



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

**Tania Largent (Mon-Fri)**

Acupuncture  
Chinese Herbal Medicine  
Shiatsu Massage  
Infant Massage Workshops

**Lê Hoang (Mon & Wed)**

Counselling  
Psychotherapy

**Peta Kilgour (Tue & Fri)**

Personal Training

**Lisa Bina (Sat)**

Ka Huna Massage

To all our Ambrosia Health Centre Clients, **thank you** for your support during the year.

Also a big **thank you** to the many clients who have referred their friends and family to the centre

**Our warmest wishes for  
the festive season!**

**Gift Certificates  
A Great Idea for Christmas**

**Health Rebates**  
Available with most Therapies

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

**Celebrate life with  
Oriental Medicine**

With summer almost here many of us want to spend more time in the fresh air having fun. Do you have enough energy to do this?

**Would you like to be bursting with all the energy you need to do anything you want?**

In Oriental Medicine they say there are two places to get the energy you need: from the air that you breathe and the food that you eat. This means that your respiratory system and digestive system need to be working effectively for you to be filled with vitality. If there is an imbalance within the body then no matter how much you exercise or what you eat (including supplements) you won't receive the benefits of all your efforts.

As with everything in life our bodies need regular maintenance, especially when we expect so much from them. Oriental Medicine is well known for its ability to get to the root of many subtle or chronic conditions that Western Medicine has no answers to. It is also very successful at treating acute conditions and is an effective way to maintain great health once balance has been restored.

Come in for a course of treatments and before you know it you'll have all the energy you need to do anything you want. Celebrate life and enjoy summer.

**Book 3 treatments in Dec or Jan and receive 25% off your 4<sup>th</sup> treatment.**

**Tania Largent** is a practitioner of Oriental Medicine incorporating Acupuncture, Chinese Herbs, and Shiatsu Massage as well as teaching Infant Massage to new parents. She specialises in Women's & Children's Health and has been practicing since 1998 as both a therapist & a teacher.

*Tania's spiritual teacher, **Behram Ghista**, will be visiting Australia in April 2007. To find out more about his wonderful talks and amazing retreats visit his website: [www.nembutsu.org](http://www.nembutsu.org).*

**What is counselling?  
Who needs it and what  
can it do for me?**

**Lê Hoang**, a counsellor & psychotherapist joined the Centre in July 2006, after many years working at Relationships Australia, Jade House (a Karitane post-natal depression clinic), Jansen Newman Institute of Applied Psychology, Carers NSW, and other organizations.

Lê's clients have often been speechless when asked "how often do you take your car to a garage to have it serviced and maintained; and how often do you service your relationship(s), your mental / emotional life?"

Lê tells her clients that counselling is not about "having something wrong with you" it's about getting professional help to work through your problems. Fixing what is not working in your life is not so different to fixing the problems with your car, though it may generally take more time. A well-serviced car will last a long time, as will a well-cared-for life and relationship.

***Seeking help is a sign of strength - you are willing to face your problems and to resolve them.***

**Lê Hoang Specialises in:**

- A "Wedding Planner Special" Pre-Marital Enrichment Programs
- Relationship and Marital Counselling
- Dealing with Depression, Anxiety, and Stress
- Living a Fulfilling & Meaningful Life with Confidence & Energy
- Cross-Cultural Counselling
- Carers (caring for people with disability, mental illness, frailty and old age) - *Counselling at waived or reduced fees*

Lê brings into her therapeutic work her life experience in being different. Lê works with

differences, deals with differences, and uses differences to reach out to others, to connect and to enrich relationships. Your relationship with self and life becomes peaceful and meaningful.

### **Personal training with a difference**

**Peta Kilgour** is a qualified and experienced trainer who has been in the fitness industry for 10 years. She specializes in Personal Training and Swim Coaching and runs her own business: **Elements Of Fitness.**

Peta believes in a holistic approach to training, focusing on both mind and body to create balance internally and externally to maintain a healthy lifestyle.

Peta integrates the **Seven Elements of Fitness** in to her training sessions, which include:

- Core conditioning
- Muscular Balance
- Cardiovascular fitness
- Flexibility
- Nutrition
- Stress Management
- Motivation

***"Without strength there is no merit as without the mind there is no movement"***

As well as being qualified with Certificates 3 and 4 of Fitness, Austswim and Level 1 Coaching she is at present completing a degree in Traditional Chinese Medicine which will support her passion to combine both internal health and physical

wellbeing to bring vitality and balance to individuals who want to create a more supportive environment for their mind and body.

**Call for a complementary ½ hour assessment, available during Dec & Jan.**

### **What is Ka Huna Massage?**

The philosophy & practice of the true "Ka-Hunas" of Ancient Hawaii, with their natural wisdom & humble ways, has slowly created a wave of influence in the West. Ka Huna Massage is very much a rhythmic and flowing form of massage. It is performed with the hands and forearms which, using long healing strokes, glide up and down the body's energy lines to soothe, calm & rebalance. Emphasis is placed on breathing deeply to encourage circulation.

Some of the benefits of this type of massage include:

- Muscular pain relief
- Clearing toxins from the lymphatic system
- Energy shifts and deep relaxation.
- Faster recovery from injury and illness

Along with the many physical benefits, Ka Huna massage also works at a deeper spiritual level. It can help you discover how to restore your own balance, the balance between mind, heart & body. The benefits of this are a renewed vitality and a sense of happiness.