

Welcome to another issue of our Newsletter

Spring has arrived and there are always lots of things to catch up on. We tend to spread ourselves thin so remember us to help you to get well and stay well. We look forward to seeing you soon.

AUSTRALIAN BUSH FLOWER HEALING

Bush Flower Remedies are not new. The Australian Aborigines have always used flowers to heal emotions and so did the Ancient Egyptians. Countries such as India, Asia, South America and Europe in the Middle Ages also have a long tradition in their use.

Dr. Edward Bach re-discovered flower essences 60 years ago through the use of English Flowers.

Ian White a fifth generation Australian herbalist developed and researched Australian flowers and plants to address our needs in the 21st century.

Australia has the world's oldest and highest number of flowering plants also Australia is relatively unpolluted and has metaphysically a very wise, old energy. So the combination of the power of the landscape and the tremendous vitality of this new country makes Australian Bush Flower Essences unique.

Practitioners world wide are now prescribing them as part of their therapy. Hospitals in Europe and America are using them for example as a safe alternative for hormone replacement therapy without the side effects. Also the essences are sprayed in classrooms to enhance learning and reduce stress during exams. Their use is almost limitless and safe and effective for everyone.

Bush Flower Remedies give clarity to one's life and give courage, strength and commitment to follow through with one's dreams and goals. They help to develop self esteem, spirituality and fun. They enable a person to release negative beliefs which are held in the subconscious mind and allow love, joy, courage, faith etc. to flood their being. When this occurs the negative thoughts and beliefs are dissolved, balance is restored and true healing occurs.

Bush Flower Essences are available from our clinic so feel free to come and talk to us.

Red Suva Frangipani



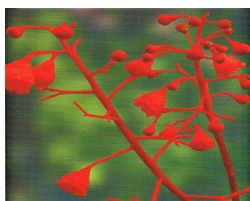
Nurtures & gives Strength to cope with Relationship Upheaval

Flannel Flower



Ease & Enjoyment of Intimacy. Expressing Feelings

Illawarra Flame Tree



Self Approval and Acceptance. Releases Fear of Rejection

ACUPUNCTURE AND YOUR HEALTH

Acupuncture is part of Traditional Chinese Medicine (TCM) which originated in China over 5000 years ago. This science and art of teaching has become widely accepted and has proved to be safe and effective.

Acupuncture is a form of healing which has the following major benefits:

- Drugless pain relief
- Assists prevention against disease
- Treats the cause as well as the symptoms
- Holistic approach to illness, linking body, mind and emotions
- Effectively treats many common ailments

HOW DOES IT WORK?

The human body is similar to a highly complex electrical circuit. Each person has an energy circulation and it is essential for the body's energy as well as the blood to circulate in a continuous, unobstructed way to maintain health. The pathways through which the energy flows are called meridians and they circulate through organs and tissues of the body. There are over 500 acupuncture points along these meridians. By stimulating these points with needles, the quality and quantity of energy and fluids can be normalised.

HOW CAN ACUPUNCTURE HELP ME?

There are 3 main ways in which Acupuncture therapy can help:

1. Treating specific disorders to provide relief of symptoms and reduce complications. Acupuncture is also used to treat the cause of the disorder and reduce the likelihood of it recurring.
2. Maintenance treatment of a long term problem: this is to provide a more comfortable state of health and reduce the need for medication and surgery.
3. Chinese medicine is an effective form of preventative medicine because it detects and treats energy imbalances before they lead to disease.

There is a very wide range of disorders that can be treated successfully:

NEUROLOGICAL: Migraines, Headaches, inter-costal neuralgia, Meniere's disease, stroke, paralysis

CARDIO-VASCULAR: Blood pressure, fluid retention, Muscle cramps, chest pain, poor circulation

RESPIRATORY: Asthma, Bronchitis, Sinusitis, Sore Throat, Hay Fever, Influenza, Chronic Cough

DIGESTIVE: Liver-Gallbladder disorders, constipation, diarrhoea, gastric and duodenal ulcers, toothache

URO-GENITAL: Hormonal disturbances, Fertility, Menopause, Morning Sickness, Sexual vitality, Kidneys

SKIN: Eczema, Dermatitis, Psoriasis, Herpes Zoster, Acne, Hair Loss, Scar Tissue and adhesions

EYES: Conjunctivitis, Simple Cataracts, Myopia in children, Red, Sore or Itchy Eyes

MUSCULO-SKELETAL: Osteoarthritis, Sciatica, Lumbago, Rheumatoid Arthritis, Gout, Back-Neck-Shoulder Pain

SPORTING INJURIES: Sprained ankle, knee, cartilage problems, torn muscles and ligaments, bruises

PSYCHOLOGICAL: Depression, Phobias, Emotional disturbances, anxiety, nervousness, addictions

The number and frequency of treatments depends on duration and intensity of your disorder and your age and constitution.

NATURAL OPTIONS

Tension Headaches



Dab a small amount of Peppermint Essential Oil on your temples and the base of your skull to calm tension headache.

Menstrual Cramps

Dunk a cloth in warm Ginger Tea, wring it out and apply it to your lower abdomen as a poultice. Ginger is anti-inflammatory and helps to ease cramps. Repeat as necessary.



Muscular Aches

Creams containing Capsaicin (a compound in Chilli) reduce pain messages to the brain



Easy Detox

A glass of warm water with the juice of 1/2 a lemon first thing in the morning and in the evening before bed. This helps the liver break down fats and remove toxins. Adjust the amount of lemon juice according to your taste. You can add a little honey if needed.

Acupuncture is for people of all ages. Don't let a small problem become a big one!

CLINIC HOURS

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

Phone 07 54 838 088

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NEWSLETTER



Cooloola Acupuncture Clinic

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

Cooloola Acupuncture Clinic

Unit 2 / 21 Nash Street, Gympie Q 4570



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