

PADDINGTON CLINIC NEWSLETTER

**Welcome to our Summer Newsletter 2008!**

Another year is nearly over once again and we approach a new year. I'm sure we all have ideas about what we would like 2009 to bring. Good health is something we may take for granted when we have it and then something we long for when we don't feel in the best of health. It is not necessary to wait until you are really sick before you visit our Clinic. We are motivated to help you to reach and maintain your optimum health.



The New Year is a great time to clean out the cobwebs and have an overhaul. Many people embark on a detox regime and we can test your levels of toxicity through a urine test that we perform here. Talk to your practitioner about how you can improve your general health.

Joel Delaney is leaving our clinic for a few months. He is going to China to do some further studies in acupuncture and will have the opportunity to work in some hospitals. He also hopes he may be able to do some aid work in India using acupuncture. We will miss Joel and wish him all the best for the months ahead.

In April 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 next year 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 either Peter or myself (Mary) and one of the other practitioners. This will enable you to pick our brains about health issues - or purely enjoy the meal and hopefully the company!



For those of you who do not know our website has a page of testimonials. If you feel the urge to write a testimonial for one of our practitioners, please do, as we value your feedback. You can give it to us via email, post or in person. Thank you!

The clinic will close at 6.30 p.m. on Tuesday December 23rd and will re-open at 8.00 a.m. on Tuesday 6th January 2009. Please make sure you have all the herbs and supplements you need to last you over the break.

Last but not least we all wish you and your families a very happy and safe festive season and thank you for your support over the year. We look forward to seeing you in 2009!

**Surviving the Festive Season**

What tarnishes your tinsel? Do you over-indulge and then feel bloated and guilty? Are you dreading enforced close contact with colleagues or relatives you really don't like? Does just hearing someone's name fill you with anger or anxiety? Perhaps it's regrets of alcohol-induced Freedom of Speech releasing a year of pent-up frustration?



This year keep your tinsel shiny with our Festive Prep. Pack. The pack consists of two NLP sessions with Sue Lester and costs just \$198.00. The sessions will help to change your negative responses to particular people, rid you of semi-addictions to problem foods and beverages and install a resource anchor to get you through stressful social situations.

Have you realized you still have the same problems you had last New Year? Instead of losing another year of happiness book in for our Fresh Start NLP Package.

In four sessions with Sue Lester you will create amazing changes, clarifying and clearing underlying issues holding you back from loving life, and becoming calmer and more confident about moving forward. Next year you can look back with pride not regret. This package is \$429.00

Remember, any time of year is good for an Emotion Detox to clear negative emotions leaving you calmer, lighter and more in control. Available in one-on-one sessions or in small group workshops where your issues remain private. The next Emotion Detox #1 Workshop is Saturday 7 February 2009, 9.00 a.m. - 4.00 p.m. and costs \$175 or \$295 for couples. Book directly with Sue Lester via her email [sue@growingcontent.com.au](mailto:sue@growingcontent.com.au)

**Facial Acupuncture Renewal**

This is a new treatment at our Clinic and so far clients are very pleased with the results! They are saying things like "it really has made a difference hasn't it?" and "I love the treatments, they are so relaxing!"



Also, other people, who do not know they are undergoing the treatments, have noticed the results! We have attached an information sheet about this treatment to our newsletter so that you can read about what it entails in more detail.

To look your absolute best ask us about current specials on this treatment now.

**The importance of preparing for a healthy baby!**

Pre-conception care and fertility have become specialized areas of this Clinic as many of you know. We see a lot of challenging cases where couples are trying to conceive and so we are well aware that it is not straight forward for everyone. It is very important for all people wanting to have a baby to do the most they can to encourage a healthy pregnancy.



I would like to share with you a case history of a couple who came to see me to prepare for a healthy baby in September last year. The reason I want to share their case is because, although they were already clients of the Clinic, they decided that they would get into the best of health prior to conceiving

Colin had a sperm check and discovered that some work was needed to improve his parameters. This is something we strongly recommend as it obviously takes two to make a healthy baby!

Leni had started charting to see if she was ovulating regularly and found that her ovulation was not as regular as it could have been. The plan was to spend four months in rejuvenating them both before they tried for the pregnancy. Both were checked and treated for heavy metals in the system. Both were checked for liver and bowel toxicity and committed to a healthy diet and lifestyle regime to prepare for parenthood.

They both took appropriate herbs and supplements and had regular acupuncture treatments. Leni's ovulation became regular and Colin had another sperm check after five months and was told that his sperm parameters were now excellent. Both felt the benefits of their good health regime and were given the go-ahead to try for a baby.

They were fortunate enough to conceive the first month they tried and recently Leni gave birth to a healthy baby boy.

I know from the people we treat here that it is not always as straight forward as this to have a baby but I use this example to stress the importance of pre-conception care. We treat many women wanting to conceive, and also some men, but one of our concerns is when men are reluctant to check their sperm especially if the pregnancy is not happening. Thoroughly preparing for a healthy pregnancy is the best way to fulfill your dreams.

If you are finding it hard to get back to the Clinic for post-birth naturopathic support you can have a phone consultation. These last ten to fifteen minutes, cost \$45 and are a quick and easy way to resolve any problems which may have arisen with you or your child.

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