend with her. Please read more about Lisa on the next page.

### **WHAT IS REIKI?**

Reiki is an ancient healing therapy which is believed to have originated in Tibet, later surfacing in Japan and introduced to the Western World in the mid 1970's. Since then its use has spread worldwide and now millions of people use Reiki to help themselves and others stimulate the natural healing processes. Reiki has evolved as an energy medicine, which can be understood through advanced physics principles.

### **HOW DOES IT WORK?**

Reiki actively promotes the healing process in many ways. Reiki acts not only on the physical levels, but also addresses mental, emotional, and energetic imbalances. You don't need to have anything "wrong" with you to benefit from Reiki.

Reiki has a similar effect on the body/mind as meditation. Regular Reiki promotes personal & spiritual growth, expands consciousness and stimulates intuitive, spiritual and creative awareness.



Reiki Practitioners often say that one hour of Reiki is the equivalent of three to four hours deep relaxing sleep and Reiki is one of the most effective natural stress relief and health improvement therapies available today.

Activation of Reiki within a persons hands is made possible by a simple process called an "attunement". A Reiki Master performs the attunement during a workshop. It is the attunement, which allows the person to tap into and channel the Reiki energy. It cannot be learned from books or just being talked about. Without the attunement you may direct healing energy, but it will not be Reiki energy.

No previous knowledge or training is required to attend the Reiki I workshop. Once Reiki is activated by the attunement process everyone is able to radiate this gentle, nurturing, unpolarised energy - regardless of age, experience, background or belief system. Anyone can receive and learn to give a Reiki treatment and Reiki is entirely compatible with any other conventional or complementary treatments. In one weekend you can obtain the skills and attunements necessary to use Reiki effectively for yourself, your family, your friends, your pets, even your food

## LISA BRANDIS – REIKI MASTER / TEACHER / PSYCHIC MEDIUM / SPIRITUAL HEALER

Lisa is also a wife and mother of two gorgeous girls. Lisa was first introduced to Reiki over 9 years ago and studied with her Reiki Master on an individual basis for over 2 years before becoming a Reiki Master herself in 2008.

Since then Lisa has been teaching all levels of Reiki at a beautiful Healing Centre in Armadale. Lisa loves teaching and connecting with people, and is passionate about sharing Reiki, in particular, as it has been instrumental in helping her through some of her own personal challenges she experienced as a result of working with seriously ill children.



Lisa has used Reiki to assist her through many challenging times including a difficult birth, post natal depression, and her beloved husband's experience and ultimate recovery from leukaemia. Lisa is a warm and friendly teacher and healer and offers her teachings of Reiki with you in a fun, empowering and nurturing way.

Reiki has a beautiful way of gently opening up the door to the sacred space within, where wonderful connections can be made to the Ascended Masters, Angels and Reiki Guides and Life Guides, leading to a knowledge that we are all connected and are all part of the divine source energy.

Lisa is also a gifted Medium and Channel and has just returned from a week long intensive workshop with the world renowned Psychic Medium Tony Stockwell from the UK, and she looks forward to sharing her knowledge and experience with you.

*Lisa is a Public Practitioner Member of the Reiki Association (WA) Inc Membership No. 0203.*

## HEADACHE & ANXIETY CREAM

This luxurious Headache & Anxiety cream is hand-made by Vicki at the clinic using positive energy and 100% pure essential oils of **lavender** (which has gentle yet powerful healing properties that allows it to be used widely to ease tension, headaches, tiredness and feelings of depression) and **Neroli** (greatly relaxing oil that can help to relieve anxiety, depression, fear, shock, stress, headaches and is a good general tonic) and **Rosemary** (helps clear the mind and promote mental awareness, relieves headaches, migraines and mental fatigue).

This cream can be used as an everyday hand or body moisturiser to help keep you calm and alert or apply to the nape of the neck and around the temples when you feel tension or headache creeping in.



**Normally priced at \$25.50 our special price is \$19.95**

## **LIVE LIGHTLY NOW**

### **FREE TALK – THURSDAY, 12<sup>TH</sup> MAY AT 6:00PM**

Ellenbrook resident and e-book author Tracey Walker has totally changed her own life and lifestyle around to incorporate a chemical free existence (or at least a very low toxic one). Tracey would like to show you how you can do the same and will also give you some really simple, practical, easy to implement ideas that will hopefully make your life easier, fitter and healthier. You can visit Tracey's website at [www.livelightlynow.com](http://www.livelightlynow.com) for more information.

This event is FREE so please bring along a friend and enjoy a cuppa and a chat afterwards. Book your spot at Phoenix Therapies by calling 9303 9111 or emailing [phoenix.therapies@bigpond.com](mailto:phoenix.therapies@bigpond.com)



Tracey Walker originally started the Live Lightly Now website as a vehicle to promote an E-Book she has written of the same name. The book is about how to leave less of an imprint and impact on the planet (hence the "Light" part) and also just how to make the most of resources, money, your diet and exercise program, chemical free cleaning, happy and healthy children and more.

As of last year she started doing cooking classes in Ellenbrook to teach people how to cook extremely tasty food without using additives or shop bought starters, stocks or sauces. She wanted to show people how to cook low fat, low salt, low sugar food, but with maximum flavour and using wholesome organic products. From there she expanded into menu planning where she helps people cater for their own (healthy and home cooked) parties (including kids parties), chemical free cleaning demos in her home, shopping trolley expeditions where she teaches people about nutrition panels, ingredient lists and some of the sneaky ways shops con you into buying not so healthy products.

This leads into lifestyle consultations, where you can sit down and go through your own personal issues about your lifestyle and she helps pull it all together for you so you are not overwhelmed by the thought of making massive overhauls to your comfortable life! She follows this up with a written report and list of suggestions for you to implement, should you so desire.

The business has grown organically as she has catered to the needs of people and their requests. Tracey feels it will continue to grow this way as that is what she's all about - growth, education, learning and sharing!

Tracey points out that she is not a qualified nutritionist, sports scientist, herbalist, naturopath or anything interesting like that. She is simply a person with an unquenchable passion for learning, health, common sense and helping people.

Please feel free to visit her website or Facebook page, both [www.livelightlynow.com](http://www.livelightlynow.com) and become a fan!

## **HYPNOTHERAPY FOR PREGNANCY AND LABOUR**

Hypnotherapy is widely used for childbirth to eliminate the “*Fear-Tension-Pain*” syndrome. Self hypnosis is easy to learn and everyone is capable of relaxing and hypnotising themselves. Birthing is a natural process however in modern times, we have turned birthing into a medical procedure where women anticipate the worst; therefore they develop a fear of childbirth.



Hypnotherapy uses deep relaxation and the power of visualisation and suggestion to enhance your pregnancy and birth experience. Hypnosis is a natural state which uses the subconscious mind to overcome fear and pain. The subconscious is responsible for regulating all your bodily functions including your heart rate, hormone production as well as the emotions. Hypnosis can help you to deal with, and overcome fear and anxiety and to increase self confidence and trust in your body's natural ability to birth.

Hypnosis enables you to enjoy the experience in a calm and relaxed way leaving no room for tension and fear, which are the main causes of pain.

### **Why use Hypnosis?**

- Reduces the need for pain killers
- Shortens labour
- Reduces tiredness and exhaustion
- Improves oxygen levels to mum and baby
- Speeds recovery
- Assists with the natural birth process

Vicki trained in HypnoBirthing at King Edward Memorial Hospital in October 2009. For more information about hypnotherapy for pregnancy and labour please contact Vicki at Phoenix Therapies. We offer group and private sessions.

## **Empowering women with natural choices!**

### **PRICE CHANGE**

Phoenix Therapies has maintained its price schedule since April 2009. Unfortunately, due to the ever increasing costs associated with our business, moving premises and also now having to pay GST which we were previously exempt from, we are now forced to increase our prices. Please note that as of 1<sup>st</sup> May 2011 there will be a slight increase in all our prices.

We guarantee though that you will still be getting exceptional service and value for money.

**“It costs a lot of money to stay healthy;  
however it costs even more if you get sick.”**

Phoenix Therapies are now stocking selected products from “**HERBS OF GOLD**”, which we know is one of the best on the market at this time.

**NATURAL SALMON OIL** – this product is sourced from wild cold water salmon in sustainable fisheries. This product has been stringently tested to comply with the Australian standards for mercury and heavy metals. Natural Salmon Oil is free from chemical surfactants including Polysorbate-80 and undergoes molecular distillation to ensure a low odour and reflex product. Natural Salmon Oil is a natural source of the long chain Omega-3 fatty acids, and assists in the management of dry skin and relief of eczema symptoms. It also aids in the temporary relief of pain of osteoarthritis. Helps reduce joint inflammation and swelling associated with arthritis, whilst helping increase joint mobility. Assists in the improvement of general wellbeing.

**GLUCOSAMINE & CHONDROITIN PLUS** – this is a convenient one a day supplement providing a high strength dose of glucosamine, supported by chondroitin and ginger. This product has been formulated for the temporary relief of the pain of osteoarthritis. Glucosamine and chondroitin play a role in the maintenance of healthy joints and the production of cartilage and bone. Glucosamine may assist in the relief of pain, joint tenderness and joint swelling associated with osteoarthritis.

**MUSCLE RESUSCITATION** – this is a powder containing magnesium, a mineral important for the healthy conduction of nerves, muscle activity and a healthy cardiovascular system. Magnesium may assist in the relief of muscular cramps and spasms and the symptomatic relief of fibromyalgia, dysmenorrhoea and PMS. Muscle Resuscitation may also help reduce the frequency of migraines. In combination with B complex vitamins, magnesium may be beneficial in times of stress.

**MAGNESIUM FORTE** – may help relieve muscular aches, cramps and spasms and reduces the frequency of migraines. Magnesium may assist in the symptomatic relief of premenstrual syndrome and dysmenorrhoea. Magnesium is essential for healthy bones, conduction of nerves, muscle activity, normal healthy heart rhythm and a healthy cardiovascular system. Magnesium supports energy metabolism and general wellbeing.

**PAIN-EASE** – is a herbal anti inflammatory suitable for the temporary relief of arthritic pain. It may help reduce joint inflammation and joint swelling associated with arthritis and may provide increased joint mobility and reduced joint stiffness in rheumatoid arthritis. Devil’s Claw may provide relief from muscular stiffness and pain in the back, shoulders and neck. Black pepper has traditional use in arthritic conditions.

**ST JOHN’S WORT 3600** – this extra strength formula helps relieve nervous tension, stress and mild anxiety and is beneficial during times of stress. This product may also help in the management of mood swings and relieves sleeplessness and insomnia and improves the quality of sleep.



**SLEEP WELL** – promotes sleep and provides relief of insomnia and sleeplessness. Helps relieve nervous tension, stress and mild anxiety. Sleep Well provides relief from sleep disturbances due to restlessness, anxiety, excitability or tenseness. Helps alleviate restlessness. Contains traditional sedative and calming herbs. Magnesium helps maintain a healthy nervous system. Does not contain added egg, milk, peanut, corn, soy, tree nut or animal products, yeast, gluten, lactose, artificial colourings, flavourings or preservatives.

**MENOPAUSE COMPLETE** - provides relief of menopausal symptoms including hot flushes, profuse sweating, night sweats, nervous irritability, sleeplessness, insomnia, fatigue and poor concentration. Black Cohosh has a long tradition of use for supporting female reproductive health, and is now commonly used for the relief of menopausal symptoms. Sage has traditionally been used in herbal medicine to reduce profuse sweating and / or night sweats associated with menopause. Shatavari is a traditional Ayurvedic female rejuvenating herb and has traditionally been used for menopausal symptoms, such as hot flushes, poor memory and irritability. Zizyphus is used in Traditional Chinese Medicine for relieving irritability, insomnia and night sweats. Vitamin B6 helps maintain a normal healthy mood, due to its role in the production of neurotransmitters such as serotonin and dopamine.



## **FACEBOOK**

You can now find Phoenix Therapies on Facebook which will give you regular updates on specials, workshops and events. Just go to our website [www.phoenixtherapies.com.au](http://www.phoenixtherapies.com.au) and click on the “Facebook” icon at the bottom of the page. Once you get to our Facebook page, just click on “Like” and that will allow you to receive our newsfeeds.



\*\*\*\*\*

**Our Mission is to help you achieve total wellness by providing a high quality and professional natural therapies service to enhance your physical, emotional and spiritual wellbeing.**

For more information about any of our therapies or to book an appointment, please contact Phoenix Therapies located in the  
Darch Plaza on Kingsway, 225 Kingsway, Darch WA 6065  
Telephone: (08) 9303 9111 Website: [www.phoenixtherapies.com.au](http://www.phoenixtherapies.com.au)  
Email: [phoenix.therapies@bigpond.com](mailto:phoenix.therapies@bigpond.com)