

**Ambrosia Health Centre's
team of
Professional Therapists:**

Tania Largent (Tue-Sat)
Acupuncture & Chinese Herbs
Infant Massage Classes

Natalie Franks (Mon, Wed, Thu)
Ph: 0410 561 288
Reflexology, Craniosacral &
Myofascial Therapy, Remedial,
Pregnancy & Lymphatic Drainage
Massage, Energy Healing

Lino Zinchi (Fri)
Ph: 0406 778 104
Shiatsu, Holistic Massage, Reiki

Lê Hoang (Tue & Sat)
Ph: 0404 478 715
Counselling & Psychotherapy
Individual & Couples Therapy
Relationship Building Workshops

Ana Claudia Brandão (By Appt)
Ph: 0428 569 373
Feng Shui & Space Clearing

THANK YOU to all our
Clients for giving us the
opportunity to treat, educate &
inspire you, your family &
friends to greater health &
wellbeing.

**Gift Certificates
& Gift Packs**

A Great Idea for any occasion

Health Rebates

Available with most Therapies

If you do not wish to receive this
newsletter in the future please
contact us on 9665 4341.

Ambrosia News

Thank you to all those brave
souls that came out on cold
winter nights to attend our
winter talks. More great **Talks
and Workshops** are scheduled
for Oct-Dec.

Ambrosia's Spring schedule:

- **Wed Oct 15 7pm** -
Craniosacral therapy
- **Sat Oct 25 2pm** - 7 Benefits
of Couples Counselling
- **Wed Oct 29 7pm** - Shiatsu
Massage
- **Wed Nov 12 7pm** - Spring
Abundance. A 2hr talk &
meditation evening (\$15 fee)
- **Wed Nov 26 7pm** - Enjoying
a Stress-Free Silly Season
with Deborah Beers (local
Kinesiologist & Neuro-
Trainer)

Please visit our website for
more information and as spaces
are limited please **call to
register your interest today.**

"Your Questions Answered"

If you have a general question
regarding any aspect of health
and wellbeing call us or send us
an email and we will answer you
with an article in our next
newsletter or next email
circular or with a talk.
(tania@orientalwisdom.com.au)

A wonderful new **Shiatsu
Therapist** has started at
Ambrosia on Fridays. **Lino
Zinchi** is a Shiatsu and Holistic
Massage practitioner. He has
studied all over the world. He
uses a range of different
movements, pressures and
gentle stretching to re-balance
the flow of energy (Ki) in the
body. Lino is also a Tai Chi
practitioner and uses the
principles of this internal
martial arts to help the body,
mind and spirit to relax,
harmonised and rejuvenate.

Spring detox

Detoxification is a process
that transforms health
threatening toxic substances
into something harmless or
excretable. Our body's main
detoxification organs and
systems are the liver, colon,
kidneys, gallbladder, lungs, skin,
lymph, and blood. They help rid
our body of wastes and toxins.
These days our body has to
work extra hard considering our
fast paced, fast food life style,
not to mention our other
indulgences, all of which seems
to adversely affect us.



In Oriental Medicine the
Liver and Gallbladder energies
are at full strength in the spring
so this is the best time of year
for a detox.

**We can all benefit from a
regular program designed to
aid in the elimination of waste
and the nourishment of our
digestive system.**

Detoxing helps our organs
and systems to do their jobs
more effectively. This process
improves our immune function;
eliminates toxins; generates
healthy cells; cleanses mucous,
congestion, fermentation, and
inflammation in our digestive
tract; and purifies our blood. It
is best to then follow the detox
with a healthy living plan to help
lessen the toxins entering our
body. **Call Tania today and
begin your personal Spring
detox program** with the help of
acupuncture and herbs.

Massage Therapy & its Role in Recovery

More and more fitness and sport enthusiasts are including massage as part of their conditioning programs. Massage, especially deep tissue massage (DTM) is not just for professional athletes or athletes training for the Olympics! It is for everyone and needs to be looked at as a health benefit and not a luxury. Almost anyone can benefit from massage.

After a gruelling sport or exercise program, small amounts of swelling occur in the muscles due to tiny tears. Massage (DTM) will help reduce the swelling, loosen tired, stiff muscles, help maintain flexibility and promote circulation. Therefore more oxygen will go into the muscles and help to remove the waste products of energy generation (lactic acid). This in turn will speed up recovery time and alleviate any soreness.



Massage is equally effective in dealing with problems caused by heavy work and the stresses of everyday living.

Having a massage before exercise or a sporting event will help to prepare your body for physical activity, assists in the prevention of injuries and aids in your recovery from physical exertion after the event or training program.

Massage therapy has always played an integral part in most ancient healing practices, but has only recently begun to be incorporated in standard medical care. Chronic pain sufferers are gaining the

benefits of decreased pain levels and the ability to relax and cope more easily with daily living. Pre and post surgery patients are making a quicker and better recovery. There is now evidence that massage may be more effective in the long term due to the body's diminishing response to pain medicine.

The effect of massage therapy and healing touch are effective in reducing symptoms of chemotherapy, primarily pain perception. Massage lowers anxiety levels and healing touch improves patient fatigue, both significant barriers to the continuation of chemotherapy.

In my experience as a body worker, massage is an integral part of maintaining a healthy body/mind and balanced state of wellbeing.

Call Natalie and relieve your pain today.

Come along to Natalie's free talk on Oct 15 and be introduced to the benefits of Craniosacral Therapy.

Shiatsu

Spring is gently showing itself. All nature is in a process of awakening. It is possible to feel it in the changing of the air, when looking at plants and flowers or simply when observing ourselves.

Generally speaking our body and senses have been in a state of "hibernation" for the last 3 months. Most of us have spent more time at home under a blanket, watching videos and so on (at least we were feeling like doing that). The arrival of this new Spring season is bringing fresh new energy in to our body.

The "idea" has been planted in winter and now it is slowly "springing", blooming, taking the shape and form that we previously planned. This is the

right time to cultivate it and protect it. It is the time of "decision making", and actions towards the "right direction".



Spring (especially at the beginning) is a perfect moment to get clarity. A **Shiatsu** treatment will support this process. It will "keep an eye" on the wood element (the element of spring season). We will spend a session in gently, but firmly, helping the body-mind to stretch and awaken completely in order to obtain clarity of mind which will consequently lead to the "right action" to take.

Spring is a very important time of the year. A good spring will eventually give us the "power" to easily follow the "flow" for the whole year. It is the time of action!

Take action today and book in for a Shiatsu Massage. If you are unfamiliar with Shiatsu come along to Lino's free talk on Oct 29 and find out just what it's all about.

7 Benefits of Couples Counselling

As I watered my pot plants, in the front patio where I sometimes sit to have breakfast, I thought - they look healthy because I water them regularly. Though I didn't need to 'weed' them as I do those in the garden, occasionally I would need to give them fertilizer, or pick out a few yellow-brown leaves. At times, I need to replant them in bigger pots.

You may wonder what this has to do with relationships? A lot! Tending to your plants helps them stay healthy. **Relationship counselling coaches you how to tend to your relationship to keep them healthy too.**



Here are the 7 benefits of
Couples Counselling:

1. Gain **CLARITY** to re-focus your energy on maintaining and building your relationship.
2. Bring your relationship back into **BALANCE** and see
 - (a) How your relationship got out of order,
 - (b) How you and your partner have "worked hard" to create an un-working outcome,
 - (c) How you and your partner can "work hard" (in the right way) to create the working outcome you both want.
3. Learn "**TOOLS**" to repair and improve your relationship.
4. Get **COACHING**, ie. Become the apprentices and practice using the tools.

5. CELEBRATE YOUR DISCOVERY "The real voyage of discovery consists not in seeking new landscapes but in having new eyes"

6. APPRECIATE and MAKE USE OF your differences to enrich your relationship.

7. WORK TOGETHER FOR YOUR SUCCESS

"Coming together is a beginning, staying together is progress, working together is success" - Henry Ford

For more information come to Lê's free talk on Sat Oct 25 at 2pm or call Lê today and start counting the benefits in your relationship.

Spring Abundance

Are you truly open to receiving all the good things the Universe has to offer you?

Sometimes we seek more of the great things in life such as a better job, a child, a new partner, a new home. But how often we do feel that our efforts are not being rewarded in the results we are receiving?

Feng Shui is an amazing intuitive science that helps us to bring more of what we are seeking into our life. We can say Feng Shui helps us to bring more abundance into our lives: more friends, better jobs, better relationships, more material wealth.

Feng Shui works on many levels. The first level is the level of Form, the world we see and touch. The second level that Feng Shui works on is the level of intention; and the third level that Feng Shui works on is the level of potential, activating potential using a Flying Stars or Astrology of the Home.

Focusing on Form Feng Shui we can confidently say that our homes reflect our innermost desires. If we really would like to attract more and better things in life, surrounding ourselves with images of abundance in our homes would be a great first step.



Images of fish have been traditionally associated with abundance. They represent plenty of life, plenty of food. In Feng Shui they can be used in the living area or office to symbolise abundance of opportunities.

Remember: **WHAT WE FOCUS ON BECOMES OUR REALITY.**

We live in an abundant Universe. Images and thoughts of abundance help us focus on what we really want to achieve.

Come along to Ana's Spring Abundance evening on Wed Nov 12 at 7pm for an inspiring 2hr talk & meditation evening for only \$15.

Ana is also planning to start 1-h **meditation evenings** on alternate Wed nights. Please let us know if you would be interested in joining us.

Ana is available for home & office consultations by appointment.