

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

Tania Largent (Tue-Sat)

Acupuncture
Chinese Herbal Medicine
Infant Massage Classes

Natalie Franks (Mon, Wed, Thu)

Ph: 0410 561 288
Reflexology, Craniosacral &
Myofascial Therapy, Remedial &
Lymphatic Drainage Massage,
Energy Healing

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 & Chinese Astrology

Ambrosia's complimentary services reflect our treatment philosophy - healthy mind & healthy body to maintain a healthy lifestyle.

To all our Ambrosia Health Centre Clients **thank you** 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

Have an Awesome Autumn!

Our wonderful **Christmas Hamper** was won by one of Lê's lucky clients, she asked that her name not be published. Read Lê's interview with her below to find out how she felt about being a winner & how much she enjoys Lê's style of counselling.

This season we will be introducing a series of **FREE Wed night talks**. Our first information evening will be hosted by **Ana Brandão** on **March 19 at 7pm** entitled "**Feng Shui & Your Relationships**". Ana will cover topics such as personal expression in the home, letting go of the past, space clearing, de-cluttering & setting up a relationship corner. Please call & **register your interest** today.

Further talks will be held on **April 2** "Food as Medicine", **April 16** "Creating Relationships with your Health rather than with your Illness" & **May 14** "The benefits of Craniosacral Therapy". So mark these dates in your diaries & expand your wellbeing horizon.

Refer a friend & be rewarded ... Tania & Natalie are now offering \$10 off your next treatment whenever a new client comes for a treatment and mentions that you referred them.

Lê, our registered counsellor /psychotherapist would like to offer new counselling clients 50% off a 1hr massage with Natalie, after the 3rd counselling session. Ana continues to offer FREE 30min Feng Shui Assessments. **Take advantage of these wonderful offers today.**

Oriental Medicine

Oriental medicine sees **autumn** as the **season of the Lungs**. This is the time when we need to strengthen the energy of the Lungs to **boost our immune system**.

Our lungs are exposed to infectious agents with every breath and yet, in most cases, we are able to resist these infections. It is our immune system that enables us to resist infections. The immune system is composed of 2 major subdivisions, the innate or non-specific immune system and the adaptive or specific immune system. The innate immune system is our first line of defence against invading organisms and includes the respiratory system, the intestines and the skin. It is interesting to note that in Oriental Medicine the Lungs are seen to rule over the skin (hence the connection between asthma and eczema) and the Lungs are in partnership with the Large Intestine as the two most important organs of elimination.

If you have children in day care or know you suffer most winters come in now for some **preventative treatments** to boost your immunity so that rather than soldiering on through cold and flu season you can be fighting fit instead.

Acupuncture and Chinese herbs can boost the immune system as well as reducing the incidence and severity of the winter bugs when they do take hold.

Recently in the newspapers a Cochrane Collaboration review of studies was quoted as finding that many over the counter cough medicines had little or no effect, they 'performed no better than placebos'. Another Cochrane report however shows that 'in general, Chinese herbs appeared more beneficial [than antibiotics and antitussives]' for bronchial coughs.

Your coughs and colds don't need to last 2-3 weeks, disrupting your sleep, and everyone else's. **Make an appointment today to stay well this winter.**

Counselling - A Client's story

Client: "Not only am I a winner from all the benefits I have gained from counselling but now I win this special Ambrosia hamper as well. Thank you."

Lê: *How has your life been different since coming to counselling?* **Client:** "A friend of mine highly recommended you & from my first visit I knew I was in the right place, even though I was reluctant at first to be in counselling."

"I work in the fitness industry so had been focused on addressing my issues though the physical side in the past. When I felt anxious & stressed I increased my exercises. Since coming to see you I have observed & managed my life more at the front end, that is, before the anxiety & stress get out of proportion & affect my body. For example, I've learned to observe how I come across in my interactions in relationships, I've learned to take responsibility for & change my re-actions, instead of blaming them on others. I have been able to identify some of my non-working habitual patterns, & learnt to replace them with workable behaviours (for people to want to be with me). Through counselling, I learnt that physical exercise helps my physical fitness, but I need to also work on developing my mental & emotional fitness."

Lê: *Would you recommend other people?* **Client:** "I want to say to people that counselling is not something you should fear, like I did at first. While it is hard because you have to feel the feelings, the emotions you have inside; it is through this healing journey that I now appreciate that I get to feel the depth of me, of my feelings, of my aliveness. I wouldn't have

known myself as much, had I not come to see you."

Western Psychology & Eastern Wisdom Counselling (Lê Hoang) is located at Ambrosia Health Centre & Enfield.

Massage to support a healthy lifestyle

Massage is a simple yet powerful way to care for yourself & will help you find increased energy levels for other activities, e.g. sport, going to the gym, spending time with family & friends.

Stress can be an important & useful part of life. It stimulates learning & personal growth & is part of any major accomplishment. The healthiest & most effective people are not those who avoid stress, but those that respond positively & successfully to it.

Therapeutic massage will help you to feel better, teach you to consciously relax & enhance your ability to cope.

By making therapeutic massage a regular part of your lifestyle, you will experience ongoing cumulative effects of reduced muscle tension, increased vitality & a calmer state of mind.

Benefits of massage

- Relieves painful muscle spasms & tension
- Improves circulation
- Induces restful sleep
- Supporting you both physically & psychologically, by giving you a measure of control. Just knowing that there is something that you can do for yourself helps you to feel less at the mercy of external events. You may very well experience relief from emotional symptoms such as anxiety & depression, along with a new sense of optimism & feelings of well being that can last for days.

Call Natalie now for an appointment and manage your stress in a more productive way.

Feng Shui

Happy Chinese New Year!

This is a perfect time to have your home Space Cleared.

You can do basic Space Clearing yourself by using sound from bells or singing & smudge sticks. Sound breaks through the stagnant energy of the corners & smoke helps to clear it all out. Keep the windows open while you do it, so the fresh new energy can come in.

Alternatively, Professional Space Clearing is done as a ceremony with a higher purpose, where your intentions are taken into account & also includes a Home Blessing. I highly recommend it for people moving into a new home, trying to sell their home, after a relationship break up or to simply bring some fresh energy and fresh opportunities into the home.

I see a lot of clients who have moved into a new house & months later still feel as if they are living in someone else's home! Space clearing helps you to re-connect with your old home or to form a bond with your new home.

I spoke with a client yesterday and she said to me: "We are so excited about our home now. We moved in nearly one year ago, but never felt settled. After the Space Clearing we threw a lot of stuff away, started painting the house and feel really energised. Thank you".

Change the energy of your home, change your life!

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

Be sure to come along to **Ana's FREE talk** at Ambrosia on **March 19 at 7pm** entitled "**Feng Shui & Your Relationships**".