

A VERY MERRY CHRISTMAS TO YOU ALL

Have a
Happy and
Healthy
New Year
2012



THE NEED TO LOOK INSIDE

You have all the answers inside you for your life.

Your life needs to be a "do it yourself" life. No one else can live it for you! No one else can breathe for you! No one else can eat for you! No one else can raise your level of consciousness. We often take responsibility for others but the thing you need to do foremost is be responsible for your self! Your body tells you when you are not and as a consequence you will suffer pain and sickness.

Disease does not bring pain. The pain of your soul brings disease. Pain is good by way of telling you that you need to look into yourself.

Most of us live by other peoples standards or traditions passed on from our parents or society. Tradition is not always best for you. Don't follow blindly what you've been taught. Learn to be flexible, listen to your feelings, know and understand why you do the things you do.

Putting importance on little things creates pressure. These pressures can be fear, guilt, worry, anger, yearning, hatred or jealousy etc. Thoughts are energy and they are very powerful. Use this power to work for you - not against you - by changing your thoughts to heal your body.

Forget about being guilty of the past and stop worrying about the future. You need to live in the NOW and be YOU.

Following are a few ways to help you to bring about change

CHANGING YOUR ATTITUDE

- Give your self a pat on the back for recognising that you need to change
- Change to the attitude that change is simple and fun
- Make goals one step at a time and know that you can change if you want to
- Forgive yourself for letting "it" happen. Never feel guilty, the past is over, move on
- Forgive the other person—Never lay blame on someone else. RESENTMENT eats into your bones
- Make a positive affirmation for yourself and repeat it often. Imagine it to be accomplished. Take action, don't wait for it to happen
- Think of how you will put the change into practice when the old habit is about to hit you. Remind yourself of the new habit that is replacing the old one.
- Do the best you can
- You are no better or less than anyone else
- Constant change is the only stable condition in life. For a soul to be happy it needs to keep learning, growing and changing

If you enjoyed this article you may wish to look at a wonderful book called

Your Body is the Barometer of the Soul

By **Annette Noontil**

For the X-mas shopping List

- **A Treatment Gift Voucher** is a gift that is very much loved and appreciated
- **Po Chai Pills** for upset Tummies and Hangovers
- **Meta B Complex** when you may have indulged in a few to many drinks (Take before going to bed)
- **Treat yourself to an acupuncture treatment** to relieve stress, anxiety and those niggly pains so you can really enjoy the Xmas holidays

When times are tough

Use the current economic crisis to test your mental toughness.

While the average person allows circumstances to dictate his mindset, the great ones operate in a world of psychological self containment filled with thoughts of LOVE, ABUNDANCE and GRATITUDE. Both groups have the same freedom to choose what they want to think, but the masses believe they are victims of circumstance.

Refuse to let fear infect your consciousness by only allowing positive, forward thinking, problem solving thoughts to occupy your mind. Build this habit when times are tough and your future success is guaranteed.



Handy tips for giving kids their supplements or medicine

- **Routine** is important. If possible give children their remedies at the same time each day. This is especially important for children with behavioural issues
- **Reward system:** Implement a non food reward system when the child has taken the remedy, such as tickles, hugs, kisses or stickers that can be collected for a bigger reward at the end—maybe a trip to the playground or even a new toy.
- **Parents:** One of the most important factors to success is the solid resolve of the parent. Be calm and patient but persistent.
- Mix liquids or powders into drinks and encourage children to drink it through a straw. This bypasses the taste buds at the front of the tongue
- Crush Tablets between 2 spoons or empty capsules so you can mix with Yoghurt, mashed banana or honey or their favourite drink such as a fruit smoothie
- Spread the dose over 2 or 3 smaller servings as this will make it almost tasteless
- Numb their taste buds by letting them suck on an ice cube or frozen fresh fruit popsicle just before administering treatment.



CLINIC HOURS

During Xmas Period

Friday 23 Dec 8am-1pm

CLOSED Sat 24 Dec –Tue 27 Dec

Wed 28 Dec 8am-5 pm

Thursday 29 Dec 9 am- 5pm

Friday 30 Dec 8am - 1pm

CLOSED Monday 2 Jan

Phone 07 54 838 088

Acupuncture can treat a wide range of disorders:

Neurological, Cardio Vascular, Respiratory, Digestive, Uro-Genital, Skin, Eyes, Musculo-Skeletal, Sporting Injuries, Psychological

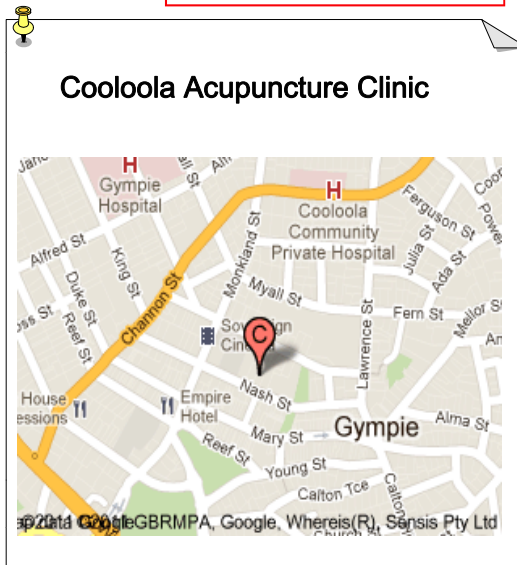
Therapies used

Traditional Chinese Acupuncture

Pain Free Laser Acupuncture

Cupping and Bowen Therapy

Naturopathy, Chinese Herbs, Prescription Vitamins and Prescription Herbal Medicine



DECEMBER 2011

NEWSLETTER

Cooloola Acupuncture Clinic



Welcome to the
December Issue



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