



## **Autumn 2013 Newsletter**

### **MOTHERS DAY**

Don't forget Mother's Day is on **Sunday, 12<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.

### **ARE YOU ARRIVING ON TIME?**

Ideally it would be great if you arrived at least 5 minutes early for your appointment time as your therapy will need to finish on time so as not to inconvenience the next person.

This also allows you enough time to visit the toilet if you need to and to take off your jewellery (although we prefer that you not wear any jewellery when you come). If you are waiting in the reception area, this is the time to make your toilet stop or take off your jewellery and turn off your mobile phone.

Please be aware if you are late, this will reduce the time of your own therapy as we cannot add extra time at the end. You also need to be aware that if you are late, it is very difficult to perform an effective full body massage in less than an hour. Because of this, if you do request a full body massage we will leave out areas that may not need as much work such as your feet, hands, face and head so that we can spend more time on problem areas for you.

If you are late, just take a deep breath, have a glass of water and please be courteous to our therapists as they are doing the best they can with the time that you have given them.



## **LIFE COACHING**

Life coaching is about working with someone who wants to achieve more in their life and refers to a method of personal development. Through working with a professional life coach, clients achieve the outcomes they are looking for faster and more effortlessly. Clients who have had life coaching sessions report higher levels of confidence, self-esteem, and passion for life, enhanced relationships and a far more focused approach to their life and to their business.

Coaching starts with our mindset – how we think influences our results. In a practical sense life coaching is all about finding ways to enhance performance, productivity and well-being. Life coaching is about improvement and making positive changes to your life.



It involves getting clear on where you are in life, opening up to possibilities, focusing on what you want to achieve, learning new ways of doing things and creating real value and purpose.

The emphasis is on finding solutions and a way to achieving goals.

## **STRESS LESS EXERCISES**

1. At lunch time sit in your parked car with sunglasses on and point a hairdryer at passing cars to see if they slow down.
2. Page yourself over the intercom and don't disguise your voice.
3. Go to a ballet concert and start dancing Gangnam style in time to the music.
4. As often as possible skip rather than walk when you are in the shopping centre or any public space.
5. Order "diet water" whenever you go out to eat – with a serious face.
6. Put mosquito netting around your desk, put on a safari hat and play tropical sounds all day.
7. When the money comes out of the ATM start yelling "I won...I won"!!
8. Go to the zoo and when you leave start running out the gate shouting "Run for your lives...they're loose."



# Heal Your Life

A POWERFUL, LIFE CHANGING WORKSHOP  
BASED ON THE PHILOSOPHY OF LOUISE HAY



Do you say and think more positive thoughts than negative ones? Do you feel positive and motivated about your job, your relationships, yourself, your future? Do you feel you deserve an abundance of prosperity, love and health? Do you feel happy and content with your life the way it is? Do you know how to relax and live a stress free life? Do you feel empowered to speak your truth?

If you answered NO to any of these questions then it's time for you to focus on positive life changes by attending our 5-week Heal Your Life Course. During the 5 weeks we will focus on:

## Positive Affirmations

Identifying and releasing negative thoughts

Loving yourself unconditionally

Mind / Body link

Meditation and Visualisation techniques

Your Inner Child

Health and Wellbeing

Relaxation Techniques to stress less and live well

Vicki Hobbs is a licensed Heal Your Life Course Facilitator.

This course is designed to give you 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.

The course runs from Friday, 3rd May to Friday, 31st May 2013. We will start each session at 6pm and end around 9:30pm.

Your investment in this course for the 5 weeks is \$450 (including GST) and includes a comprehensive workbook, light supper, handouts, journal and more.

Daily affirmations create joyful,  
abundant experiences with  
every word and thought.  
~Louise Hay

A deposit of \$100 is required to confirm your registration and then the balance of \$350 is payable 7 days prior to the commencement of the course.

For more information or a registration form please contact the centre.

## **MASSAGE AND ARTHRITIS**

With over 3.85 million Australians being affected every year with arthritis, more and more sufferers are turning to natural therapies such as massage for pain relief. Massage involves the manipulation of tissues using pressure, tension, motion or vibration. It targets the soft tissues of the body such as muscles, tendons and ligaments. Massage can be done manually using the hands, fingers, elbows or with mechanical aids.

### **What is Arthritis?**

The term Arthritis refers to a collection of musculoskeletal system conditions that affect the joints (where two or more bones meet).

The most common forms of Arthritis include:

- Ankylosing spondylitis
- Gout Juvenile arthritis
- Osteoarthritis
- Rheumatoid arthritis
- Systemic lupus erythematosus (lupus)
- Scleroderma



### **Symptoms of Arthritis**

Whilst symptoms vary between the different Arthritis types, common symptoms include:

- Pain
- Joint stiffness
- Joint cartilage damage
- Joint weakness
- Joint instability
- Deformities

## **How does Massage Benefit Arthritis Symptoms?**

There have been limited scientific studies on the benefits of massage specifically for arthritis. From these studies, it appears that massage may have short-term pain relieving benefits for people with arthritis related pain. Massage may also help to temporarily improve the flexibility and mobility of joints and muscles affected by arthritis. However, it is important to note that massage will not reduce inflammation or joint damage from arthritis.

## **Massage Increases Flexibility and Mobility of Joints**

Once the inflammation has subsided, massage may help to loosen up the surrounding muscles and joints. When ligaments and muscles of non-inflammatory areas are massaged, adhesions can be broken up and joint mobility and flexibility is increased. This improves the normal range of movement and motion.

Massage may also stretch the joints and stimulate the viscous synovial fluid found in cavities of synovial joints. After the fluid is stimulated into the joint cavity, the fluid forms a thin layer, which reduces inflammation and pain by acting as a buffer of sorts.

## **Massage Relieves Arthritis Pain**

Massage also stimulates the release of natural endorphins, giving the arthritis sufferer a natural high and relieving the body of any pain. Brain activity is also altered, as it increases the alpha brain waves present in a state of relaxation.

Massage is an enjoyable way of relieving the painful symptoms of Arthritis. It does so by relaxing the muscles, and stimulating nerve cell receptors under the skin, activating the nervous system and stimulating the release of mood-enhancing chemicals such as dopamine or serotonin. Massage also generates a calming effect through the stimulation of the parasympathetic nervous system, and reduces the stress hormones cortisol and adrenaline.

Always discuss any new treatments you are thinking of having with your rheumatologist or doctor, to find out if there are specific things you should avoid. As people with arthritis are likely to have joint and soft tissue pain and damage, it is important to check the qualifications and experience of the therapist providing the massage. Massage therapy may not be appropriate when joints are acutely inflamed, however check with your doctor or specialist.

Remember, if you experience any discomfort during your treatment, it is important to let your therapist know. Your therapist will also explain any effects you might notice following the treatment, such as mild pain or tenderness, headache or bruising as this can be a normal post-treatment outcome. If you are unsure or uncomfortable at any time, then you can always stop the treatment immediately.

*Resource 1: Arthritis Australia*

<http://www.arthritisaustralia.com.au/>

<http://www.aont.org.au/wp-content/uploads/2011/11/MassageArthritis-2011.pdf>

*Resource 2: Natural Therapy Pages*

[http://www.naturaltherapypages.com.au/article/Massage\\_for\\_Arthritis](http://www.naturaltherapypages.com.au/article/Massage_for_Arthritis)

## **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.

The effects of the Orgone Energy Blanket are reportedly achieved through the reflection of the patient's own infrared and extra-high frequency emissions back onto their body. A specially designed film membrane inside the blanket prevents the patient's body's electromagnetic emissions from dissipating outwards. This same layer then converts these emissions from the body and reflects them back on the body. The reflected emissions have the effect of redistributing the charge density on the skin and exerting therapeutic action on the biologically active points of the body surface (APs) to help correct any faults in the systems controlling the overall homeostasis within the body (nervous and endocrine systems).

Infrared radiation, reflected back onto the body, is absorbed by the tissue fluids and is converted to thermal energy. The thermal energy causes a hyperemic vascular response as a direct thermal action on the thermal receptors whose impulses to the CNS trigger the appropriate thermo-regulative mechanisms in the body. The short wave IR radiation may also cause a weak photochemical and photoelectrical effect, which alters skin sensitivity by increasing tactile sensations and decreasing pain sensations.

The infrared irradiation also improves the metabolism of substances, accelerates gas exchange and the oxygenation process, and speeds up the vital activity in tissues. The pain relieving effect is brought about through altering the receptor sensitivity and faster removal of the metabolic waste products. 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 and has also helped with pain and discomfort associated with arthritis.



## **ARTHRITIS ACTION CREAM**

This is our own Phoenix Therapies brand of Arthritis Action cream used to help relieve the symptoms of arthritis. Obviously this is not a cure or quick fix for this condition; it is more to ease the stress, pain and discomfort associated with arthritis. We have had some great feedback from arthritis sufferers who use this cream on a regular basis. The cream contains good quality essential oils renowned for relieving arthritis symptoms.

Eucalyptus Essential Oil is an amazing oil for inflammation, and eases muscle aches and rheumatism. *(Caution: Eucalyptus essential oil should not be used if you suffer from high blood pressure or epilepsy).*

Rosemary Essential Oil has many uses but is well known as an analgesic (pain reliever) and is an anti-inflammatory for arthritis pain. It is used for its circulatory stimulating properties and for toning the muscles. It also helps with gout and fluid retention. *(Caution: Rosemary essential oil should not be used if you suffer from high blood pressure, epilepsy or are pregnant).*

Roman Chamomile Essential Oil is heralded for its anti-inflammatory action. It can be used to bring relief to inflamed skin and to reduce inflammation, pain and swelling due to arthritis.



## **KRILL OIL**

We now stock the Herbs of Gold Krill Oil 500 with Astaxanthin.

This product may assist in the management and symptomatic relief of osteoarthritis and provides temporary relief of the pain of arthritis, including rheumatoid arthritis and osteoarthritis. Krill oil may help reduce joint inflammation and stiffness associated with arthritis and increase joint mobility.

It may assist in the maintenance of normal healthy cholesterol levels by improving the LDL:HDL ratio and maintaining triglycerides within the normal range in healthy individuals. Krill oil is more effective at maintaining healthy blood lipid levels in healthy individuals at an equal or lower dose when compared to fish oil.

Krill Oil provides a highly bioavailable source of Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) to help maintain normal healthy cholesterol levels in healthy individuals and support heart health.

It also contains the red pigmented, naturally occurring, potent antioxidant astaxanthin to help protect the body from free radical damage. Astaxanthin also helps to stabilise the oil and protect it from oxidation.



## OLIVE LEAF EXTRACT

Now with the changes in the weather and as always different viral properties everywhere, it is time to stock up on all those immune boosting products. 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.



## 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.

This cream is fantastic 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.

You can even use this cream on your children, particularly those who attend daycare or school and are more susceptible to picking up colds and flu. I use this regularly on my 2 year old who goes to daycare and she is rarely sick.

## **KINGSWAY CHIROPRACTIC**

Dr Micha Camfield from Kingsway Chiropractic is now certified in the **Webster Technique**.

The Webster Technique is a specific chiropractic analysis and diversified adjustment. The goal of the adjustment is to reduce the effects of sacral subluxation/ SI joint dysfunction. In so doing neuro-biomechanical function in the pelvis is improved.

The Webster Technique can be used on all weight bearing individuals however it has been proposed that in the care of pregnant women, sacral subluxation may contribute to difficult labour for the mother (i.e. dystocia). Dystocia is caused by inadequate uterine function, pelvic contraction and baby mal-presentation. The correction of sacral subluxation may have a positive effect on all of these causes of dystocia.

The Webster Technique is a safe means to restore proper pelvic balance and function. It is therefore considered prudent that this specific sacral analysis and adjustment be used throughout pregnancy to detect and alleviate sacral imbalance and optimize pelvic neuro-biomechanics in the mother.

Because of the particular female adaptations from the increase of hormones, weight gain and postural adaptations, pregnant mothers have a greater chance of sacral subluxation and neuro-biomechanical imbalance than the general population. Additionally, because of the effect the chiropractic adjustment has on all body functions by reducing nerve system stress, pregnant mothers may have significant benefit by having their spines checked regularly throughout pregnancy, optimizing health benefits for both the mother and baby.



Resource:

International Chiropractic Paediatric Association (ICPA)

[http://icpa4kids.com/about/webster\\_technique.htm](http://icpa4kids.com/about/webster_technique.htm)

For more information about the International Chiropractic Paediatric Association (ICPA) <http://icpa4kids.org/>

For a chiropractic appointment, please contact Dr. Micha Camfield from Kingsway Chiropractic who is based at Phoenix Therapies on 0488 994 800.

## **HYPNOBIRTHING® - The Mongan Method**

HypnoBirthing® is based on the philosophy that when a woman is properly prepared for childbirth without fear or stress, she can allow her body to function in the same well-designed manner that it does in nature.



You will learn relaxation techniques so that you can give your baby a welcome that is calm, gentle, and safe. Here are just a few things you will learn with HypnoBirthing®

- How fear affects women in labour and how to use hypnosis and relaxation to create positive birth outcomes
- Self-hypnosis techniques for labour & birth
- Relaxation and visualization techniques for labour & birth
- Breathing techniques to use during labour & birth
- How to prepare your birth preferences
- A simple explanation of what happens during labour & birth
- How you can breathe to minimise tearing during delivery
- Strategies to avoid an induction of labour

After completing a HypnoBirthing® course you will be fully prepared, educated and confident in how you can achieve a positive, calm birth outcome. HypnoBirthing® classes are taught in a format of five x 2½ hour classes. If you are very near to your birthing time, we can make special arrangements for individual classes tailored for you. If you are interested in our HypnoBirthing sessions either in the privacy of your own home or in a group environment please contact Vicki Hobbs at Phoenix Therapies to register.

To check out some HypnoBirthing stories, please copy and paste the links below into your internet browser:

Introduction to HypnoBirthing

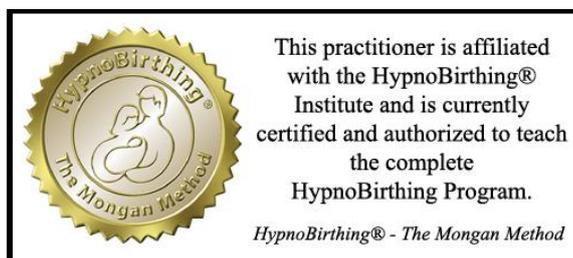
<http://www.youtube.com/watch?v=oYgLOZlHaUo>

The birth of Jemima

[http://www.youtube.com/watch?v=ehHMkLO\\_XAE&feature=plcp&list=FL\\_gMyiedzExzmnIypbF-3tw](http://www.youtube.com/watch?v=ehHMkLO_XAE&feature=plcp&list=FL_gMyiedzExzmnIypbF-3tw)

The home water birth of Aurora

[http://www.youtube.com/watch?v=NL-Lhs85gwI&feature=plcp&list=FL\\_gMyiedzExzmnIypbF-3tw](http://www.youtube.com/watch?v=NL-Lhs85gwI&feature=plcp&list=FL_gMyiedzExzmnIypbF-3tw)



## **TESTIMONIALS**

I have been a client at Phoenix Therapies Wellness Centre for the last two and a half years. I first went there for a pregnancy massage through a recommendation from a friend and I have not looked back!

The warmth and care along with the exceptional massage in the latter months of my pregnancy was outstanding. I was made to feel that I was not just a client having a massage, the therapist, Vicki Hobbs, really cared about the aches and pain my poor pregnant body was experiencing!

I was later to discover that this exceptional service was not just for pregnancy massages. During my post-pregnancy massages and relaxation massages to follow, this same level of kindness, warmth and professionalism has been evident. The centre has grown and I have also experienced this same quality of service with Keiko, another massage therapist. Both Vicki and Keiko would go out of their way to discuss my aches, why they might be occurring and suggest exercises to try and relive the pain at home.

I follow Phoenix Therapies Wellness Centre on their Facebook page and whilst my experience has only been with massage, I am amazed at everything that the centre offers, at such reasonable prices too. They are so true to their mission of wanting to help achieve a total wellness for you – physically, emotionally and spiritually. The business has grown so much in the time I have been a client and Vicki should be commended for her efforts and the wonderful service that she and her team provide to so many people!

**ANITA MERCER  
KINGSLEY  
NOVEMBER 2012**

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I have been a client at Phoenix Therapies for 5 years and thoroughly enjoy attending my appointments.

Vicki and her team always take the time to listen to me and specialise my treatment towards my individual needs. The service I receive is always exceptional and consistent no matter which therapist I see.

The therapists' professionalism and dedication to my physical, emotional and spiritual wellbeing always impresses me and I leave the clinic feeling revitalized and ready to take on the world.

Thank you Vicki, Sarah & Keiko for your exceptional service, I really look forward to my massages.

**KATY PETROLO  
DIANELLA  
OCTOBER 2012**

## **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](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.

We also have a separate Facebook page with lots of information and links for pregnancy, birth and beyond called “**Phoenix Therapies Pregnancy Centre**” so if you are contemplating pregnancy, already pregnant or have had your baby just do a search on Phoenix Therapies Pregnancy Centre and like our page.



## **DID YOU KNOW**

- Did you know 11% of people are left-handed?
- Did you know August has the highest percentage of births?
- Did you know unless food is mixed with saliva you can't taste it?
- Did you know the average person falls asleep in 7 minutes?
- Did you know a bear has 42 teeth?
- Did you know an ostrich's eye is bigger than it's brain?
- Did you know most lipsticks contain fish scales?
- Did you know no two corn flakes look the same?
- Did you know lemons contain more sugar than strawberries?
- Did you know 8% of people have an extra rib?
- Did you know 85% of plant life is found in the ocean?
- Did you know rabbits like licorice?
- Did you know armadillos have 4 babies at a time and are all the same sex?
- Did you know reindeer like bananas?
- Did you know the longest recorded flight of a chicken was 13 seconds?
- Did you know birds need gravity to swallow?

## **OUR MISSION**

The Mission of Phoenix Therapies is to help you achieve total wellness by providing a high quality and professional massage, natural therapies and pregnancy related services 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 Wellness Centre  
Darch Plaza on Kingsway, 225 Kingsway, Darch WA 6065**

**Telephone: (08) 9303 9111**

**Website: [www.phoenixtherapies.com.au](http://www.phoenixtherapies.com.au)**

**Email: [reception@phoenixtherapies.com.au](mailto:reception@phoenixtherapies.com.au)**