

**Ambrosia Health Centre's
team of
Professional Therapists:**

Tania Largent (Tue-Sat)

Acupuncture
Chinese Herbal Medicine
Infant Massage Classes

Natalie Franks (Mon, Wed, Thu)

Remedial, Lymphatic Drainage &
Aromatherapy Massage, Energy
Healing, Reflexology, Craniosacral &
Myofascial Therapy

Lê Hoang (Tue & Sat)

Counselling & Psychotherapy
Individual & Couples Therapy
Relationship Building Workshops

Emma Grant (Fri)

Ayurveda Massage & Consultations

Ana Claudia Brandão (By Appt)

Feng Shui & Chinese Astrology

To all our Ambrosia Health
Centre Clients, **thank you** for
your on going support.

Also a big **thank you** to the
many clients who continue to
refer their friends and family
to the centre.

Gift Certificates

A Great Idea for any occasion

Health Rebates

Available with most Therapies

If you do not wish to receive this
newsletter in the future please
contact us on 9665 4341.

Business Excellence

The 2007 Randwick City
Business Excellence Awards
Winner of the most
Outstanding Health is...

Ambrosia Health Centre

The team at Ambrosia would like
to say **Thank You** all so very
much for your votes, your
wonderful support and your
continuing referrals, we couldn't
have done this without you.



To celebrate this special
occasion we would like to offer
all our wonderful clients the
opportunity to try something
new by choosing **one** treat from
the following:

- **50% off** an **Acupuncture**
session with Tania or a 1 hr
Massage with Natalie or
- **Free 1st hr Counselling** or
50% off your next session
with Lê or
- **Free Ayurveda Consultation**
with a paid Ayurveda
Massage with Emma or
- **Free 30 min Feng Shui**
Assessment with Ana

The Randwick City Local
Business Awards are conducted
annually and businesses are
nominated across a range of
categories. The number of
nominations received
determines the finalists and a
rigorous judging process is then
undertaken to determine the
winners.

Oriental Medicine

Spring is a time of movement.
The free and easy movement of
energy through the body and
that of nature as it awakens
from winter's repose.

The movement of pollen from
the beautiful new blossoms of
spring, however, often give rise
to bouts of **allergic rhinitis**
(**hay fever**). These symptoms
are actually indicative of a
weakened immune system.
Substances that are normally
harmless, such as pollens, now
represent a threat to the body.
It is the histamine produced in
attempting to fight off these
allergens that causes the classic
hay fever symptoms, which is
why one then reaches for the
antihistamines to suppress the
symptoms.

**Acupuncture and Chinese
Herbs**, however, work not only
on **relieving the symptoms** but
also on **strengthening the
immune system** and, ultimately,
**significantly reducing future
allergic reactions**. If you know
that Spring time means hay
fever for you then act
preventatively and come in for
some immune boosting
treatments before its too late
or we'll need to work twice as
hard to also clear those blocked
noses.

When hay fever is no longer an
issue you can then embrace the
new energy of spring by getting
out in the fresh air to keep that
qi moving. Eating plenty of
lightly steamed leafy green
vegetables while minimising
fats, caffeine and alcohol will
also help support a healthy
immune system this Spring.

Counselling

Lê's Western Psychology and Eastern Wisdom Counselling celebrated the 1st Anniversary at Ambrosia in July. Lê is grateful to Ambrosia for having helped her make her dream of private practice come true.

To celebrate Lê has 2 workshops planned for Oct/Nov 07 'Attracting the Right Partner for Yourself' and 'Making Relationships Works for You'. Each workshop runs over 4 sessions of 2.5 hrs each. For many people what matters most in their lives are their relationships, yet they are also the source of hurt, pain, anger, anxiety and frustration. Relationship difficulties can occur at home, at work, in business, and in friendships.

These **interactive, experiential workshops** look at skills development as well as becoming aware of beliefs that set up dysfunctional relational patterns. The workshops look into the issues of partner selection and equip you with ways in which you can increase the odds of finding a "compatible mate". They empower participants to replace the thought "it's hard to find that perfect person for me" with the conviction that "I now attract the right relationship for me".

You do not have to be alone if you are willing to change your attitudes and put in a little effort. You must give up certain myths and begin to take charge of your romantic life. Romance is no different than any other aspects of your life. It requires that you take the responsibility for making it happen.

To find out more or to have a **FREE 1st hour Counselling session** phone Ambrosia or Lê (0404 478 715) today.

Integrated Massage Therapy

There are many different types of **stress**, such as: Physical stress due to injuries; Seasonal stress due to allergies; Emotional and Lifestyle stress; HSC stress (both for students and their family).

There are also many different styles of **bodywork** each with a different focus suitable for treating different stressors. **Remedial massage** is great for working with physical injuries, **Reflexology** can improve allergy problems, **Craniosacral therapy** is amazing for releasing emotional stress and **Aromatherapy** works wonders on rebalancing hormones.

Getting regular massage treatments to relax and relieve sore, tired muscles will have a therapeutic effect on both body and mind and allow you to work more efficiently and effectively during these stressful periods. Massage helps bring the body back to a state of homeostasis, meaning harmonious balance, by improving circulation, balancing the nervous system and releasing endorphins to enhance wellbeing.

Remember a healthy body is a healthy mind! Call Natalie today and say good-bye to stress!

Ayurveda

Ayurveda, is an ancient form of natural medicine originating from India, and can be called "Science of Life" as it is truly holistic by considering body, mind and soul.

Ayurveda incorporates the use of **food and diet, cleanses, massage and oil treatments, exercise and yoga, herbs and lifestyle management.**

After determining your constitution (vata, pitta, or kapha), through the process of a questionnaire as well as looking at your tongue and taking your pulse, Emma will make recommendations that will help you find health and balance in all areas of your life.

As we move into Spring, our bodies are ready for a detox and a cleanse. Lighten and rid itself of that sluggish winter coat...

Ayurveda is suitable for all ages and stages of life.

During Sep/Oct Emma is promoting FREE personalised Spring Eating Plans or Detox.

Feng Shui

Spring is the ideal time of year to clear the energies of your home. Open all the windows, move all the furniture around, have a big clean up. Let the new season's air come and renew your home after this long cold winter.

Spring-cleaning unlocks a lot of impulses including the urge to **de-clutter** our environment. My definition of clutter is much wider than all that stuff we already know needs to go. Clutter is anything that we have not used for a year or more, anything that we don't really love, anything that makes us sad to look at, or anything that brings our energy down.

Clearing clutter helps us **gain** physical **energy** because all our physical possessions take energy from us, even the ones we have apparently forgotten about!

Make room for new opportunities to come into your life, refresh, renew!

Ana offers complementary 30-min Feng Shui assessments for your home or business.