



The Source of Wellness Natural Health Centre

Your Feel Better Naturally News

SPRING 2006

IN THIS NEWSLETTER

Welcome! – Thank you for another year of your support!

Lifestyle – Christmas Pressure: How To Survive

Body – Nutrition: Plan Now & Beat the Christmas Belly Blowout!

Mind – A Daily Vegie Dose For Mind Fitness (Research)

What's New – Xmas & New Year Opening Times & other news

Welcome – Thank you for another year of your support!

We at The Source of Wellness thank you for your patronage and it is a privilege to witness the many heart-warming health improvements seen this year among our clients and friends.

With clients overcoming cancer, recovering from chronic illness, discovering muscles and strength with Pilates, achieving long-dreamed of goals with life coaching, being able to run again, reducing their medications, overcoming fears, or learning the most precious of life lessons - how to relax.

We are continually working to improve how we provide natural health services for you and welcome any thoughts or suggestions you have at any time.

We welcome our latest team member Nutritionist & Herbalist, Kathryn Elliott, joining us as of Thursday December 7 and she's offering a great pre-Xmas special to beat the Christmas Belly Blowout! Plus next year we hope to revamp our exercise program as of Feb 2007.

We look forward to seeing you before Christmas.

And as always we wish you all joy and the causes of joy now and always AND a very harmonious Christmas festive season for you, your family and your friends!

The Source of Wellness Team

Lifestyle – Christmas Pressure: How To Survive

So many invites and 'have-to-go' functions for you, your partner and even your kids.

Then there is Christmas present shopping, Christmas food shopping. Plus your normal daily life which is probably already busy before December came around! Here is a quick guide to surviving the pressures of our annual 'Silly Season'.

1. Be comfortable with saying: 'No'. Best way to survive Xmas is not feel obliged to attend every function you are invited to. You may very much want to spend time with everyone, but you are only one person and we aren't spreadable like that...
2. Plan your engagements so you have one night out, one night in. So this week catch up with friends Monday night, Wednesday night, Friday night and maybe Sunday lunch. Next week say yes to invites on Tuesday night, Thursday night and Saturday night. Your rest days are MOST important for you to survive!
3. Ask family & friends for a present list of what they want. Take the pressure of guessing out of the picture and then see if you can buy it online - the less crowds the better - yes? Or buy a Gift Certificate.
4. If Christmas is at your house, ask family and friends to bring a plate to reduce your workload. Draw up a list of dishes and then assign a dish to each person. With everyone pitching in it becomes a real community feast and honours the spirit of sharing at Christmas!
5. Monitor yourself for signs of wear & take steps to institute balance in your self-care. If you are sleeping less, your bowel goes off, you wake tense and tired, you crave more coffee - these are signs of too much, TOO MUCH! Slow down. Drop in for a treatment at The Source of Wellness Natural Health Centre and remember tip #1 - have a rest day (or two)!

Body – Nutrition: Plan Now & Beat the Christmas Belly Blowout!

The holiday season is rapidly approaching and this time of year can be a lot of fun, it can also leave us feeling bloated, sluggish and below-par.

Late nights, combined with stress, poor eating & too much alcohol, have a negative impact on our health. Follow these few simple guidelines, to get you through the holiday season unscathed.

1. Hot days, combined with alcohol leaves you dehydrated, so keep up your water intake, aiming for at least 2 litres per day.
2. Keep your meals light & simple - salads and stir-fries are great at this time. Eat two pieces of fruit per day, plus two cups of vegies, some protein (meat, fish, dairy, eggs, legumes, tofu, nuts or seeds) and small amounts of starchy foods.
3. Before drinking in the evening, have something to eat - keep some Vitaweats and cottage cheese at work, or fruit and yoghurt. Drinking alcohol on an empty stomach and then having a late night kebab, is not good for your health.
4. Invest in a multivitamin - at this time of year we all need some nutritional insurance, a backup to make sure we're getting all the nutrients we need, even when busy and socialising.

Stick to these four simple rules and you'll not only feel better during the holiday season, but will start the New Year feeling healthy, strong & full of vitality.

Specials

If you would like to ensure you don't feel awful by January 1st, then Kathryn is offering a great pre-Xmas special. Prepay for 3 appointments that's up to 3.5 hours of one-on-one time with Kathryn walk away knowing what, when, and how to prepare delicious meals for only \$230 (usually \$270). First appointment must be in December 2006, and the other two can be January 2007.

And for those who would like to buy this as a gift for someone or for themselves, this special will be repeated in January 2007 with at least the first appointment in January 2007 and the other two can be in February.

Mind – A Daily Vegie Dose For Mind Fitness (Research)

A six-year study has found a marked 40% benefit to mental functioning in people over 65 years who eat nearly three servings of vegetables per day.

Of special note was the positive effect green leafy vegetables (for example: English Spinach, Silverbeet (Swiss Chard), Lettuce, Bok Choy, Arugula, Kale, Escarole, Chicory, Mesclun etc) had on slowing the rate of mental decline.

Eating 2.8 serves of green leafy vegetables per day gained the study participants five years in mental functioning capacities compared to the participants who ate only one serving per day. Five years what a huge bonus!

Plus the study group benefited in other health ways as dark green leafy vegetables are full of fibre, Vitamins A & C, riboflavin, folic acid, iron, calcium, magnesium, potassium and oxygen.

Read the Full Article on our website.

Xmas & New Year Opening Times & other news

We are closed between Saturday 23 December 2006 and Monday 1 January 2007. If you call during this time, please leave a message and we will return your call within a few days.

Our exercise program will begin again week beginning 29 January 2007 (once the kids are back at school).

Ally is away until 20 January 2007, part holiday and part a continuation of her studies into the beauties of Biodynamic Craniosacral Therapy in Adelaide.

Remember Ani (Kinesiology), Andrew (Life Coach & Counsellor), & Kathryn (Nutritionist & Herbalist) will be on deck after New Year. So please call 9817 8766 or request an appointment online to get your health regime kickstarted for the New Year!

Remember: Stumped for a gift idea? We have beautifully presented Gift Certificates for your special someone, click here to see an image. Posted at no extra cost in a Special Burnished Gold Gift Envelope. You can order by phone with your credit card and they can be posted direct to you or to the lucky recipients.



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