

Vitalchi Wellness Sanctuary

6 Main St, Blackburn 3130



Getting you well naturally and keeping you that way

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Summer 2012 Issue 23

The weather is heating up and the days are longer as we welcome in the new year. For many people, Summer and 2012 represent a chance to set new goals, become more active and tackle those areas of your life you have been putting off.

In this Summer edition of our newsletter we have a look at kick starting the new year with a detoxification for your body and also look at the most effective way to set those New Year Goals. We examine the prevalence of back pain and misalignment in children and how this can be treated or prevented. We look at ways to improve your posture and ensure you get enough sleep and introduce a new practitioner to Vitalchi - Dr. Megan Azer. Megan explains a new and exciting technique for removing stress and improving your health.

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NEW YEAR, NEW YOU!

Lina Capovilla, Clinical Nutritionist

This is the perfect time for a DETOX and to kick start WEIGHT LOSS!

- ⇒ Increase energy
- ⇒ Improve digestion
- ⇒ Clear up your skin
- ⇒ Increase mental clarity and concentration
- ⇒ And best of all, a Detox Program is a great way to **initiate weight loss.**

Are you thinking of doing a detox? Early in the new year (after all the festivities have settled), is the ideal time as we want to start the new year fresh and say goodbye to the old and embrace the new.

Try these simple strategies to give the body a cleanse, invigorate and energize you for the new year ahead!



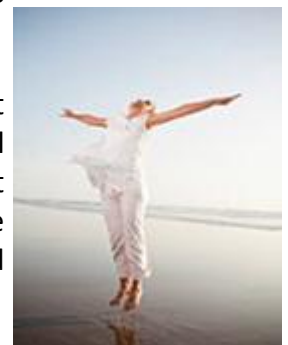
What is a detox?

Detoxification encourages the body to remove toxins and can help to improve energy, fitness and weight loss as well as helping to prevent chronic disease and aging.

Our bodies are constantly detoxifying through several organs including our bowels, bladder, skin, lungs and of course the poor, overworked (especially at this time of the year) liver!

In general, our bodies are assaulted by all manner of toxins, including diet and lifestyle, normal metabolism, medications, environmental chemicals and stress. The festive season adds another dimension to this toxic load with increased party foods, alcohol, cigarettes, late nights and so on, putting further pressure on these elimination organs which are generally already running at full capacity throughout the year. We all feel it, that sluggish, tired, bloated, depressed feeling we get when we've been over indulging, not exercising, not drinking enough water and not getting enough sleep. Supporting these pathways, along with giving them a good clean, helps to ensure our body is functioning at it's optimum, like giving our cars a good tune up and cleaning out the fuel or air filter.

A detox (or cleanse) works by giving your body a break from the toxic excesses that our lives create. However, despite the common misconception that detoxing is all about deprivation and starvation, true detoxification is quite the opposite. It doesn't have to be a huge chore. There are many simple strategies which can be incorporated into everyday life which can support these elimination organs and help to ensure our detoxification pathways are working optimally.



There is a vast array of detox programs out there, all promising to make you feel fantastic however one size does NOT fit all and it's a matter of working out what is practical, healthy and right for you. It doesn't have to include starving yourself and living on juices for weeks on end whilst consuming twenty different types of supplements. Combining detoxification supplements with a healthy eating plan and regular exercise is the ultimate way to free yourself from toxins, however just following some practical strategies to support your body to detox naturally can make a huge difference.

What can you do?

- ◆ Cut out the junk. Remove all junk food, fast food, processed or refined foods, sugar and sweets and other 'artificial' food from your diet including caffeine, soft drinks and commercial juices. You will feel much better within a couple of days. Replace the junk with fresh fruit, vegetables, lean meats and legumes.
- ◆ Reduce your alcohol intake and DRINK MORE WATER, at least 1.5 to 2 litres. Most of us don't drink nearly enough water to maintain optimal health, let alone stay hydrated.
- ◆ Concentrate on a whole foods diet, rich in fresh vegetables and fruits, ideally organic and in season. Include fish, nuts, seeds and legumes into your diet. Steam, bake or grill meats.
- ◆ Certain foods can be extremely beneficial in supporting the liver. Include coriander, garlic, ginger, leafy green vegetables, fresh nuts and seeds and good quality cold pressed oils high in omega 3.
- ◆ Exercise - Support the body's ability to flush out toxins, exercise is important. Aim for 20-30 minutes of moderate exercise 4-5 times per week.
- ◆ Avoid smoking as it increases the toxic load on your body which will impair the efficacy of your detox.
- ◆ Sleep and rest well: Proper rest and a good night's sleep is imperative to ensure your body is running at its optimum.



Following these guidelines will give your body a kick start to cleansing. For an ultimate comprehensive detox program, nutritional supplements in combination with dietary and lifestyle changes will optimize your detox.

For more information or a personalized comprehensive program individually designed for you, please call our friendly reception team on (03) **9894 0014** to book an appointment in January with Lina Capovilla, our Nutritionist and mention this article to receive 20% off your initial consultation.



Special Offer

Receive 20% of your Initial Nutrition Consultation
Offer Expires 31st January 2012

The Secret to Achieving Your Goals

John Merritt - Master Practitioner NLP

So you have probably heard before that setting goals is a good way to achieve what you want in life. Yet how many times have you tried this and found that you did not actually achieve the goal you were aiming for, or perhaps sometimes it worked for you and at other times it didn't. Why does this happen? And what is the secret to ensuring that you **DO achieve all your goals?** Let's find out !!

Step 1. Know your outcome.

"If you don't know where you are going, you won't know when you get there"

You need to become **very clear** on the **specific outcome** you desire. Don't use negative language such as "I don't want to be overweight" or intangible outcomes such as "I want to look better." You **NEED** to be very specific with your goal outcome. It must be measurable and contain a timeframe.

Your goal should be stated in the positive, i.e. "on the 31st March 2012, I will weigh 60KG."



Step 2. Create Alignment

In order to attract the right circumstances and ensure that your goal is congruent with your life, you must ensure that you have alignment across several key factors. As an individual you have your own unique set of values, beliefs and self identity. The most effective way to achieve any goal is to ensure that your chosen goal is in alignment with your current beliefs, values and identity. If there is a misalignment and you are very serious about achieving your goal, then you will make the necessary adjustments to these beliefs or values. Yes, beliefs, identity and values are not fixed, they are there to be used by you to live the life you desire. They can change whenever you choose them to.

Lets examine this a bit further. If your goal is to weigh 60KG by a given date 12 weeks from now, yet you believe that it takes at least 6 months to lose that much weight, then you have a misalignment. In this instance you need to change this limiting belief. One simple approach is to seek out lots of evidence where people have lost weight healthily within this timeframe, research all you can on what foods they eat, what exercise they undertake and get very clear on how this is achievable. Faced with overwhelming positive evidence you can then reassess your old belief.

There are many other more advanced techniques for making rapid changes in your beliefs to enable positive outcomes and with the assistance of an NLP practitioner these changes can often be made within minutes.

Alignment of your energy is also key, you need to clearly experience, with all your senses how you **will** feel when you achieve your goal, what does it look and feel like and what emotions do you carry with you in this state. This enhanced emotional state is the basis for you commencing the change. Use this energy to propel you towards your goal. You should adopt an emotional and physiological state of excellence, a state that you desire and is representative of you having already achieved your goal.



The Secret to Achieving Your Goals

John Merritt - Master Practitioner NLP

By aligning your Goals with your Self identity, your values, your beliefs, thoughts and actions, you are ensuring that all parts are functioning to support the attainment of your goal.

It is like a team of rowers all in a long rowboat. In order to get where they are going efficiently, they must all row in the same direction, in harmony and unison.

Step 3. Take Action

The final step in this three part Goal achievement is to take action.

Contrary to what you may have heard in some areas, wishing for something alone will not ensure your outcome. Action is what brings thoughts, emotions and beliefs into reality. Now if you have followed the first two steps thoroughly, you will find that your actions become exciting, enjoyable and full of energy. You will enthusiastically strive towards actions that are aligned with your joy and your goal. Ideally, you will continue to evaluate your actions to ensure they are aligned and congruent with your stated goal and where necessary have enough behavioral flexibility to make small adjustments as required to continually ensure that your actions are heading you in the right direction.

Each day and in numerous ways you are presented with choices, as you make these choices, ask yourself if the choice is aligned with your goal and your self perception. Does making this choice bring me closer or further from who I am and my chosen goal?

Take consistent and constant action in the right direction, follow those actions that align with your energy and that are within your ability to act on at that very moment.

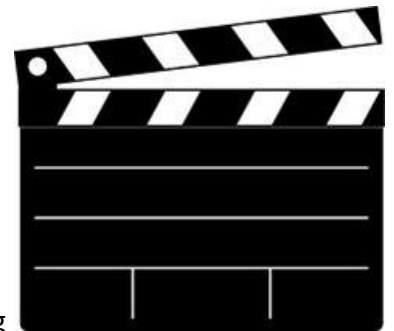
So there you have the three steps to achieving your Goals.

1. Know your Outcome
2. Create Alignment
3. Take Action

Use your emotion to create energy, and your energy to create motion. E-MOTION Energy in Motion



If you would like to make a change and experience how NLP and coaching can enable you to achieve your goals, free you from stress or anxiety and have a life full of happiness, health, and abundance then simply Call the clinic today on (03) **9894 0014** to make an appointment.



Recipe of the Month
Zucchini-Almond Fritters

ZUCCHINII - ALMOND FRITTERS

Ingredients

1 large zucchini, grated
1 carrot, grated
1 brown onion, grated
1-2 cloves garlic, crushed or diced
1 nice handful of parsley, chopped
3 eggs
2 cups almond meal
1/2-1 cup rice milk (depending on the consistency, use your eyes to gauge whether more liquid is needed).
1-2 tablespoons Organic plain yoghurt
salt and pepper

Method

mix all ingredients together with a wooden spoon

add olive oil or butter to a fry pan

Once oil/butter heated for 30seconds-1min add spoonfuls of the mixture (in shape of patties)

it will seem a bit runny, and will take some getting used to in terms of not falling apart when you try to flip it over -some may fall apart but the taste is great!

KIDS & LOW BACK PAIN

Dr Karen Gregory, Chiropractor

Low back pain is commonly considered to only be an adult issue; however studies show that the cumulative prevalence of low back pain in children by the age of 15 years is over 70%.

Low back pain in children is more common during the rapid growth phase of adolescence and more frequently reported in those participating regularly in sports. This is not to say that younger or less active children do not get back pain.

As the bones of the spine do not fully fuse until 25 years old, it is during these formative years of childhood that the foundations for spinal development are established. If the spine is unbalanced, unstable and does not move correctly it increases the probability of degenerative changes that are seen in adults.

Low back pain is most commonly caused by spinal misalignment resulting in nerve interference/irritation and joint swelling. The objective of a chiropractic adjustment is to restore proper spinal motion and alignment, remove interference / irritation to the spinal nerves while reducing joint swelling.

Chiropractic care is shown to be safe and effective in reducing low back pain in children, it is also known to increase the general health and performance of children under chiropractic care with or without spinal pain.

During childhood is the best time to have the spine checked to ensure that the foundation of a lifetime of use is solid. Pelvic and spinal instability can occur from the beginning of life during the birth process and be reinforced through childhood falls and tumbles as an infant. What a great reason to have children checked - balancing their foundations and ensuring a head start in health and well-being.

So why wouldn't you start young and have kids checked?

Who do you know that could benefit from having their spine checked?



Call the clinic today on (03) **9894 0014** to make an appointment for a **FREE** spinal check with Dr Karen Gregory.

Neuro Emotional Technique (NET)

Dr. Megan Azer, Chiropractor & NET Practitioner

What is NET?

NET is a mind-body stress-reduction technique that uses muscle testing to help find and remove neurological imbalances related to the physiology of unresolved stress. NET is a tool that helps improve mental and physical health.

Have you ever felt yourself respond inappropriately to a situation? That your emotions “hijacked” you and when you think back to the event you don’t quite understand why you felt that way? Or perhaps there’s something that you want in life but it’s just not happening for you. Like

more job success, to lose weight, to excel in your studies or to be more emotionally stable. Emotions are completely normal and healthy, but sometimes your body has trouble clearing them, and this may be the reason why you don’t feel quite right. NET helps to identify and let go of these stuck emotions. NET works with emotional reality, which means the stuck emotions that your body holds may or may not be true, but either way, your body thinks it is.

People used to think that stress was felt primarily in their brain. Now we know that other parts of the body can also reflect a stressful reaction. Have you ever felt "butterflies in your stomach" before a speech? Have you ever felt a "lump in your throat?" Clearly stress happens in our body, not just our brain.

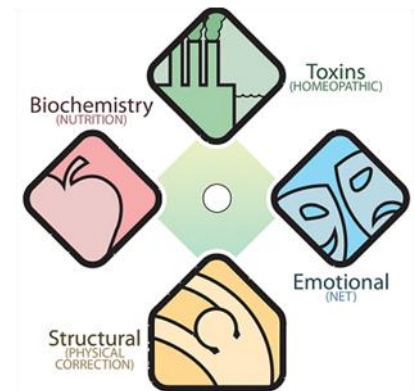
How do we create stuck emotions?

Here’s a classic example of how a physiological response can be associated with a memory: Visualize a lemon . . . go ahead . . . try it. Now, think about cutting into that lemon — smell the lemony scent and see the juice running down the sides of the lemon. Now, squeeze some of the lemon’s juice into your mouth and take a big bite of the lemon. Is your mouth watering? If you’re like most people, it is, and what you’re experiencing is a physiological response to the memory of a lemon. The body’s response to stress works in a similar way. This is called a conditioned response.



Another example of a conditioned response could be a phobia: A child is playing with his cat, and initially feels very comfortable and happy with his pet. The child is then scared by a loud noise, which he associates with the cat. The cat alone (without the noise) now elicits fear in the child (conditioned response). The child may now also be afraid of other furry (or somehow similar) things, such as a furry dog, or even the furry beard on Santa Claus! This is known as Stimulus Generalisation.

Thus, if the body was in a low state of resistance at the time of a stressfully charged event and the event is recalled to (conscious/non conscious) memory, this low state of physiological resistance will also be duplicated in the present-day body.



What happens in an NET treatment?

NET is an interactive process that requires the Patient's participation. The Chiropractor is merely the facilitator. The NET process establishes the stuck (unresolved) emotion relating to an original event or experience, by determining weakness in the Patient's acupuncture meridian system and the body's response to particular words.

To release the unresolved emotion, the Chiropractor will contact, or ask the patient to contact particular body points while the Patient pictures a snapshot of the original event or experience.

NET does not deal with "reality" but with "emotional reality". Any conceivable life experience may be the subject of an unresolved emotion.

The Patient is in complete control and can discontinue the treatment if any topic arises which the Patient does not wish to discuss. Occasionally Patient's may become emotional during or after an NET treatment. This is perfectly normal and can be likened to the purging effect of coughing or sneezing. Appropriate referrals to other Health Care Professionals are made where appropriate.

NET is a highly specialised technique requiring significant training. NET practitioners are licensed healthcare practitioners who have attended post-graduate trainings to learn the "classic steps" of NET.

Discover if NET can help you:

Examples of what NET can treat include; headaches, body pains of all types, phobias, general anxiety, self-sabotaging behaviours, organ dysfunctions, stress and much more. It is important to note that NET does not cure or heal the patient. Rather, NET removes blocks to the natural vitality of the body, allowing the body to repair itself.

Visit our website at: <http://www.sanctuarywellness.com.au/services/net.html> and take the Online Wellness Check. It's quick and simple, and offers a great starting point to begin NET treatment.



**Joining the team at VitalChi is Chiropractor and NET Practitioner
Dr. Megan Azer.**

Special Offer

Book in for your Complementary 15minute NET Introductory Consultation
Offer Expires 31st March 2012

HEALTH AND WELLBEING TIPS

Dr Tanvi Chawla, Osteopath

“Remember, you only have one body, look after it well so it lasts a lifetime.”



It is a known fact that 80% of the population will suffer from back pain at some point in their lives and although holiday seasons are a great time to focus on your health, it can also be a time of additional stress both physically and emotionally. Ignoring and maintain these body aches & pains or a ‘no pain no gain’ approach will likely result in chronic pain.

Appropriate treatment and care can make it easier to live a healthier active life.

Here’s 2 simple ways to help you minimize your pain over this summer season and start the journey to a happier healthier you. To see what a big difference a small change can make, try one of these tips to improve your wellbeing and get a head start today!

1. Get it Straight!

The simplest way to instantly look healthier is to maintain excellent posture. By improving your posture, you not only take unnecessary stress of your musculo-skeletal system, but also give relief to your organs that are working very hard to allow you to continue to enjoy and appreciate life.

Benefits of improving your posture include:

- ◇ Reduced back & neck pain
- ◇ Reduced spinal dysfunction & joint degeneration
- ◇ Reduced stress and fatigue for increased work productivity
- ◇ Improved breathing, circulation & digestion
- ◇ Improved stamina and endurance for improved sporting activity

Make an appointment to get personalised postural advice or see if you qualify for the use of PCI’s (Postural Control Insoles).



These insoles use new technology to address postural problems and specifically work on retraining muscles and reducing physical stresses on the body. This not only improves your posture, but also your nervous system and overall body function.

2. Rest Well

On average, we spend 205,000 hours of our lives sleeping and it's important to make it a relaxing experience. Poor quality of sleep contributes significantly to body aches and pain, causing unnecessary discomfort on a daily basis.



- The average requirement of sleep for a healthy adult is 8 hours daily and research has indicated that **people who get less than 6 hour of sleep are 60% more likely to be at risk of chronic health problems such as high blood pressure.**
- A recent study has revealed that more than a third of the population averages less than 7 hours of sleep and that 1 in 5 get less than 6 hours of sleep a day.

The value of quality sleep is often underestimated. It is important to remember that poor sleep will not only negatively impact your activities of daily living but also your overall health and wellbeing. It is not an additional or optional component of life, it's a vital biological function designed to maintain physical and emotional wellness.

Come and experience how cranio-sacral therapy, a gentle hands-on form of treatment can help you sleep easier.

Make an Appointment Today



Come and see Dr Tanvi to discover how you can maintain a healthy structure as well as a healthy lifestyle.

Along with providing you treatment, Dr Tanvi will also advise you of key activities to do between treatments to minimise pain and maximise recovery to allow you to continue to do the things you enjoy most

For more information or booking an [Osteopathic](#) consultation please call our friendly reception team on (03) **9894 0014**.

Introductory Offer

RECEIVE A \$30.00 DISCOUNT ON YOUR POSTURE CONTROL INSOLES

FREE INFORMATION WORKSHOP

KICK START YOUR HEALTH AND VITALITY IN 2012 AND ACHIEVE YOUR NEW YEARS RESOLUTIONS!

Vitalchi Wellness Centre is proud to be offering a **FREE** information workshop
on **the 9th of February 2012.**

- Learn why a detox is so important for the body and the extensive benefits you can obtain.
- Learn what sort of foods and drinks are important in supporting and enhancing an effective detox.
- Find out about additional techniques which can support your detox including manual lymphatic drainage massage and detox foot spas and how they work.
- Learn how to make better food choices to cleanse and alkalise the body and kick start weight loss.
- Learn how to overcome psychological blockages that may be stopping you from losing weight or hindering you from achieving the new years resolutions or goals you aspire to achieve.
- Live demonstrations of food preparation, kinesiology, and manual lymphatic drainage massage.

Come and join us at **6 Main St Blackburn, VIC** for an informative, interactive, fun workshop where you will learn some constructive strategies and about amazing therapies which can help you achieve your health goals!

Featuring Vitalchi's **Nutritionist, Lina Capovilla**, our **Kinesiologist and Remedial Massage Therapist, Penny Szakiel** and **Reflexologist and Remedial Massage Therapist, Mafalda Bojanic**.

This is a NOT TO BE MISSED workshop. Numbers are STRICTLY limited. Bookings essential. **Please contact the clinic on 9894 0014** to reserve your place NOW!

