



# The Source of Wellness Natural Health Centre

## Your Feel Better Naturally News

SUMMER 2006

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### Welcome to our first edition!

THE SOURCE, so named because it's a great and convenient source of natural health information for you, your family and friends.

Each issue (4 per year) will examine topics from the below perspectives:

- Medical - latest research, peer-reviewed articles and news
- Body (nuts & bolts) - muscles, bones, posture, movement
- Lifestyle - nutrition, daily routines, life pressures
- Bodymind© / Spiritual - based on the philosophies that pain or events are signposts directing you towards your greater purpose; and that our bodymind© knows all we need to heal we need to listen
- Mind - thought patterns, emotional responses

We look forward to your interaction with our Editorial Team and welcome your suggestions, feedback, and ideas via email.

Please note: THE SOURCE brings information to you. The views expressed herein are intended to provide you information about what's new at The Source of Wellness Natural Health Centre and alternate paths to view and understand an array of health and lifestyle-related topics for you to consider and discuss with our team and your community. If you would like to use our original copy then please ask before use. In loving kindness

The Source of Wellness Team

### Lifestyle – Happy New Year!

How's your New Year resolutions? On your list of 'In 2006 I am going to ?' ? where is your health on the list?

Among the amazing or simple things you would like to achieve in 2006, remember to list YOU as your priority. Aspects of wholistic healthcare to consider:

Feed your soul: among your appointments, schedule each week of the whole year ? time to do nothing, and time to do things which bring you joy!

Feed your body: nightly restful sleep (guard this jealously, it is the cornerstone of your good health), regular exercise (if you're not exercising at all, start small - once a week or walk 15 minutes daily), balanced nutrition (some naughty, some nice ? moderation is key)

Stop feeding your mind!: As the slowness of January gives way to the busy-ness of the year, keep a rein on how busy it gets inside your head! If someone incessantly nagged, would you listen? So wonder why you would let your mind interrupt your life and your sleep in this way?

We can advise on ways, tips and tricks to achieve the above. Ask us when you're next in.

There is great truth & wisdom in the old saying: 'If you aint got your health. What have you got?'

We wish you all joy and the causes of joy now and always

## Body – Drugs or food for a healthy heart (research)

The British Medical Journal (BMJ) in 2003 published an argument by British researchers, Nicholas Wald and M.R. Law, for everyone over the age of 55 to take a six-ingredient 'polypill' of a cholesterol-lowering statin drug, aspirin, folic acid, and three anti-high blood pressure drugs to reduce their risk of heart disease by up to 88%. (Ed: this 'wonder' drug is at time of writing still not available)

Wald and Law's proposal was criticised, as it failed to mention the side-effects of these drugs and the lack of proven benefit of some of these drugs for women.

A year later the BMJ published new research by Oscar H. Franco et al from Holland who proposed you could reduce your risk of heart disease by 75% eating a steady daily diet of:

- a glass of wine
- 100 grams of dark chocolate (approximately 4 rows of a block of chocolate)
- 400 grams of fruit and vegetables
- 2.7 grams of garlic (1-2 cloves)
- 68 grams of almonds (a handful)
- Plus, 114 grams of fish every second day

Franco et al said eating the above 'polymeal' once a day from age 50 onward would improve the life expectancy for men by 6.5 years and for women by 4.5 years (Ed: women on average live longer than our male mates).

The researchers also suggested a 30-minute walk after the 'polymeal' and that you could add olive oil, soybeans, cereals, nuts, tea, and chickpeas to the polymeal to increase the beneficial effects on heart functioning.

Unlike the 'polypill' drug, the natural 'polymeal' Franco et al concluded was an 'effective, non-pharmacological, safe, cheap, and tasty alternative to reduce cardiovascular morbidity and increase life expectancy in the general population'.

Well what would you choose, a pill with side-effects or daily chocolate and vino? Mmmmm?...decisions!

If you would like to read the full article, please do so.

## Mind – Sleep Well

It is important for good sleep that we allow the events of our today to rest for 7-8 hours while we rejuvenate. Is it safe or you to leave your schedule, your list of Things To Do, to sleep?

If you find you are reliving today's events, future events, and past events during what should be rest time then work with this short message to your subconscious before you go to bed each night.

**'I lovingly release today here,**

**Knowing tomorrow I can pick up where I left off,**

**I now gift myself the space to rest in a deep & peaceful sleep**

**Because I deserve and accept this gift with joy each & every night'**

We wish you sweet and uninterrupted dreams, the whole night through

## Appointments Online, MBF Health Fund Cover & more!

So much is happening!

### Appointments Online

You can request appointments online! Remember if you need an urgent appointment please phone 0421 644 128. But if you are pre-planning then just hop online at any time and send an appointment request and we will confirm your request via email or phone ? quick and easy.

### MBF Health Fund

If you are covered for Remedial Treatment with MBF Health Fund, you can as of February 2006 claim treatment rebates with Ally Condren. Unfortunately claims cannot be backdated.

### Pilates

Our Pilates classes run three times a week (Mon 12.30pm, Wed 6.30pm & Sat 9.30am). Pilates is for those who are tired of feeling tired and need or want body strength ? strength to sit in comfort, strength to stand in comfort, strength to lift in comfort. No weights and no cardio involved. Our classes use only your body weight and some physical aids to give you a belly revolution and take the tension out of your lower back, neck and shoulders!

Check out our Prices. Look for our ads in the Northern District Times - 10 week classes starting February 2006

### Biodynamic Craniosacral

Ally Condren has just come back from Adelaide having done further study in Biodynamic Craniosacral. It is an amazing technique which balances the whole body & soul. Ally is studying with Roger Gilchrist of the Wellness Institute in America.

Roger is a leader in this field of treatment. And it is quite phenomenal the changes that result at a core level ? pop in for a treatment.

### Decor

We have painted a few more feature walls to give our centre a New Year glow! More changes to come in the next few months.

### Website ([www.thesourceofwellness.com](http://www.thesourceofwellness.com))

It's up! And growing? Keep your eye on our site as it will continue to evolve as the year rolls on ? watch for our great Quotes on the left hand side in the Quote Just For You! box on the website.

### Finding Us

If ever you are caught without a card and need to call or email. You can find us in:

- 2006 Yellow Pages under Massage in the Australian Traditional Medicine Society listing in the book, directory assistance, and online (Sensis)
- White Pages online and directory assistance (Sensis)
- Natural Therapy Pages: <http://www.naturaltherapypages.com.au/therapist/6349>
- Email: [info@thesourceofwellness.com](mailto:info@thesourceofwellness.com)
- Web: [www.thesourceofwellness.com](http://www.thesourceofwellness.com)



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