

# The Natural Therapy Issue

Issue 5; March 2008

With so many fantastic practitioners at Glo Health offering an extensive range of modalities it is often difficult to know just which treatment is right for you. Knowing the difference between what to expect from Traditional Chinese Medicine to Naturopathy or Homeopathy is difficult. Knowing the difference between the many varieties of massage we offer is even harder!

Although our practitioners happily cross-refer clients to each other, ensuring the best treatment possible, making that initial contact (and appointment) can be overwhelming!

We're very proud of our clinic and the treatments on offer, so we thought we'd take the opportunity to introduce our new therapists and reintroduce those we've gratefully had practicing here last year as well.

This newsletter is dedicated to profiling all of the incredible therapists and their practices.

In every way we feel very privileged to be working here - especially being able to have access to every practitioner. At any time we can ask them about their practice and treatment methods – and we'd like to now share that privilege with our customers.

On Sunday 6th April at 4pm we have a meet our practitioners afternoon organised where we would like to welcome anybody interested to come along and freely chat with our therapists. It's time to get to know them and their practice better. Bring along any health concerns or questions you have, or just drop past to say hi and let them introduce themselves over a cuppa or a glass of organic wine.

## Our Therapists

**Peter Hendrie**  
Lomilomi Massage

**Paula Hill**  
Remedial, Sports, Deep Tissue, Pregnancy Massage and Orthotic Fittings

**Karen Kampf**  
Naturopathy, Live Blood Screening, Cupping, Ear Candling, Iridology, Massage (Ladies)

**Justus Lewis**  
Reiki, EFM Balancing

**Cathy Mayer**  
Kinesiology, Homeopathy, Naturopathy

**Lexi Newman**  
Kinesiology

**Sally Sant**  
Gestalt Therapy

**Christina Tolstrup**  
Chinese Remedial Massage, Cupping, Gua Sha

**Marina Tsaganas**  
Homeopathy

**Beni T. Turkson**  
Nutrition, Coaching

**Sally Uebergang**  
Traditional Chinese Medicine

**Dr. Jefferies Vecranges**  
Chiropractic Myotherapy

**Darren Walsh**  
Traditional Chinese Medicine, Acupuncture

**Ainslie Waters**  
Counseling and Psychotherapy

*There are fantastic deals on offer so you can come and see for yourself how amazing our practitioners are!*  
*Offers apply to all customers. If you have a regular treatment at Glo please feel free to take advantage of the discounts.*

**For more comprehensive information on any of our practitioners please contact us and we can email their brochure to you.**



# Traditional Chinese Medicine / Acupuncture

TCM is a completely natural system of health care that has been continually evolving for more than 2000 years. It utilises herbs and minerals to protect health and promote longevity without toxic side effects. The World Health Organisation recognises the effectiveness of TCM for the treatment of a wide range of conditions.

Acupuncture stimulates key points on the body to remove blockages and correct imbalance, with the aim of restoring harmony and health. The Life Force flows through the body along specific channels. This creates a continuous circuit, linking internal organs and connecting interior with exterior. Disease occurs where there is a disruption to the natural flow of energy.

We are fortunate to have two TCM practitioners available on Monday, Wednesday and Thursday all day. Darren holds Bachelor Degrees in Traditional Chinese Medicine and Acupuncture. For the last 15 years he has been involved in the study of Consciousness and its role in physical, mental and emotional health.

Sally is a registered Doctor of TCM and a member of AACMA. She has completed three Applied Science degrees as well as an internship in Nanjing, China.



## Nutrition

A nutrition consultation incorporates a thorough personal health history; tongue and nail analysis; assessment of mineral status; development of a personalised nutrition plan; nutrition coaching and education and - if required – the prescription of supplements, follow up appointments & shopping sessions. Sports Nutrition and Conception Care are also available.

Beni T. Turkson is a qualified nutritionist with a Bachelor of Health Sciences (Nutritional Medicine) and is a NLP Results Coach. She has been the Nutritionist in-store at Glo Health since 2006. She is a member of ATMS. Beni is available Fridays 8 am – 1.30 pm



## Gestalt Therapy

Gestalt Therapists believe that everybody has the potential to solve their own problems but sometimes however they become stuck and need some assistance to reach their full potential. Gestalt Therapy is about working together to find new and creative ways through the issues the person is facing. Through increased awareness of all aspects of self the person develops a greater capacity to be choice-ful about how they affect others and are affected by life circumstances.

Sally is interested in working with a wide range of concerns with particular interests in grief, relationship issues, sexuality and identity issues. She is available Wednesdays 2 pm – 7 pm.

Sally has an Advanced Diploma in Gestalt Therapy from Gestalt Therapy Australia and a Certificate in Counselling and Psychotherapy from Cairnmillar Australia. Sally is a registered member of GANZ (Gestalt Australia & New Zealand).

## Homeopathy

Homeopathy is a therapy based on the theory of treating like with like, that is, what a substance can cause it can cure (when administered in a Homeopathic form). For example coffee stimulates the nervous system – a Homeopathic dose of it can therefore cure a patient troubled with unusual mental activity and sleeplessness.

Marina uses classical Constitutional Homeopathy to treat a wide range of disorders and has a special interest in women's and children's health, chronic illness, anxiety and depression. Marina works in cooperation with other health care professionals to ensure the highest level of health care for her patients. Marina is available Thursdays 2 pm – 7 pm and Friday 1.30 – 6pm.

Marina is offering 20% off all initial consults and a free First Aid Remedy (valued at \$25.00).

## Lomilomi

Lomilomi is an ancient Hawaiian healing massage that provides a holistic approach to balancing and nurturing the mind, body and spirit.

Lomilomi is performed using flowing strokes using fingers, hands, forearms and elbows in an intuitive manner from head to toes using soft and deep pressure as well as gentle stretching techniques to release energy blocks – creating a total sense of wellbeing.

Peter has qualifications in Lomilomi (through Lomilomi Transformations) and Thought Field Therapy. He has also trained in Hot Stone Massage. Peter is available Sundays 9 am – 6 pm.

## Kinesiology

Kinesiology in therapy is a technique used to monitor the response of nerves in muscles. If the nervous system is stressed, it becomes disorganised and we feel out of balance and therefore we find it difficult to function effectively. With Kinesiology our energy can be rebalanced using acupressure, reflex point therapy, natural medicines and many other integrative techniques.

We have two kinesiologists available at Glo on Tuesday afternoons 2 pm – 7 pm.

Lexi is a highly qualified and experienced Kinesiologist. She has a Diploma of Health Sciences (Holistic Kinesiology)

Catherine is a highly qualified and experienced Kinesiologist. She has a Diploma of Naturopathy and Homeopathic Medicine and further qualifications as an instructor of kinesiology workshops. She is a recognised member of the Australian Traditional Medicine Society and the Australian Kinesiology Association.



### Cathy is offering Kinesiology two day weekend workshops

#### Touch for Health Synthesis 1 - 4

In these workshops you learn how to test and balance muscles that are associated with the energy to the body's organ system, as well as other simple applications, such as pain and emotional release techniques.

Touch for Health 1 will commence on 8 & 9 March. Cost: \$330

#### One Brain Series 1 - 6

In Tools of the Trade, the first workshop of the series, you will be learning foundational skills, how to muscle test and how to apply the Behavioral Barometer to discover how emotions play a part in our lives, with some simple balancing techniques.

Tools of the Trade will commence on 12 & 13 April. Cost: \$350

## Naturopathy

It is the naturopathic philosophy to treat the symptoms and find the cause of the problem to prevent further illness. Within a naturopathic consultation, Karen will carry out a series of tests such as Live Blood Analysis or Body Composition to establish the causing factors. After having a clear picture of you as an individual a treatment plan involving diet, lifestyle, herbs and nutrition is put together to help you achieve optimum health.

Karen has been working in the complementary health industry for over 10 years. Her roles have varied from work as a lecturer to one on one consultation. Karen is available Tuesdays and Wednesdays 2 pm – 7 pm; Thursdays 8.30 am – 7pm and Fridays 8.30 am – 1 pm.

### March Special

Receive \$25 off initial consult with mention of this newsletter. (Normally \$120)

## Chinese Remedial Massage

Christina's style of massage is based on the principles of Traditional Chinese Medicine where any illness is viewed as an imbalance of or an obstruction of the flow of the energies (Qi) in the body.

With a variety of massage techniques the energy flow of the body is stimulated along channels which connect all parts of the body with the aim of restoring balance. Often acupressure is also used on specific acupuncture points.

Christina is available Thursdays 8 am – 1.30 pm.

Christina has qualifications in Traditional Chinese Massage (An Mo Tui Na), Cupping and Gua Sha. She is currently completing a Bachelor Degree in Health Science – Chinese Medicine.

Throughout March Christina is offering two 1 hour Massages for \$100! (Valued at \$140)



# Chiropractic

Chiropractic encompasses the spine and all other articulations in the body (eg the elbows, knees, hips, shoulders, wrists, ankles and jaw).

The objective of a Chiropractor is to firstly locate nerve interference and then remove this pressure, thus enabling the body and it's organs to function to its utmost capacity.

Jeff has a passion for studying in the field of health science and believes in non-intrusive, drug free and natural treatments. He has worked in private practice, sporting venues and continues to do voluntary work a for the Victoria Police and Emergency services at their training academy in Mulgrave.

**Jeff is available Saturdays 8 am – 1pm and Tuesdays 8 am – 1.30 pm.**



## SLM Bodywork/Remedial Massage

SLM Bodywork is a treatment approach designed to address muscular dysfunction and pain in the body through massage, acupressure, specific exercise prescription and an assessment of factors responsible for the development of pain (for example posture, inadequate nutrition, emotional stress, exercise style).

SLM Bodywork can be used on all age groups to successfully treat a wide range of conditions including low, mid or upper back pain; RSI; Migraines; Runner's Knee; Bulging Disk; Sciatica; Tennis/Golfer's Elbow; Neck Pain; Plantar Fasciitis; Frozen Shoulder; Stress Fractures. Orthotic assessment and fittings can also be arranged.

**Paula is available Fridays and Saturdays 8.30 am – 6 pm**



## EMF Balancing/Reiki

EMF (Electro Magnetic Field) Balancing and Reiki are different ways of working with our human energy system to promote relaxation and inner peace. They help to provide a greater ability to handle the emotional ups and downs of life and give an increased sense of meaning in our lives.

Reiki focuses on personal growth through healing. It involves the practitioner placing their hands directly on the client's body using a variety of hand positions.

EMF is about consciously using intent to encourage evolution. In EMF the practitioner works mainly in the Electro Magnetic Field around a person's physical body. Justus is an Accredited EMF Balancing Technique® Teacher and Practitioner and Reiki Master.

She is offering a mini session (15 minutes) of Reiki or EMF on Friday 7 March 1.30 pm – 6 pm or Monday 10 March 8.30 pm – 7 pm for only \$10.00. (Normally valued at \$25.00)

And if you pay by EFTPOS in advance for EMF Treatment Phases 1-4 you receive Phase 5 free.

## Counseling/Psychotherapy

Ainslie Waters is our new Counselor and Psychotherapist at Glo Health. Ainslie comes with a wealth of experience in all areas of counseling. She incorporates the latest and most successful techniques and models in dealing with the issues and concerns people experience as a direct result of modern day living.

With a variety of therapeutic techniques at her disposal, Ainslie has achieved success in helping people with issues such as

- Grief and Loss
- Anxiety
- Depression
- Anger Management
- Relationship issues
- Adolescent mental health

Ainslie is a member of the Australian Counseling Association, and is bound by its code of ethics.

Qualifications: Bachelor of Arts, Bachelor of Education and Graduate Diploma of Psychotherapy and Counseling.

**Ainslie is available Saturdays 8.30 am – 1 pm.**

(03) 9523 7824; 358 Glenhuntly Road, Elsternwick, VIC 3185  
Open Monday through Thursday 8am – 7pm; Friday and Saturday 8am – 6pm  
Sunday 9am – 6pm  
[www.glohealth.com.au](http://www.glohealth.com.au)