



Welcome to our Spring Newsletter 2009!

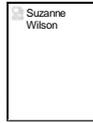
What a beautiful time of year Spring is! It is a time for clearing out the cobwebs, getting rid of clutter and getting our mind and body into tip-top shape.



At Paddington Clinic we like to focus on good health and this means that you don't have to wait until you are sick, in pain or feeling depressed before you can come in. We pride ourselves on helping keep people in their best of health and it may interest you to know that everyone working in the clinic tries to get some regular treatment to iron out day-to-day stresses - whether it is a naturopathic check-up on diet and supplements, or a massage or acupuncture treatment. Acupuncture is a wonderful therapy to bring the energies into balance and help to preserve good health. We also offer hypnosis and NLP to help clear the mind from any blockages that are holding us back.

If you are feeling sluggish and don't feel that you are radiating good health talk to one of our practitioners about what you can do to feel full of the joys of spring!

I would like to introduce you all to our new member on the team, Suzanne Wilson, who is a naturopath and massage therapist. If you check our web site www.paddingtonclinic.com.au you will see more details about her. Suzanne has a special interest in fat loss. This is the time of year when many decide they would like to lose a few kilos they have put on over the winter months. Suzanne has a practitioner's program that will help you lose the fat and keep it off. If this is what you need to do ask for Suzanne and get started on the program.



I mentioned in a previous newsletter that we would be celebrating Debbie Leigh working at Paddington Clinic for 20 years. To do this we went whale watching which was a first for many of us. It was a fantastic day. The weather was perfect and the waves were calm. The most important thing was that we saw whales and they actually came right up to our boat. We even saw a two-day old baby whale. What a fabulous way to celebrate Deb's time at the clinic!

Does your winter skin need reviving? Rejuvenate with Massage

As we fast track into Spring we are moving from the quiet, reflective energy of Winter into the energetic time to wake up and bounce back into action. The world around us is coming to life with many flowering plants around Brisbane in full bloom. Spring is the time to renew, recharge and start acting on our plans made during Winter reflections, maybe a detox, new exercise program or sport.



A great way to get these plans and our bodies moving is with a High Spirit Aromatherapy Massage. The High Spirit blend is an exhilarating combination of essential oils of Spearmint, Ylang Ylang, Cinnamon, Peppermint, Neroli and Rose Flower which have been specially selected to deliver a lively essence.

As well as being relaxing and uplifting a High Spirit Massage will help revive winter skin, relax tight muscles and boost the immune system, enabling our physical, mental and energetic bodies to tune into the new season. Relax, enjoy and revitalise now!

Menopause - a Time of Change

As the female body adapts to the many physiological changes throughout menopause one of the most frustrating challenges many women face is increased weight gain or an inability to lose weight. This is completely natural as menopausal women have a decrease in estrogen which leads to weight gain.



However excessive weight gain - especially around the abdomen - increases the risk of developing cardiovascular disease, diabetes and osteoporosis.

Recent studies found that losing five percent of fat around the abdomen decreases the risk of developing the above-mentioned disorders by fifty four percent. Therefore there is less risk of developing cardiovascular disease, diabetes or osteoporosis - if you lose the weight, have a healthy diet and undertake regular exercise.

Are you trying to lose weight and it is not happening? Have you tried countless weight loss programs without success? Or do you want to learn how to lose fat for life?

Paddington Clinic invites you to try Australia's latest scientifically-proven fat loss program KETOSLIM. This program is designed to keep you trim, lean and healthy under the watchful eye of Naturopath Suzanne Wilson. Other dieting programs fail because you lose muscle mass - decreasing your metabolic rate - whilst KETOSLIM maintains your muscle mass ensuring that rebound weight gain is a thing of the past. Additionally, you will learn how to keep the fat off for life, feel great and look great.

"If my 68 year old mother can do KETOSLIM and lose 1kg per week, you too can look great this summer," says Suzanne. Make your appointment today with Suzanne Wilson to receive.

How do you measure up?

- Measure your waist circumference:
- Measure directly against your skin;
 - Breathe in and out normally three times;
 - Make sure the tape is snug without compressing the skin;
 - Measure half way between your lowest rib and the top of the hip bone, roughly in line with your belly button.
 - Women with a waist circumference of more than 80cm are at greater risk of cardiovascular disease.
 - Men with a waist circumference of more than 94cm are at greater risk of cardiovascular disease.



Vitality, Longevity and Healthy Ageing Cellular Health Analysis

Have you ever wondered "what's really going on in my body? My energy and drive are not what they use to be and I just don't feel right but the doctor says all my tests are fine...."



If the cells in your body are depleted of water and the nutrients they need they just can't do their jobs. If you are retaining water in your body or have an underlying inflammatory condition you just won't feel great.

Cellular Health Analysis is a simple test which can determine many factors which will make you feel below par. It can show where the fluid is in your body (i.e. intracellular or extracellular), how much fat and how much muscle your really have as well as your biological age. Muscle is where the energy is produced in our bodies and if muscles are being wasted away we need to know about it. This information allows us to assess whether your exercise program is suitable, whether your protein and water intake are adequate and if you are aging too quickly. It is essential in managing a fat-loss program, improving muscle tone and fitness and increasing energy levels.

Who should have a Cellular Health Analysis? Everyone should have one of these tests - it may be just the answer you have been looking for. Practitioners at our clinic are a select group of professionals who have extensive training in using this system to maximise vitality, longevity and healthy ageing.

Did you know... you can blow your allergies away!

Fed up with red itchy eyes, sniffles and sneezing? If you know what sets you off, whether pet hair or feathers, flowers or grasses, you can use NLP to help your body un-learn it's allergic reaction in just one session.

