



Welcome to our Autumn Newsletter 2010!

This newsletter has a number of exciting announcements to make!

The first is that Paddington Clinic turns 27 in April!

We are proud of this achievement and like to share it with our clients. Once again we are asking everyone who comes into the clinic during the month of April to put their name in a box and at the end of the month we will pull some names out of the box and people can win vouchers to use at the clinic such as for massage, a facial rejuvenation treatment with acupuncture or an FSM treatment. This is our way of giving back to all the wonderful people who have supported us over the years.



The next news we have is that we are starting to run some information evenings with the intention that you will learn some useful information about an area you may be interested in. We also encourage you to bring friends or family to these events. We will give you plenty of time to ask questions and talk to individual staff members so hopefully they will be interesting and fun evenings.

Our first talk is on March 10th at Brisbane Workers' Community Centre, 2 Latrobe Terrace, Paddington. The subject is "Healthy Weight: The Hidden Blocks!"

Our second evening is "Natural Fertility: Helping it happen" and will be held on April 14th at the same venue. On May 6th we will present "Living Pain Free: Find out How" and 9th June will be "Stress Less, Sleep Better (Look Younger)". So put these dates in your diary now and let us know which of the evenings you will attend. They are all free of charge and are from 6.30 to 8.00 p.m.



The next news is that Joel Delaney will be returning to Paddington Clinic at the beginning of April. He left over a year ago to further his studies in acupuncture in China. He then went on to do some amazing travels in Indonesia, Sri Lanka, India and Nepal. He spent some time working in a Natural Therapies Clinic in England and he returns with great enthusiasm to be back working at Paddington Clinic. His expertise is in acupuncture and massage.

[Click Here to Book for the Free Information Evenings](#)

The relationship between a Toxic Bowel and Disease by Suzanne Wilson.

There are 4-500 different species of bacteria in the human intestinal tract at any given time. Among the different species are 'friendly bacteria', such as Lactobacillus and Bifidobacteria, which are responsible for a number of beneficial digestive functions such as maintaining healthy intestinal pH and enhancing immune function. However, a disruption of friendly bacteria can occur resulting in a toxic bowel allowing growth of 'bad bacteria' and yeasts. The bad bacteria deprive your body from absorbing nutrients, and produce toxins and various carcinogenic substances.

There are several species of bad bacteria such as Salmonella, Escherichia coli, Staphylococcus aureus, Campylobacter jejuni, Proteus mirabilis and Colistridum difficile. Additionally, the most common yeast present in the human body is Candida albicans which has the potential to be an indirect tumor growth promoter. Some of these organisms are not considered pathogenic by mainstream medicine and are therefore often not tested in stool analysis.



Symptoms of a toxic bowel can include fatigue, headache, flatulence, bloating, diarrhoea, inability to gain weight, skin rashes (eczema, psoriasis), chronic joint pain, thrush and depression. External factors contributing to a toxic bowel include stress, antibiotics, alcohol and recreational drugs, coffee, poor diet, a low level of digestive enzymes, excessive sugar and yeast intake and the Oral Contraceptive Pill. Finally, disease states linked to a toxic bowel include Crohn's Disease, Ulcerative Colitis, Pancreatitis, Asthma, Diabetes, allergies, liver and thyroid disease.

In order to gain nutritional benefits from foods, it is critical that they are properly digested, absorbed and eliminated. With an overgrowth of bad bacteria the best nutrition in the world will go to waste. A simple urine test can be carried out at the Clinic to determine whether you have an overgrowth of bad bacteria in your intestinal tract. Ask your practitioner for more details.

My Personal Journey with Frequency Specific Microcurrent (FSM) by Sue Fittell.

When I first heard about FSM I didn't give it much thought, purely because it was a "machine" and I was dedicated to yoga, massage, Reiki, acupuncture and all things "natural". About a year later my shoulder started to hurt and I couldn't practice my beloved yoga or enjoy body surfing without pain or discomfort. I started having treatment here in the clinic, including acupuncture, massage and herbal remedies. While these helped, my shoulder was still "ragging". I had been rejecting Pete and Mary's suggestion that I try FSM because, in my mind, it was not "natural". However, as my self-prescribed methods, including a modified yoga practice, were not working 100% I finally realised I had nothing to lose by giving FSM a go. I couldn't believe the difference just one treatment made, it was truly amazing and what a relief! This was so effective that when the opportunity came for me to train to be a FSM practitioner I signed up straight away.



I learnt that FSM is a form of energetic medicine, like acupuncture, Reiki and homeopathy - so it was natural after all! The big lesson for me was to be open to all forms of healing, including Western medicine, which can be invaluable for a practitioner of natural medicine in determining what is going on in the body through blood tests and scans etc. When treating with FSM the more we know about the exact cause of pain or the condition we are treating the more effective the treatment can be.

The second time I had a shoulder injury was five years later and this time was much more sudden and severe. I had a scan immediately and was told by specialists that surgery was my best and only option for a full recovery. I agreed to two cortisone injections as the pain was excruciating. These reduced my pain to a manageable level so that I could persist with my natural approach - this time including FSM from the start! I am happy to report that I now have regained full use of my shoulder without having surgery. As well as pain relief I found the FSM particularly helpful for my emotional distress and for increasing my range of movement in the initial stages of treatment.

FSM can reduce the pain of any condition from sporting injuries and broken bones to shingles, kidney stones or nerve pain. There are hundreds of frequencies for the myriad of tissues and conditions in the body. I love treating with FSM and seeing the difference it can make to peoples' lives. I continue to be both amazed at some of the results we can achieve and inspired by the endless possibilities for FSM in the future.

For more information go to www.frequency-specific.com or email sue@paddingtonclinic.com.au

The "Top 3" benefits of looking after your Health by Sue Lester.

1. It saves you time

Imagine the difference to your busy life if you were always calm, sleeping well and thinking clearly. Would you be more efficient as well as happier? Coping with pain and stress uses up enormous amounts of physical, emotional and mental energy. This energy could be freed up for you to use on more important things. You might even find time for fun too!



2. It saves you money

The money you invest in regaining and maintaining your health pays huge dividends over your lifetime. You are less likely to have time off work, to lose business through illness or, potentially, to incur hospital bills. By consulting a health care professional you don't throw away money on cheap and ineffective supplements and treatments. Caring for your health means you are able to care for yourself and your family, now, and in the future. Quality of life is priceless.



3. It improves your self esteem

Caring for your health is a sign that you value yourself and your ability to contribute to the world. When you feel well, relaxed and happy it shows in your face, how you move and how you interact with others - at home and at work. Feeling healthy, physically and emotionally, means you look better which in turn boosts your self esteem. You have the energy to enjoy your life and make whatever changes you want to improve it even more.



Good health doesn't come instantly, nor from popping a white pill and soldiering on. It would be unreasonable to expect instant cures for problems that have been around for weeks, months or years, but when you are committed to your health, noticeable changes don't take long. We recognise you as an individual and, because we provide a wide range of services, we can design a holistic health care program specifically for you.

Autumn Special

Complimentary 30-minute Problem Dissolving session (Valued at \$60). This will answer your questions about NLP and dissolve a problem or two for you. It's as amazing as it sounds! Sessions are available in person or by telephone on Mondays and Wednesdays with Sue Lester, Master Practitioner of NLP and Hypnosis.



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www.paddingtonclinic.com.au
or call **07 3369 0045**