



WHAT'S HAPPENING AT Phoenix Therapies

AUTUMN NEWSLETTER
JUNE 2011 – AUGUST 2011

WINTER ISSUE

In this newsletter we will focus on eating the right foods and using essential oils and other remedies to help boost your immune system and fight colds and flu's naturally. We also offer some great specials and ideas for your health and wellbeing.

We also wanted to let everyone know that IGA Darch Plaza has now changed owners and we welcome the new owner Reinaldo Nunes. Reinaldo will bring a whole new dynamic to the IGA store with a new store layout, restocking of all the shelves with new and interesting items and there has definitely been a flurry of activity in the last two weeks.

WELCOME TO NEW THERAPIST - ALISA MORAR

Hi there, my name is Alisa Morar and I am a qualified Remedial Massage Therapist. I completed my Certificate IV in Massage Therapy and Diploma of Remedial Massage Therapy at the Central Institute of Technology in Mt Lawley in 2010. I was one of two amongst a class of 30 to complete the course within the course time frame. Being one of the youngest to have attended the course, I did get a lot of doubts at the start from my lecturers and other students, although throughout my course they were amazed at the work I was providing and saw that I was a determined and dedicated student.

Throughout my high school years, being a typical teenager, I wasn't sure where my life would go or what paths I should take as a career. I always loved playing sports and outdoor activity and this is where my passion for massage started. I used to see a therapist when I got injured or just needed a treatment and I loved the feeling after it. This is what drove me to take an interest in massage so that I could start giving people that rewarding and beneficial feeling. There are not many jobs where you receive the praise you do after you have helped a person, but being a remedial massage therapist is one and it is truly rewarding. My goals for the near future are to keep up with on-going training, expanding my career as a therapist with different modalities and maybe one day, become a physiotherapist.

I think it's important for a therapist to be unique in their own way. Clients do tend to stay with therapists whom they've created a rapport or professional bond with. All therapists specialise and work in many different ways. I have a unique style and approach to my clients' treatments and I believe building trust and rapport is one of the most important factors. My clients really are important to me! It's not just a job - you become a part of someone's lifestyle and provide a health need. I hope to meet you all soon and see you around at Phoenix Therapies.



USING ESSENTIAL OILS

Here is an aromatherapy tip to keep your house (and office) as “bug-free” as you possibly can naturally...as most essential oils are antiviral, antibacterial and antifungal and so much better than all those chemicals we spray around.

Make up a 500ml trigger pump spray bottle to use as an all-purpose disinfectant spray, which can help your home and office become a germ-free zone and smell really nice. Use it on the floors, benches and sinks in your kitchen and bathroom as well.

In 450ml of distilled water:
Add 75 drops of **Eucalyptus** pure essential oil;
Add 75 drops of **Lemon** pure essential oil;
Add 75 drops of **Lavender** or **Bergamot** essential oils
Add a teaspoon of vinegar.



Mix and spray – breathe in and smell the fantastic aroma!!

Remember to use 100% pure essential oils, not fragrance oils as fragrance oils do not have any therapeutic value such as antiviral, antifungal or antibacterial properties! You can purchase 100% pure essential oils from Phoenix Therapies.

TOP TEN FOODS TO EAT THIS WINTER

It's not easy to stay healthy during the winter, so you need to make your immune system strong and ready to go to battle for your health!

However, it's not always about popping pills and antibiotics. How about going natural? By that, I mean a healthy diet filled with foods containing essential vitamins and nutrients.

During the winter months, your body becomes more susceptible to viruses. A great tip is to avoid a large consumption of sugary, hard-to-digest foods. What should be included in your winter diet are antioxidant-rich foods, amino acids, vitamins and minerals that will boost your immune system.

Here we list the top 10 foods that you should befriend during the winter season!

1. Garlic
2. Whole Grains
3. Squash & Pumpkin
4. Brussel Sprouts
5. Nuts & Seeds
6. Sweet Potatoes
7. Soup
8. Mushrooms
9. Grapefruit
10. Carrots



ANTIVIRAL CREAM (120g)

This luxurious antiviral cream is hand-made by Vicki at the clinic using positive energy and 100% pure essential oils of **fennel** (clears toxins from the body), **tea tree** (has antiseptic and antibacterial properties and very effective for colds, flu's and cold sores), **marjoram** (eases respiratory difficulties, clears the chest by loosening mucus and soothes spasms and tricky coughs), **lavender** (calming and helps ease throat infections, flu, bronchitis and whooping cough) and **bergamot** (uplifting and balancing, promotes restful sleep).



This cream can be used as an everyday hand or body moisturiser to help boost your immune system and prevent colds and flu or use when you have the cold or flu to reduce symptoms. Great to put on the soles of your feet before you go to bed to get into the reflexology points of the feet then to all the organs of the body. This cream is great to use on your children, particularly those who attend daycare or school and are more susceptible to picking up colds and flu.

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

COLD BUSTER MASSAGE OIL (100ml)

For those who would love a massage oil to use at home (maybe even pamper your partner) to help boost the immune system and relieve the symptoms of colds and flu, our **Cold Buster Massage Oil** contains cold pressed vegetable oils of sweet almond, macadamia, grapeseed and canola with 100% pure essential oils of Eucalyptus, Lemon, Pine and Tea Tree added to make a comforting massage blend.

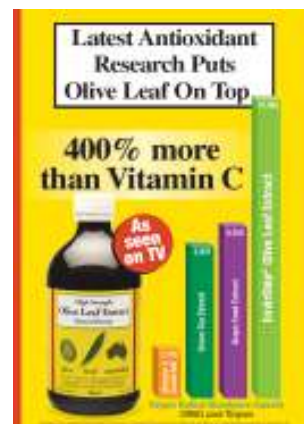
Normally priced at \$15.50 our special winter price is \$12.95

OLIVE LEAF EXTRACT

Olive trees are like no other! They survive for centuries resisting attack from bacteria, virus, fungus and other pests. There are approximately 100 compounds found in olive leaves which work together to provide a powerful year round defense system. Many of these therapeutic compounds in olive leaves also work together in synergy to help protect against a range of human health conditions

This extract has 400% more antioxidant power than Vitamin C. It also has broad spectrum anti-microbial effects and helps to maintain a healthy cardiovascular system. It is used traditionally to help relieve fever, boost the immune system and ward off colds and flu's. As energy levels and sleep have also both been seen to improve while taking Olive Leaf Extract, we recommend that you take Olive Leaf Extract as part of your daily wellness routine.

**Olive Leaf Extract (Olive Leaf Australia)
500ml.....\$39.95**



WINTER EAR CANDLING OFFER

Book an appointment to have an ear candling session for \$75, and we will include the Orgone Energy Blanket as a package deal, which will leave you feeling relaxed and rejuvenated like you have never been before.

Ear candling has been used for centuries by the Hopi Indians, South American Indians, Egyptians, Chinese and Central Europeans. This practice is again gaining popularity throughout the world because it is a gentle, soothing, painless and effective therapy. The candles are hollow so the gentle warmth of the candle can stimulate the circulatory and lymphatic systems, thus aiding the body's own auto immunity.

The heat of the flame creates a gentle vacuum, which assists the removal of wax, other secretions and debris into the hollow candle for quick, easy disposal. This is a gentle alternative to ear syringing and can be used for most ear and sinus problems.

Ear Candling can be used for:

- Blocked ears
- Glue ears
- Ear aches
- Sinusitis
- Reducing tinnitus
- Pressure pain caused by flying or diving
- Removing wax and some other foreign bodies from the ears.



ORGONE ENERGY BLANKET



The Orgone Energy Blanket was developed by Wilhelm Reich in Russia to induce the body and mind to rest, recover and rejuvenate. It was designed to help quickly regain and balance energy in a harmonious way.

The blanket may be used in combination with other therapies for a wide range of conditions including psycho-emotional regulation, sleep pattern improvement and to reduce stress. There are many other reported applications of the blanket including disorders of the cardiovascular system, metabolic disorders, brain diseases and traumas, disorders of the peripheral nervous system and psychiatric disorders.

The blanket may also be helpful in regulating psychosomatic conditions, relieves constant tiredness and stress and improves feelings of wellbeing. It seems to work very well on both the very young and the elderly.

LIVE LIGHTLY NOW – 12 WEEK LIFESTYLE MAKEOVER

Tracey Walker from Live Lightly Now is offering an online 12-week Lifestyle Makeover, which is affordable, practical and generated in a supportive environment. You can study at your own convenience and make immediate and powerful changes to your life.

Each week Tracey will add a new module which will identify areas that she feels are the most important reasons for ill health in our society, and there will be many opportunities for discussion and clarification through the online closed Facebook group.

**Tracey is offering this 12-week online Lifestyle Makeover to all Phoenix Therapies clients for a special price of \$78.
(Normally valued at \$120)**

For more information and to get a detailed outline of the 12-week course, just go to the website <http://www.livelightlynnow.com/12-Week-Lifestyle-Makeover-.html> or go to Tracey's website www.livelightlynnow.com which then directs you to the Facebook page.

Tracey also has a 5 week Online Healthy Children's Makeover Course available. Again, check her website for more details.

PREGNANCY & LABOUR WORKSHOPS

At Phoenix Therapies we offer Pregnancy & Labour Workshops which support pregnant women, their partners and families during pregnancy and labour. We provide you with step by step guidance and a booklet covering the following areas:

1. Preparing for Birth
2. Breathing & Visualisations for relaxation and labour
3. Physical Preparation
4. Using Positions in Labour
5. Massage and Labour Focus Points

We wish you much love and healing during your labour of love and the delivery of your precious baby into the world.



FIND US ON FACEBOOK

You can now find Phoenix Therapies Wellness Centre on Facebook, which will give you regular updates on specials, workshops, discussions, events and competitions we run. Just go to our website 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.



MEDITATION GROUP

Our next 6 week group meditation sessions will run from Thursday 18th August until Thursday 22nd September at the Ashdale Early Learning Centre in Darch.

The cost for the 6 weeks meditation group will be \$80 per person payable in advance. Please email Vicki at phoenix.therapies@bigpond.com to register your interest and to receive more information. The sessions run for an hour from 6:30pm till 7:30pm.



Meditation is an effective method to help clear the mind and focus on what is important in life. It is easy to do, it gets easier with practice and it allows the mind to concentrate on and accept positive affirmations.

Meditation can be your personal time to help you relax, let go of negative stress, refresh your inner self and expand your creative ability. During the meditation you will learn deep breathing and creative visualisations.

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 Wellness Centre:

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

Interested people can email their details to phoenix.therapies@bigpond.com or ring the centre on 9303 9111 or check out our website 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.

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
Email: phoenix.therapies@bigpond.com