



## Vitalchi Wellness Sanctuary News....

### The clinic goes on a detox

A natural detoxification program can be one of the most effective ways to rapidly improve the state of your health, as it will help clear toxins out of your body and leave you feeling healthy and energetic. However, detoxification is serious business and your safety and comfort during the process is important. Therefore, the best detox is a program done under the guidance and support of a qualified Naturopath. Also because we know the fantastic benefits of detoxification the entire clinic is doing a 2 week detoxification between the months of September and November. So feel free to ask any of us how we are going.

### Reiki Level 1 Course

Reiki's philosophy is that when 'life force energy' is low, a person is more likely to be unwell or stressed. Reiki enables individuals to resolve this imbalance and aid the life force energy to increase and return to its natural high, assisting the person to feel more capable of being happy and feeling well. Dagmar Guntermann our fantastic hypnotherapist and Reiki Master will be facilitating this course.

The next Reiki course is to be held **Saturday the 10th of October** from 9:30am till 5:00pm. The course costs **\$197** for the day so don't miss out, Register NOW as places are limited.

### Vitalchi Wellness Sanctuary Presents....

#### "Pay what you want day!"

Our "pay what you want day" is now becoming a regular event here at Vitalchi as we enjoy providing our loyal clients the opportunity to experience new therapies and pay what they feel is fair.

Our next pay what you want day is on **Thursday the 1st of October 2009**

Services available include Naturopathy, Reflexology, Massage, Osteopathy, Hypnotherapy, and Life and Soul Coaching

# Natural Hay Fever Relief

Spring is in the air and whilst most of us are rejoicing and basking in the sunshine, warmer weather and enjoying all the gorgeous blooms, there are some of us that dread spring with the winds and pollens in the air. Most of those people are reaching for any pharmaceutical medication which might give them some relief from the horrible symptoms associated with hay fever such as sneezing, headaches, runny nose, red irritated and itchy eyes.

Well guess what...you most likely have some really effective natural remedies hiding in your pantry cupboard! Foods such as garlic, ginger, onion, turmeric and horseradish are potent anti-inflammatory, all of which can reduce the inflammation associated with hay fever. Simply add to your cooking as often as possible, or

**Blend 1 clove of garlic, a 50cent size of ginger with 1/2 an onion and tsp of Turmeric and 1/2 a horseradish and cover with boiling water and a tsp of honey and drink twice daily, doesn't taste the greatest but is an excellent side effect free alternative to pharmaceutical medication, and it wont make you drowsy!**

Immune support is also important in reducing hay fever. Check your mineral status, especially zinc and ensure your diet includes high vitamin C foods. These are important for an healthy optimally functioning immune system.

Nettle tea is a great herb to help relieve symptoms. Netti pots filled with warm water and sea salt, are also fantastic at clearing the sinuses and relieving symptoms.

Supporting your liver as the primary detoxifying organ is also important, a sluggish liver can perpetuate symptoms. Liver teas such as dandelion root, are excellent in aiding the liver and helping it work effectively.

If you are experience chronic hay fever and are finding that you are unable to obtain relief, make an appointment with one of our naturopaths who will tailor a programme specifically to your needs and help to either alleviate or eliminate your hay fever blues.

## Recipe of the Month

### Ricotta Pancakes

**This is a great recipe for breakfast or a lovely afternoon snack—anytime of the day in fact. You can add water to this mix if you would like it make large pancakes or add more flour if you'd like to make them into picklets.**

3 eggs

1 cup whole meal spelt, rye or rice flour

2 tsp baking powder

1/4 tsp sea salt

1 cup low fat ricotta

Separate eggs, whip egg whites until fluffy. Beat egg yolks, flour, salt and ricotta together in a medium bowl. Fold in egg whites gently and mix well. Fry tablespoons of mix in a little light olive oil until lightly browned on each side. Serve with fresh fruit and a drizzle of maple syrup and honey.



*‘Bridging the gap between your Soul Knowing of Oneness, and your life experience of separation ....’*

Is it time to Spring back into Life? As the seasons of life cycle, does it feel as if you have been in the ‘winter’ of your life, feeling disconnected from the essence of who you are? Is it time to awaken to the fresh new growth of spring?

Spring back into Life by coming on a 3 month Vitalchi Life and Soul Coaching Journey, that will assist you to deeply reconnect to your essence, which revitalizes your life.

When you are deeply reconnected to your One Self you experience profound peace, calm, joy, expansion and healing on all levels. Life and Soul Coaching from Vitalchi supports you on your journey of deep reconnection, to discover the perfection that you are.

As a highly intuitive Life and Soul Coach, Carol Goddard has an extraordinary talent for being with you, seeing your light, and gently and clearly guiding you to reconnect to the depth of who you are. Having reconnected on the deepest level to your essence, your magnificence, to the pure source of your own healing, you activate your innate wisdom and experience profound healing on all levels.

If you are ready and willing, Carol will assist you to reconnect to your inner light, and realign, and live your life from the essence of your soul. Connect with Carol now, and allow the miracles to begin....

**Vitalchi is excited to introduce Life and Soul Coaching group sessions**

We have two sessions available :

**Tuesday’s at 5pm and Wednesday’s at 2pm**

**Sessions are limited to 5 people and cost \$87 for the hour**

Group sessions are an excellent way to connect with like minded people and journey together to reconnect with your true essence.

**Next Monthly Meditation Class is on Tuesday the 13th of October at 6:30pm**

**Take some time out for you and enjoy this relaxing experience.**

**Meditation is an outstanding tool to help you relax your mind and help you develop greater calm, joy and peace. So come and join us for this soothing and nurturing experience.**

**Book NOW as places are limited by calling the clinic on 9894 0014. \$25 per session**



# Arthritis and Natural Treatments

Did you know approximately 85 percent of people aged 70-plus, and many others in younger age groups, suffer from some type of arthritic condition?

Arthritis may be a very common affliction, but that doesn't make it any less painful. If you are looking for natural arthritis treatments, you have come to the right place. Vitalchi's natural health practitioners offer a range of arthritis treatments that not only address the pain, but investigate and treat the cause of your symptoms as well. Our aim is to provide effective and long lasting relief from your arthritis pain.

## Types of arthritis

There are two types of arthritis: Rheumatoid Arthritis and Osteoarthritis. While both cause joint pain, stiffness and reduced range of motion, they affect the body in different ways.

### Rheumatoid Arthritis

Rheumatoid arthritis is an autoimmune condition characterised by inflammation and destruction of the joints in several areas of the body. Rheumatoid arthritis most commonly affects joints in the hands, wrists, knees and neck. With rheumatoid arthritis, the joints on each side of the body will be affected symmetrically i.e. both the left and right hands, wrists and/or knees will be affected at the same time.

### Symptoms of rheumatoid arthritis

- Hot, swollen, puffy-looking joints
- Reduced movement in affected joints
- Pain in affected joints (especially after periods of rest e.g. on waking from sleep)
- Possible joint deformities



### Osteoarthritis

Osteoarthritis causes chronic degeneration of the joints by wearing away the cartilage and bone, and also by forming small bony growths called spurs in the joint space. The destruction of the cartilage means when joints move, bone rubs against bone, and becomes increasingly painful. As the spurs grow they limit the space available for the bones to move in the joint, restricting movement and causing more pain and irritation.

### Symptoms of osteoarthritis

- Painful joints
- Joint stiffness, either after use or after periods of rest.
- Reduced range of movement
- Crepitus (creaking or cracking of the joints)
- Spasm or contracture in muscles surrounding affected joints

### Natural treatment options for arthritis

Fortunately, there are a number of effective natural treatments for arthritis. Remedial massage, naturopathy and Biomesotherapy are all offered by Vitalchi's experienced practitioners. Each treatment option has its particular approach and benefits. You may find a combination of treatments to be most effective.

To find out any more about arthritis treatments, please contact Vitalchi and we will be happy to talk you through the options.