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This Month Glo Health is celebrating: Natural Therapies!

Elly Gates: Naturopathy



Many of you have already met Elly Gates - the newest addition to our Glo team. Taking over the running of our retail dispensary, Elly comes to us from Macro Wholefoods Black Rock.

With this experience Elly knows which products work

best to ensure optimal results. "It is my role as the in store Naturopath to listen to each enquiry and work out which product is going to bring about the most effective result. I ask myself 'What can we do now, today, to greatly improve health and wellbeing for the individual?'" Choosing the right product can do that."

Qualifying with a Bachelor of Health Science from Endeavour College, Elly has a special interest in stress management, PMS and anxiety/depression associated with PMS, mother craft and Flower Essences.

Elly will be completely overhauling our retail dispensary and working hard to increase the variety and choice to meet our customers' needs. We're looking forward to big changes ahead - come and introduce yourself to Elly and have a look at all the great things she's been up to!

Elly is available in store Monday - Thursday 10 am - 6 pm.

Irene Signorino: Traditional Chinese Medicine

The human body and Oriental philosophies have always fascinated Irene which is why she chose to study Traditional Chinese Medicine (TCM).

TCM combines a variety of therapeutic methods including acupuncture, moxibustion (heat therapy), herbal medicine, massage and cupping. Her aim is to provide the highest quality natural treatments, products and individualised care for her patients so that they are empowered and inspired to find health in mind, body and spirit.

Irene studied at the Endeavour College of Natural Health in Melbourne, to gain a Bachelor of Health Science in Acupuncture and a Certificate IV TCM Remedial Massage. She has also studied at Monash University and completed a Bachelor of Science there. Recently Irene completed training in cosmetic acupuncture and facial rejuvenation to add to her ever growing skills.

TCM provides a unique and holistic approach to prevent and treat disease. For thousands of years healers have known that the "laying on of hands" can have a powerful therapeutic affect on the body. TCM recognises that true healing is a multidimensional process and takes a holistic approach to understanding disease processes and focuses as much on prevention of illness as on the treatment of health conditions.

Chinese medicine can assist many health issues. It benefits a wide variety of acute and chronic conditions, including emotional and psychological disorders. It is very effective in reducing or eliminating pain; it supports faster recovery from injuries and decreases symptoms



of stress. Chinese medicine improves circulation and overall health and leaves you feeling more relaxed and invigorated.

Acupuncture can also strengthen the immune system therefore increasing your resistance to cold and flues; it can assist with addictions and withdrawal symptoms and aid post-cancer health.

"Choosing TCM is choosing to be proactive with your health by preventing conditions from getting worse and by being in control of your own health and wellbeing."

Throughout September get \$20 off cosmetic acupuncture with Irene!

Be a savvy shopper!

On the last Sunday of each month take advantage of 15% off everything store wide!



(excludes already discounted items and treatments in our natural therapy clinic)

Sunday trading hours: 11 am - 3 pm

Tight Tuesdays!

Throughout September we're offering 10% off our entire range of vitamins, minerals and supplements EVERY Tuesday!

IRIDOLOGY SPECIAL!



Throughout September Elly is offering FREE 10 minute Iridology mini-consults!

Iridology is the study of the iris, pupil and sclera. Practitioners look for patterns, discolourations and markings on the iris and then compare their position to a map of the body. This map corresponds to body parts and body systems and may reveal areas of weakness or potential problem areas.

Elly is available between 2.30 pm - 4.30 pm Monday - Thursday

Paul Carter: Acupuncture, Chinese Herbs, Massage



• Pain • Stress, Anxiety & Depression • Weight Loss • Lines, Wrinkles & Cellulite • Headaches • PMS & Menstrual Problems • Fertility & Pregnancy • Smoking & Addictions • Allergies • Asthma • Digestive Problems • Insomnia • Libido

Paul combines 10 years Massage Therapy experience with his Acupuncture & Chinese Herbal knowledge to give effective pain relief and optimize your health.

With a passion for natural medicine from a young age, Paul initially studied many styles of massage including Shiatsu, Traditional

Hawaiian, Reflexology, Deep Tissue, Sports Massage, Hot Stones Massage and more. After many years working in some of Australia's leading Spas and multimodality clinics, Paul developed a new passion for Traditional Chinese Medicine.

After his own health success story with Acupuncture and Chinese Herbs and learning of the wide array of conditions effectively treated, Paul went back to study and completed his 4 year Bachelor of Chinese Medicine Degree (Victoria University) in Shanghai studying with true experts in the field.

Paul delivers a very thorough tactile treatment experience, often combining many techniques including Acupuncture, Cupping, Heat Therapy, Chinese Herbs, Diet Advise and Exercises to practice at home. For a comprehensive, experienced practitioner, make an appointment to see Paul Today.

Take advantage of \$20 off all cosmetic acupuncture consults with Paul throughout September!

Remedial Massage helps aid relaxation by releasing stress and tension from our bodies.



Too much unresolved stress in our lives can cause constant muscular tension. This tension or tightness reduces the flow of blood and oxygen to the muscles and organs. It may also restrict nerve & lymph supply. Tension creates a tendency for toxins to build up in the body and reduces the flow of energy. Tension can lead to symptomatic feelings of fatigue, heaviness, aches and pains, tightness of muscles and stiffness. Muscular stress can increase the likelihood of strains and injuries. Muscular stress also distorts the skeletal structure which further compounds existing problems and creates new ones.

Remedial massage is used to counter many minor physiological disorders, such as:

- Poor circulation
- Muscle cramps
- Sore, stiff or swollen joints
- Sprains or strains
- Loss of muscle tone
- Frozen shoulder
- Wry neck (torticollis)
- Sciatica
- Scoliosis
- Tennis elbow

David Cha is available Friday 9 am – 6 pm

Throughout September David is offering 10% off all consults!

Silva Mirovics: Medical Intuitive

Hi, my name is Silva and I am a Medical Intuitive. My business, Intuitive Healing, provides intuitive counselling, energy healing and flower essence therapy.

A Medical Intuitive is a Complementary Health professional who uses intuition to find the root cause of a physical or emotional condition. A Medical Intuitive will present their findings to their client in a holistic way and encourage the client to participate in their own healing.

Medical Intuition looks at the Body and the Soul in a different way. When both of these are in harmony and balance then healing can occur, and a session with me will help you to achieve this.

I am qualified, trained and experienced in understanding both your Body and your Soul. I will look at your issues from a unique point of view and provide you with guidance in both these areas.

A Medical Intuitive does NOT diagnose medical conditions – only your doctor can do this.

Why should I make an appointment?

Because:

- you never feel quite right
- you are physically unwell
- you are emotionally troubled
- you keep meeting the same type of partner, or keep making the same types of mistakes, no matter how many affirmations you say
- you desire to be deeply well
- you are sick of being sick

The session will begin with discussion about why you have come in – whether for a physical ailment, an emotional imbalance or because you don't feel "right" yet no one has been able to pinpoint the reason.

I will "read" your energy, your vibration, to ascertain where imbalances could be stemming from.

I will then rebalance your energy field and bring you into the present moment.

I may recommend you see another practitioner such as a naturopath, herbalist or medical specialist.

I may ask you to lay on the treatment table for some part of the healing, but you will remain clothed.

You will learn some simple and easy tools that you can use daily at home to start facilitating your own healing journey.

Everything is Energy – Energy is moveable and changeable – Therefore each of us has the ability to change aspects of our lives and of our selves that are no longer serving us.

By learning how to change our energetic vibration we can successfully redirect our life path.

Medical Intuition is a growing field of Energy Medicine.

Sessions are suitable for adults and children.

Session: 45 minutes – 1 hour.

Saturdays: 9.00 am – 6.00 pm

Throughout September Silva is offering \$20 off all initial consults!

