



The Source of Wellness Natural Health Centre

Your Feel Better Naturally News

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Time To Lose Weight or Feel Healthy, Get Your Food Plan In March For 15% off

Special: \$10 off food consults in March

As the beginning of the year has slipped away, it's time to get those January Resolutions for the new you into action. And we've come up with a great special to help you!

Receive \$10 off each Food and Nutrition consult in March - that's a 15%* saving! Catherine Staszewski, our Nutritionist can help you with so many of those New Year resolves, such as:

- Weight Loss
- Sleep Better
- More Energy | Stop the 3pm Slump
- Eat Better
- Asthma | Bronchitis
- Stop the Cravings | Food Addictions
- Resolve Health Issues, such as Gout, Polycystic Ovary Syndrome etc
- Balance Out Blood Sugar Levels
- Low GI, Low Fat, High Energy, High Nutrition Food Plans
- Recipes that are Easy To Cook
- Fix Digestive Issues, such as Constipation, Diarrhoea, Bloating, Pain when Toileting
- Inflammation | Infection
- Sinusitis | Colds | Flus
- Thrush
- Menstrual Cycle Imbalances | Menopausal Symptoms
- Skin conditions

These are just some of the conditions that Catherine can work with you to relieve | resolve. So book your appointment today 9361 0800, before the year and this opportunity slips by. Please note Catherine has a Bachelor Degree in Nutritional Medicine. First appointment is normally \$75 now \$65 in March and follow-ups are normally \$65 now \$55 in March - so be quick!

* savings calculated on at least two consults

How To Keep Your Feet Healthy and Pain Free

Feet - The Forgotten Body Part

Feet need exercise. But you say 'I walk all day, go to the gym, and run for the bus - they get lots of exercise.'

But that is work for the feet. It is not nourishing. And as we get older our feet get tired, feel sore, swell up, are stiff, or just outright in pain.

Here are some things to look for and to do to give your feet the attention they deserve:

Waking with stiff, achey feet in the mornings

Cause: This is either (or a combination of both) of a lower back instability allowing the lumbar vertebrae to shift as you sleep causing a small spinal nerve compression, or it is plantar fasciitis. Plantar Fasciitis is a tightening of the connective tissue on the sole of the foot and may lead to heel spurs. Once you wake the body rights itself and the feet feel more 'normal' after walking around.

Solution: If a side sleeper always use a small cushion between the knees to support the hips and lower back. Seek treatment to resolve lumbar instability (Craniosacral Therapy and Remedial Treatment), begin core strengthening exercises (we can provide),

For Plantar Fasciitis, a combination of Remedial and Myofascial Treatment will restore flexibility to the connective tissue and muscles | tendons | ligaments of the foot arch and remove your pain (please see us to make an appointment).

Feet swell during the day

Cause: Not enough or incorrect exercise of lower body and legs has made your lymphatic system sluggish. If pregnant, then the pressure on the pelvic lymphatics from your belly and the extra needs on your heart has made your body less able to pump to the extremities (arms and especially legs and feet)

Solution: Lymphatic Drainage treatment moves the pooled fluid back up the leg and clears the lymphatic glands. Begin or review your exercise techniques with us to ensure you are targeting the right muscles especially in areas prone to swelling. Improve your fitness so your body can pump properly to lower legs. Do not sit for long periods, rock through your pelvis when seated (to nourish pelvic lymphatics), do toe raises and heel lifts when seated (to exercise lower leg lymphatics). Raise legs at night up the wall or on a foot stool to drain.

Fallen Arches | Flat Feet

Cause: Learned posture in family which switches off the inner lower leg muscles which hold up foot arch. Unsupportive footwear. Lack of, or incorrect, activity and nourishing exercise.

Solution: Stop wearing thongs and sandals! They offer no support and make your foot use the wrong muscles, and switching off the right ones. Buy thongs or sandals with arch support, wear proper shoes. Do exercises to strengthen lower leg muscles eg contract lower leg then bring the toes together and then out to side and repeat - keep the muscle contraction on while doing in both directions.

Stiff, Tired Feet

Cause: Misuse and disuse. Too much walking on hard surfaces. Poor footwear.

Solution: Once a day, do it in the shower if you like, point your toes up then rest the sole of your foot up the wall and lean in, bending at the knee - this is a good stretch for the lower leg and the top of the foot muscles. Make sure your foot is straight.

Whenever you are standing or bending make sure your feet are pointing straight ahead and not out to the sides. Rotate your foot from the ankle in both directions. Kneel then sit back on your feet - this is a lovely stretch of the top of the foot.

And finally, while standing move through the feet from toes to heel like a prancing horse (if you get stuck ask us how)

These are the main causes of foot pain and some simple remedies. Remember we do foot and lower leg massages everyday and lymphatic drainage for swollen feet and legs.

Connecting With Our Children Parent Conference 17th March, Wesley College

Parents: Help Is On The Way

Becoming a parent has its own story, how we came to be parents, what we learn along the way about ourselves, our partner, and each of our children. The biggest thing about becoming a parent is, there isn't a handbook for your child. What no manual??

Parenting can be a learned experience (what your parents did), a gut interaction (it feels right to do it this way), peer review (asking friends and family what they have done). Sometimes it is necessary or just a good idea to seek input from experts, to help with a specific problem that has cropped up in the family dynamic or a much needed spark to reinvigorate your parenting batteries!

Perth parents, and couples about to embark on starting a family, are encouraged to get involved in a local event, Connecting With Our Children Parent Conference. Held on Saturday 17 March at Wesley College, South Perth 8am registration for 9am start until 4.30pm.

Singles are \$125 and for a couple it is \$210. And you can tag team with another person, with one attending the morning session and the other attending the afternoon to solve babysitting dilemmas.

The line-up includes some fantastic workshop presenters on relevant topics:

- Maggie Dent (Morning Keynote Speaker): Silence & Stillness, plus Dads Only, Tip Top Dads
- Piers Verstegen (Afternoon Keynote Speaker)
- Emily Hunt: The early years of speech and language development, 0 to 4 years, plus Speech and Language Skills Needed to Develop Good Literacy Skills in 5-8 year olds
- Jo Jackson King: Reading the body language of your child, plus Primitive Reflexes & Early Movement
- Susan Rosendorff: Support for families for children with additional needs
- Sue Hodges: Brain Gym
- Sabrina Hahn: Connecting Kids to Nature
- Dr Denise Stapleton: Mealtimes Matter Workshop, plus Creating Harmonious Family Mealtimes
- Dr Jenny Jay: Impact of Technology in the Home
- Judy Warren: Early Years Learning Framework. Parents Perspective
- Sue Somerville: The role of parents in developing emotional health in their children

Go to perthevents.com to download all the information about speakers, workshops and to register.



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Contact Details

Phone **(08) 9361 0800** or
Email Us at health@thesourceofwellness.com.au

Visit www.thesourceofwellness.com.au

Corner Shepperton Rd & Oats St
(enter at 165 Swansea St East),
Victoria Park East, WA 6101.

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