



### Welcome to our Autumn Newsletter 2009!

I hope this has been a good year so far. Many of you will now have met Viv our new receptionist. We are very happy that she is working here. I would like to thank you all for your patience while we have been installing our computerized diary. I would also like to acknowledge the hard work of Judy, Kerry, Anna and Viv in managing our new system. If your details have changed in the last twelve months please check with one of our reception staff to see that we have them on the new system.



We have two celebrations coming up in April! The first is to acknowledge Debbie Leigh having worked at the clinic for 20 years. The time has gone so quickly and I know many of you will agree that Deb is a wonderful practitioner. It is a privilege to have her working here. Over the years her focus has become natural fertility management. If you have had a child under the guidance of Deb we would love it if you could send in a photo and a testimonial that we could use on our website or in our clinic book. It is always inspiring for others to see that there are good outcomes to our work here.

The other celebration we will have is our 26th birthday of the clinic. In April last year we had a lot of fun celebrating the 25th year of our Clinic. We ran a draw and gave away many prizes including two nights at Noosa. We enjoyed it so much we have decided to do it again! During April 2009 if you come into the Clinic for a treatment, or to buy products, you can enter the draw. There will be two prizes - the first of which will be two nights, five-star accommodation in Noosa.



The second prize will be a dinner for two in Paddington with two of the practitioners from the clinic. This will enable you to pick our brains about health issues - or purely enjoy the meal and hopefully the company!

#### Move on with NLP

Have you realized you still have the same problems you had last year? Did the media images of "festive fun" just increase your loneliness or that heavy feeling inside? If nothing changes, nothing changes. Instead of losing another year of happiness, book in for our FRESH START NLP Package. In four sessions, including a 1.5 hour diagnostic with Sue Lester, you can create amazing changes. You'll clarify and clear underlying issues holding you back from loving life and become calmer and more confident about moving forward. The package is only \$429 and includes a Bonus 15 minute follow-up telephone consultation valued at \$45.



Are you a Smoker? There is no need to 'Quit'. No need to 'Give Up'. Simply CONVERT to Non-Smoking using NLP and Hypnosis. The Non-Smoker Conversion Package includes a 10 minute telephone call, 2 pre-session tasks, 2 x 2 hour sessions designed specifically for you, and 2 support calls at 2 weeks and 4 months afterwards. The package price is \$495. Please note: NLP and hypnosis can help you make the changes you want to see easily and effortlessly, but cannot make you do something you don't really want to do. Only when you are committed to change, for yourself and no one else, call to book your initial telephone call with Sue Lester.

Are you planning to conceive? On IVF? Pregnant? New Parents? During all of these stages, NLP can be a powerful tool for you. You can uncover and clear unconscious blocks to conception, changing negative beliefs and limiting decisions which may be preventing you from conceiving. During IVF you can release the backlog of stress and negative emotions building up, and open up more choices for yourself. During pregnancy often fears and old issues surface, and these can be cleared so that you can relax, bond with your baby, and enjoy your pregnancy and birthing. Parenting can be quite stressful when you aren't confident or feeling secure, so NLP can be used to improve your self-esteem, your approach to parenting and your relationships.

#### Did You Know?

Frequency Specific Microcurrent (FSM) is an effective treatment for inflammation, swelling and a congested lymphatic system.



Both FSM and massage to work specifically on the lymphatic system can greatly assist detox treatment plans. Lymphatic massage uses techniques to help in the removal of toxins from your body thus complementing and supporting your detox. FSM has frequencies that work on relieving congestion in the lymphatic system as well as revitalising the lymphatic system.

Clients have also had fantastic results with FSM for reducing swelling whether it be from surgical removal of lymphatic tissue or resulting from an injury and accompanied by inflammation. FSM is also one of the most effective treatments for reducing the pain of inflammation and acute injury. If you are detoxing, or want to give your lymphatics a boost for your wellness, book in now for a lymphatic treatment with FSM or massage. If you have any further queries regarding FSM please email Sue Fittell at [sue@paddingtonclinic.com.au](mailto:sue@paddingtonclinic.com.au)

#### Cancellation Policy Reminder

Please give as much notice as possible if you are unable to keep an appointment or need to change the time of your appointment.

It is our policy that a fee will be charged for all appointments that are cancelled or changed with less than 6 hours notice.



A broken appointment without notice is a loss to 3 people:

- The client who missed their treatment;
- The client who could have used the treatment time; and
- The practitioner who was ready and prepared to help a valued client.

Thank you for your consideration

#### The stress of menopause

Menopause affects women in varying degrees. This can be a very stressful time for many women with symptoms sometimes being very severe. Some of the changes that occur during this time are related to the reduced protective effect of oestrogen as it declines. The effects include increased cardio vascular risk, osteoporosis, reduction in muscle mass and increase in body fat.



The adrenal cortex must take over where the ovaries left off. Stress management and adrenal support are essential at this time.

The Chinese have successfully managed this transitional time and one formula in particular is extremely effective. Bupleurum and Peony formula has been shown to be as effective as HRT, and in some cases, far superior to it. This formula supports the body's natural processes, rather than trying to manipulate them. It is very effective in treating flushing, mood swings, sweating and sexual changes. It can also relieve panic attacks, palpitations, dizziness, shortness of breath and nausea. If you want to know more about this formula, or other options for treating menopausal symptoms, talk to your practitioner.

#### Would you like to receive your newsletter by email?

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