



Merry Christmas!

We wish you all a very Merry Christmas and a Happy and Healthy 2010!

In this newsletter you will learn a little about some easy to get teas and how they can help. There is also some information about "Chronic Pain Removal Theta Therapy"

So sit back and enjoy a quiet read at this very busy time of year.



Teas have been used for centuries to help heal the body and return it to a state of balance. Here are just a few teas that you can use in everyday life.



Peppermint is an herb that can be taken internally and used externally. As a tea it is fantastic for the digestive system when there is cramping, bloating, indigestion or flatulence. Externally it can be used for any inflammatory skin condition or rubbed on the temples to relieve headache.



Chamomile is another herb that is often used internally and externally. As a tea it will help to calm the mind and relax the nerves at times of stress. It will improve sleep and help relieve headache. Externally it reduces inflammation and stimulates tissue regrowth so it is great for acne, eczema or even nappy rash. Chamomile can be used in a bath to nourish dry skin or to calm cranky children.



Rosemary is an herb that improves circulation and so taken as a tea will improve memory and concentration as well as peripheral circulation. As a hair rinse, rosemary deters dandruff, greying and hair loss.



Ginger root is well known for relieving nausea associated with motion sickness and pregnancy, however this warming herb is fantastic for relief of a cold, bronchitis and even flatulence. It can be taken as a tea or used in a foot soak to relieve head congestion and to treat athlete's foot.



Hawthorn is a heart tonic that strengthens heart muscle, improves circulation and lowers cholesterol. The leaf, flower or berry of the Hawthorn shrub is used when making a tea.



CHRONIC PAIN REMOVAL THETA THERAPY



With Eva May

“You can achieve great relief even at the first session. At the second session you will be free from pain within 15 minutes!

Fast track to set your body free from chronic pain based on negative emotions, stress and trauma (in your shoulders, neck, back, knees etc.)

Your body has a memory and remembers all (good and bad) emotions, then accumulates them subconsciously in some part of your physical body. At the initial session based on hypnosis we can discover the cause – the truth about your pain. Then you learn some easy ways to achieve theta state of mind which is the powerful self-healing level of your subconscious mind.

All that process is preparing you for the next step – Pain Removal at the subsequent session. Those theta-technology-tools are able to unblock those shoulders/necks/backs/knees at the subsequent session within 15 minutes and make them move easily!

The best way to achieve these great results is to have the two sessions all in one week to get rid of pain successfully.”

FREE initial email consultation: nlpcoaching@hotmail.com

Herbs for Health Wellness Centre
Helping You to Achieve Your Goals!

Naturopathy & Medical Herbalism: An holistic approach to health and healing. Bringing the body into balance with herbs, nutrition and supplements	Initial Consultation: \$75 Subsequent consultation: \$40 Health Fund Rebates Available
Hypnotherapy: Reach your full potential with more motivation, higher self esteem, better sleep and a feeling of calm.	Consultation: \$120
Reflexology: Fantastic for promoting relaxation, reducing stress and improving health and wellbeing	1 ½ Hours: \$85 1 Hour: \$60 ½ Hour: \$35 ¼ Hour: \$20 (Prepay 5 sessions and get 6)
Massage Therapy: Dealing with aches, pains and strains as well as providing you with stress relief and relaxation in a busy world.	2 hours: \$160 1 ½ Hours: \$120 1 Hour: \$80 ½ Hour: \$50 (Prepay 5 sessions and get 6)
Bemer Therapy: Delivering a pulsed electro-magnetic field to all cells of the body to relieve pain	Session: \$30 (Book and pay for ten sessions in advance)
Myopractic (Bowen Therapy): A revolution in bodywork! Achieving your best of health, for a life of happiness.	Initial consultation: \$65 Subsequent consultation: \$50
Reiki: An energy treatment, bringing deep relaxation and healing.	1 ½ Hours: \$85 1 Hour: \$60 ½ Hour: \$40 (Prepay 5 sessions and get 6)
LFT – Life Field Therapy: Teaching you how to change and adopt new behaviours for a better life. Pain Removal Theta Therapy: Two sessions to release pain	Initial consultation: \$110 Subsequent sessions: \$90 Transformation programme: 4 sessions in 2 weeks: \$300
Kinetic Energen Treatment: A non invasive and pain free treatment for physical and emotional conditions	Consultation: \$60
Body Balancing for Health: This treatment involves manipulation to balance the signal from the brain to the muscles which in turn balances the body's energy flow	Consultation: \$100
Intuitive Healing: Awareness and Intuition development	Consultation: \$30

Consultation Times:
Monday to Saturday: From 9:30am
By Appointment
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