



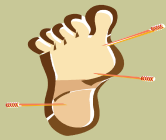
# COOLOOLA ACUPUNCTURE CLINIC

Helping People to get well and stay well

## Newsletter

January, 2008

### Special points of Interest

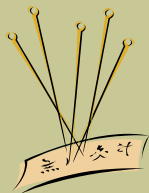


### Booking your Appointments

To save disappointment it would be a good idea to pre-book your appointments. Especially Tuesday, Wednesday and Thursday afternoons as these times fill up quickly. While this is good for business and shows we are doing our job, it also means that people need to book to save disappointment

### Cancellations

Please give 24 hours notice when cancelling your Appointment. We do have patients on a waitlist, that would benefit if we could give them notice.



### Clinic Hours

Monday 8-1pm/2-5pm  
Tuesday 9-1pm/2-6pm  
Wednesday 8-1pm/2-6pm  
Thursday 9-1pm/2-6pm  
Friday 8-1pm.

Unit 3  
21 Nash Street  
GYMPIE QLD 4570  
Phone 07 5483 8088

## IT'S TIME TO SPRING CLEAN THE BODY

Today, our environment is toxic and the foods we eat, even the air we breathe and the water we drink is laden with chemicals foreign to our system. Therefore, everyone needs to undergo some type of detoxification to maintain life & health. Although basic detoxification begins with diet, detox programs may include nutritional fortification for the liver, lungs, kidneys, bowels and blood. We will soon see why these organs are so important in detoxification. Detoxification for the body may refer to the cleansing of the bowels, kidneys, lungs, the liver or the blood, since these are the organs involved in detoxification of chemicals and toxins from the body. The liver acts as an "in line" filter for the removal of foreign substances and wastes from the blood. The kidneys filter wastes from the blood into the urine, while the lungs remove volatile gases as we breathe.

Although the toxicity of a chemical may vary, it is the job of the liver to reduce toxins into compounds that the body can safely handle and eliminate through the kidneys (as urine), skin (as sweat), lungs (as expelled air) and bowels (as faeces). Maintaining these eliminative organs in good working order is essential for one's good health to continue.

While there are many detoxification programs available, they differ in their actions and their intent. Some detoxification programs work only with the bowels, others may cleanse the liver or the blood, and others may aid the kidneys or the skin in their functions. By combining these detox programs into total health program, one can effectively restore their health to an optimal level and look younger in the process. When the body can eliminate toxins, then health is restored and energy and vigor are revitalized. Other factors must be considered in detoxification, like nutrition, water, and exercise, rest, sunshine and fresh air.

Here at Cooloola Acupuncture we use "Coolblue" which helps the detox by repairing and strengthening Liver function, the body's first line of defence against toxins. It also helps the gut to repair itself, increases peristalsis the wave like muscle movement of the bowel to eliminate stagnant food accumulations. "Coolblue" gently aids the kidneys in filtering the blood as well as stimulating circulation. The herbs in "Coolblue" have been shown to aid with PMS, irritability and headaches. So ask about Coolblue.

### Did you know?

Parsley is a well known garnish and is also an excellent breath freshener. It is high in vitamin A and C, and contains iron, iodine, and copper. Did you also know that it can reduce inflammation and pain?



### Instructions for washing a cat

1. Add one capful of shampoo to the water in the toilet. Put both lids down.
2. Pick up the cat and soothe him while you carry him towards the bathroom.
3. In one smooth movement, put the cat in the toilet and close lid
4. Flush the toilet 3 or 4 times. This provides a "power wash" and "rinse".
5. Have someone open the door to the outside. Be sure that there are no people between the toilet & the outside door.
6. Stand behind the toilet as far as you can, and quickly lift the lid
7. The now-clean cat will rocket out of the toilet, & run outside where He will dry himself off. The toilet will be sparkling clean!

### Detox Carrot Juice

Carrot juice is one of the richest sources of vitamin A and other vitamins, especially B complex. It's Mineral content is equally rich, and includes calcium, copper, magnesium, potassium, sodium, Phosphorus, chlorine, sulphur, and iron.

This energizing detox juice is full of beta-carotene, calcium and vitamin c.

3 carrots, 1 Apple, Half orange(peel & section), 1 celery stick, half inch ginger root



### Affirmation of the Month

You only use energy when life becomes dull in your mind. Your mind gets bored and therefore tired of doing nothing. Get interested in something! Get absolutely enthralled in something! Get out of yourself! Be somebody! Do something! The more you lose yourself in something bigger than yourself, the more energy you will have.

### Maintenance Plan:

For those people that would like to come minimum twice a month, please ask us about our maintenance plan which will save you money. For enquiries please ask Bruce or Tania.