

There shall be eternal summer in the grateful heart. ~Celia Thaxter

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WINNER 2007 Randwick City Business Excellence Awards

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

Tania Largent *(Tue-Sat)*

Acupuncture
Chinese Herbal Medicine
Infant Massage Classes

Natalie Franks *(Mon, Wed-Fri)*

Reflexology, Craniosacral &
Myofascial Therapy, Remedial &
Lymphatic Drainage Massage,
Energy Healing

Lê Hoang *(Tue & Sat)*

Counselling & Psychotherapy
Individual & Couples Therapy
Relationship Building Workshops

Ana Claudia Brandão *(By Appt)*

Feng Shui & Chinese Astrology

To all our Ambrosia Health Centre Clients and their families **have a happy, healthy & safe festive season.**

Thank you for giving us the opportunity to treat, educate and inspire you, your family and friends to greater health and 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

Have a Stunning Summer!

During December we will be raffling a fabulous **Christmas 'hamper'**. For every treatment you have from Nov 26 you will receive a raffle ticket and for everyone you refer not only will they receive a raffle ticket but so will you (so make sure they pass on your name). Our 'hamper' is actually our new Ambrosia tote bag and it will contain "The little book of Wit and Wisdom", a "Relaxation" audio cassette, an eye cushion, bath salts, a Relationship Activator (incl. card, candles, crystals & instructions), "Food for the seasons" recipe book, and an organic Christmas cake. The Raffle will be drawn Dec 22nd by our first client of the day.

As a great Christmas idea we are now offering not only **Gift Certificates** but also personalised **Gift Packs** presented in our new calico tote bag and containing any assortment of gifts that you like such as Gift Vouchers, Wheat packs, Netti pots, Linaments, Bath salts, Herbs etc, as just an example. Stay tuned for more ideas.

We are very sorry to say **good-bye to Emma Grant** our wonderful practitioner of Ayurveda who finished at the end of October. She will be available for home visits until the end of the year and then she and her family are off to China and India for further study and adventures.

Refer a friend and be rewarded ... More about this in the New Year.

Oriental Medicine

Questions are frequently asked about the safety of Acupuncture and Chinese Herbal remedies. I hope the information below answers some of these questions.

Traditionally Chinese physicians prescribed tea decoctions from combinations of dried herbs. These days we prescribe herbal extracts, in powdered form, as a more reliable and convenient treatment. Herbal extracts are consistent in potency and quality and therefore highly efficient and reliable. There is no risk of contamination or variation in the active ingredients. The herbs are manufactured under strict Current Good Manufacturing Practise controls in Taiwan. All products are licensed and audited by the Australian Therapeutic Goods Association and approved by the Australian Quarantine Inspection Services. Herbal grading, heavy metal testing and compositional analysis is carried out prior to storage.

Acupuncture treatments are carried out with single use, disposable needles that are sterile and pure surgical grade stainless steel.

The World Health Organization believes that Chinese Medicine will play an important role in achieving the goal of WHO 'Health for one' all over the world and that many of the clinically experienced benefits will only be better understood after modern science and technology develop further. (www.who.int/en/ search 'Traditional Chinese Medicine could make "health for one" True')

Counselling

Imagine that you're going to celebrate Christmas and New Year differently this year.

I don't mean getting a different outfit or going on holidays to a different place or inviting different people to your new-year party. You can do all of those, and you can do something else different too.

Many people make "New Year resolutions" with the hope of bringing about change to their life in the year ahead. Good intentions do count, but don't always work. We all know many of those resolutions don't last.

I recently learned that in some cultures, instead of making "New Year resolutions", people spend some quiet time, by and for themselves, to contemplate "what I want to leave behind this year before I step into next year".

My own, and my clients', experience of making time to do this has given us many benefits, such as:

A sense of lightness, like walking barefoot on the beach.

A sense of freshness, like drinking a glass of freshly squeezed juice on a hot afternoon, while reading a good book.

A sense of completeness, like being on a ferry that heads out into the sparkling water, the blue sky above, watching the seagulls effortlessly glide just above the water and the flapping white sails in the harbour.

Lê provides counselling support to clients in their processing of "what I want to leave behind". While one session generally may not be enough, if you would like to 'begin' the work, make use of Lê's FREE 1st HOUR CONSULTATION offer! (Limited appointments during December and January).

Integrated Bodywork Therapy - Ear Candling

Ear candling is an ancient tradition stretching back for centuries when folk healers all over the world used the therapy in some form or another. Many cultures considered candling a spiritual practice for clearing the mind and senses. These days it is used to treat conditions such as: Glue ear, Hay fever & Sinus problems (earaches can be caused by mucus blown into the ear from the Eustachian tube), Flying discomfort, hearing muffled by earwax build up and ear problems due to swimming and diving. "Swimmers Ear" is quite often caused by growth of bacteria in the ear plus earwax that stops the clearing of water from the ear.

Cleansing the ear canal regularly with ear candling can restore hearing, relieve tension, pressure and pain in the ear and often relieve other symptoms.

The 'candles' are thin hollow linen tubes approx 22cm long, impregnated with beeswax, honey and herbs. They are specially made so as not to drip or break. One end is gently placed in the ear and the other end is lit which has the effect of warming the ear canal. The warmth feels soothing and relaxing and during the process loosens any earwax (cerumen), draws and cleanses toxins from the ear and improves the flow of energy to the ear by stimulating the local lymphatic system. Ear candling is often combined with other therapies such as lymphatic drainage massage, craniosacral therapy and reflexology.

Ear candling is great for all ages so call Natalie today and make an ear candling appointment for either a 1hr or 45 min treatment or a ½ hr treatment for the kids.

Your Home and Your Relationships

There are many ways Feng Shui can help you to improve your personal, family or social relationships. The way we express ourselves and what is important to us is often represented in the pictures we have on our walls, in the way we arrange our bedroom or lounge room, and also by the images and symbols we surround ourselves with at home. One of my roles as a home consultant is to carefully assess your home and see if it is aligned with what you really want. Is your home energetically aligned for you to have friends visiting? Is your home attracting a new partner into your life? Is your home supporting the relationships you already have?

This time of the year, leading up to end of year celebrations and the holiday season, is a perfect time to set up a relationship corner. Here are some easy steps to help you get started. First write a letter explaining what you would like more of in your life: more romance, more intimacy, more friends, better relationship with mother/sister or a new partner. Add to this a clear picture (a photo or painting perhaps) that represents

what you want to achieve in your relationship.

Light two candles close to it for a few minutes every night.



Good luck and let Ana know how things have changed for you after setting up your special corner.

Ana is available for further information and home and office consultations by appointment.