



COOLOOLA ACUPUNCTURE CLINIC

Helping People to get well and stay well

Newsletter

May 2008

Special points of Interest

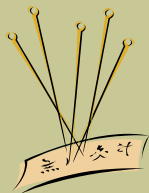


Booking your Appointments

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

Winters fast approaching

With winter fast approaching I thought about what can we do to protect ourselves from the horrible flu and what to do if we get the flu. So wise man Bruce and I put our thinking caps on and shared our wisdom.

1. Everyone from now on should be wearing a singlet and collared shirts or turtle necks. The reason being our neck and lower back are first points of being susceptible regions to the evil cold entering our body.
2. Eat lots of soups and curries as this nourishes the body. When we nourish the body we improve our immune system. Avoid cold/raw food as this extinguishes the fire of digestion in our bellies. This also creates a damp mucus environment through out the body.
3. Don't rely on just a single herbal remedy to combat the flu. Bruce can make your own individual remedy with a number of different synergist herbs, as we are all different.
4. If you do happen to catch the flu or have a cough, come in and see Bruce as he has his own individual flu/cough mixture to help speed up the recovery process.
5. If you have a cough you can put Vicks vapour rub on your feet, then put cotton socks on and go to bed this will stop the coughing. For young children and babies use Euky Bear rub. This is a great remedy try it next time and let us know how you went.
6. With colds comes ear infections/glue ears/tonsillitis we have some great essence remedies which are great for babies/children and of course mum's and dad's. These essence's will not only help with the healing process but will also build the immune system up to stopping the infection from coming back. Remember each time we take antibiotic's for ear infections/tonsillitis we are only putting a band aid on the cause, we are not dealing with what is going on. The band aid eventually falls off and we start all over again.
7. Remember when we have a cold/tonsillitis/ear infections keep off dairy/sweets and wheat. Dairy/sweets and wheat produce more mucus, the healing process will take longer.
8. Drink lot's of room temperature water.(not water from the refrigerator)

The best way to treat a disease is to prevent it. It is absolutely a bad idea to wait to dig a well until you are thirsty. So, do something to enhance your Qi now, before the flu virus shoots you down. Chinese herbs or bush essences can be used to strengthen Qi and to boost the immune system.

Acupuncture can help rebalance energy, regulate the Qi and stimulate the immune system. Several clinical studies have demonstrated that acupuncture and herbal medicine in particular reduce the incidence of upper respiratory tract infection and shorten the length of time one is ill. **When you get sick with the flu, do not wait.** Start acupuncture treatments in the early stages. It may help eliminate pathogenic influences.

What's new?

We have a new range of paediatric formulas for children to take through winter if they happen to get a cold/cough.

Women who are suffering from hot flushes due to menopause or women suffering from period pain and moodiness we have a new cream call 'Women Essence'. We have had some great feedback from this product regarding eliminating hot flushes.

Remember

Bruce is not a miracle worker. The body takes time to heal. You only get out of your body what you put in. Ultimately every person is responsible for his or her own body. There is no easy fix when it comes to better health and that is why prevention is better than cure. When your body is at it's best it is up to you to keep it that way. A positive mental attitude, healthy eating, a stress free lifestyle, exercise and regular stretching is what the body needs to survive.

We can only help you achieve your goal if you are willing to help yourself !