



Welcome to our Summer Newsletter 2010

As 2010 draws to a close I think it is useful to reflect on the year that was. How was 2010 for you? I like to write down my hopes and dreams for each year and then reflect on them at the end of the year. It doesn't matter if everything isn't achieved but it does give a good focus to work towards. Is your wellness a priority for 2011? Our focus at the Clinic is not just to treat your symptoms but to help you reach your optimal health and maintain it!

We continually strive to be a professional, caring clinic and all of our practitioners put a lot of time into extra studies to keep up with current information. We also try to be leaders in our profession and were thrilled when we were recently presented with an "Outstanding High Achievement" Leadership Award for the general success of our Clinic in 2010. We are very proud of this award and feel it reflects on all who work here and the energy and enthusiasm with which we work. We were also pleased that the award was given to us after 40 practitioners from around Australia voted Paddington Clinic as "setting an inspirational example to our peers".

Of course none of this would happen without our clients so we extend a big "thank you" to all of you who help to keep the Clinic running by consulting our practitioners. Thank you also for referring others to our Clinic - your friends, family, work mates and, in some cases, people you met on the street! Our Clinic works mainly from referrals and so we appreciate your confidence in us.

We will be closing at 7.00 pm on Thursday 23rd December and we will re-open at 9.00 am on Tuesday 4th January. Please make sure you have all the products you need to last you over this period. Wishing you all a very Merry Christmas and a wonderful 2011. Mary and all at Paddington Clinic.

Did you know?

Paddington Clinic now has a blog on our website at www.paddingtonclinic.com.au

You can also find links to our Practitioners Blogs at this web address, be sure to bookmark these new blogs and stay-tuned for lots of new information very soon.



Think well, eat well and be well this festive season.

It's that time of year again when festive functions and the end-of-year rush make it harder to get to the gym and the abundance of delicious food at family and work gatherings threatens to derail your healthy eating habits. Not only do our eating habits change but for many of us increased alcohol consumption and hangovers become the norm. Try these steps to wake up fresh in morning!

- If you are attending a Christmas BBQ pack some light beer – or – if you're heading to a cocktail party, select four canapés when you arrive and make them last.
- Start the day with a satisfying breakfast, such as an omelette with baked beans, and a detoxifying glass of fresh lemon in water.
- Have a pre-party snack or protein shake to avoid over eating.
- Eat small, frequent meals to keep your metabolism and appetite in check.
- Serve food on a smaller plate for yourself and wait 10-15 minutes before taking a second helping.
- Drink two glasses of water or a cup of hot tea 30 minutes before meals to reduce appetite.
- Don't be too hard on yourself if you do put on a few extra kilos this festive season.
- Most importantly relax, enjoy and be safe this summer!



Start the New Year vibrant – Join me on a Detox!

Detoxification is a fundamental bodily function and is also a major determinant of a person's level of health. Once the detoxification system becomes overloaded, toxic metabolites accumulate and we become progressively more sensitive to chemicals which are not normally toxic. A "toxic load" can contribute to weight gain, psoriasis, acne, chronic headaches, inflammation, auto-immune diseases and chronic fatigue. Be vibrant, fresh and have renewed energy in 2011. Book in with me to find out which detox program is best suited to you. Suzanne



How does stress affect you?

People respond differently to stress, you might experience digestive upset, tight shoulders, disturbed sleep or find yourself shouting at the kids. Unless you're a Zen monk I think it's fair to say that we all experience some level of stress. The problem is not the presence of stress but whether we are able to deal with it appropriately.

Being able to relax after stress is called the Relaxation Response. This prevents an unhealthy accumulation of stress which, ultimately, can reach crisis point. One of the most practical ways to help the Relaxation Response is to get a GOOD night's sleep. This gives the body time to deal with the stress chemicals which have been produced during the day, make anti-oxidants and bring our body into a state where it is able to engage with life. There are many ways to help deal with stress and increase the Relaxation Response - one of these is to look at your "sleep hygiene". If you would like a FREE information sheet on "sleep hygiene", which includes simple, practical steps to improve your sleep, please email me joel@paddingtonclinic.com.au.



Slow

The pace of life just seems to get faster and faster and Christmas always seems to accentuate that fact.

It only seemed like Christmas a month ago and the decorations have just been put away from last year! What is really going on in the world and my life...?

I'm sure many of you can relate to the speed at which things seem to be moving. Many say it is a sign of aging and maybe it is but I think there are other reasons for the increase in speed at which we now live. The fact that we are getting older is inevitable. We have also had more time to TRY and fit more into the time we have. More life experiences mean more things we feel we need to deal with - unlike a small child who has only a limited life experience and less to fill their life.



Busyness and speed are things we create in our own minds; they make us feel as if we are being useful, productive, and important. In reality we are not sure what is important so we give our attention to everything that enters our heads with no real direction.

Imagine if we made Christmas a time to reflect on the important things in our lives and cut out some of the things that are just distractions? We might find that Christmas is a lot less stressful and can happen at a much slower pace. Slowing down can be a lot more productive in the long run- and – a much more enjoyable way to live our lives. Slow is the new Fast.

10 Tips for Surviving the Family Gatherings

1. Leave the Past where it belongs, your version of it only exists in your head.
2. If you are going to imagine a future event or conversation, a "What if?", make it how you'd LIKE it to be. Feel the difference.
3. Know that people do change over time and it's OK if you no longer think the same.
4. There is no need to get into arguments, just say, "That's an interesting point of view" (no sarcasm please!).
5. S/he who gets angry loses. Angry drunks are the biggest losers.
6. "No one can make you feel inferior without your permission." Eleanor Roosevelt.
7. Be aware that while gifts are crucial to some, others feel more loved when you spend time with them in conversation, or give them hugs. How do you most feel loved?
8. Value yourself and your needs. Say "no" and be prepared for the initial resistance.
9. If you want to others to treat you better, you'll need to reset and maintain your boundaries.
10. Allow yourself and the children to play and have fun – create happy memories.



If you read any of these tips and thought, "that'd be great, BUT...", then book yourself in with Sue Lester, and experience how quickly and easily you can use NLP to create what you desire. Sue is offering a 90-minute NLP Silly Season Package with a bonus free gift: Problem Dissolving NLP Questions on MP3 (normally priced \$27).

Welcome Back Deb!

Many of you will be delighted to know that Debbie is (finally!) back from her trip to Nepal.

While she was away Deb combined trekking in Mustang with a visit to the orphanage that is home to two children sponsored through the Clinic.



Deb took great pleasure in meeting all the children at the orphanage and her trekking group took over nine bags of woollen jumpers for the children.

As part of her ongoing interest in, and commitment to projects to improve the quality of life for people in Nepal, Deb has brought back an array of Nepalese goods, such as jewellery and pashminas for sale.

The sale will be held from 10.00 – 2.00 on Saturday 11 December 2010. All proceeds will go to the Nepal Australia Friendship Association (NAFA). If you are interested in this please contact the Clinic and we will give you the address of where the sale will be held.

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