

Pain Free & Healthy Life

*Christmas has passed and New Year too
2014 is open to you
We've all eaten sugars, the cakes and the treats
The pies and the ice-cream and all of the sweets
We cleaned up the garden and all of our home
Now we'll clean up our bodies with AIM GlucoChrom
You can make a new future and see where it leads
You can choose a new pathway with healthy new deeds
Whatever you've done over holiday time
Now it is crucial to get back into line.
By Peta Zafir*



Coolum  Therapy Clinic

*Coolum Therapy
Clinic will re-open on
the 6th January
2014. To book an
appointment please
phone:
1300 55 99 32*

Coolum Therapy Clinic Hours:

Bookings are Essential

- Mon–Fri : 9am–5pm
- Saturday Clinic – the
1st Saturday of each
Month from
9am–12 noon.
- After Hours are by
Appointment Only

*We are what we
repeatedly do.
Excellence, therefore,
is not an act but a habit.
-Aristotle*

Have a Positive New Year Everyone!

*There are 4 things you can't recover:
The Stone after the throw,
The Word after it's said,
The Occasion after it's missed,
The Time after it's Gone.
By Deanna Wadsworth*

So now we have arrived in 2014.

It is time to review the person you have been, the person you are, and the person you want to become. We are all on a journey, a path that leads us in many directions and choices, and with each decision we are turned to a new focus. Remember that Kindness, Politeness and Honesty are important for you and for others, and Fear and Insecurity are the things that try to stop us.

Feel your Emotions, Give Generously of your time and yourself to others and be the person you want to become. Remember our time is limited and each moment makes a Life remembered. Make your time and life matter, you have been born for a Reason and have a Purpose, so have each and every one of us. Respect yourself and others.

Be Brave, Be Daring, Be Adventurous and become the person you were Born to Be
- Be Happy, Be Content and Be Fulfilled.

You are an Amazing Unique Person, Find You and Live your Passion.

Coolum Therapy Clinic - Events Calender



SALT CAVES VIP 2014

Dates have been set for our VIP Salt Cave sessions; please get in quickly as places fill very fast!

All Sessions commence at 10am and you need to be there 15mins before. 1 hr in the Salt Caves normally costs \$50; however for our Coolum Therapy Clinic VIP Clients These schedules 1 hr sessions are only \$20.

First session will be
Sunday 26th

January 2014

Book early! Payment due upon booking.

Seats are Limited!

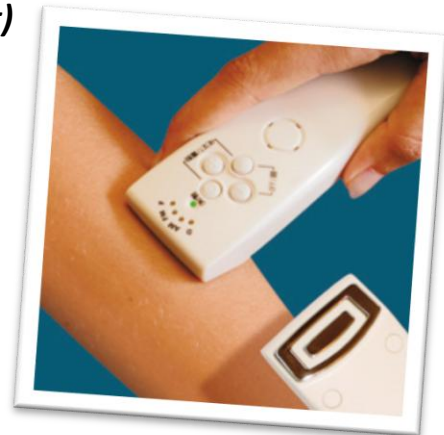
How to Treat Yourself at Home

Saturday 1st February 2014, 9am-11am

Cost \$50per person (full payment required upon booking) Instructed by Peta Zafir (Owner/Trainer/Head Therapist)

During this session you will learn;

- Self Treatment
- Frequencies, Settings and Energy for specific treatments
- Placement of Device and Pads for the most effective results
- Learn how and what conditions SCENAR is used for
- General treatments you can do on yourself to maintain health and well being.



This workshop is great for both the Home User and the Professional, and is taught in a small group setting (10 people maximum) to maximise learning.

Please let me reiterate: this is not how to work your device, how to turn it on etc , it is How to Treat Yourself, Functions, Frequencies, Placement areas relating to Pain. Simple treatments that you can do on yourself to get the best results.

If you required a Scenar device to rent for Home Use or wish to Learn more about how to get Maximum Results from your own Device, Ask Us Today or Register for our Workshop.

Infant Massage

Monday 13th January 2014, 10am.

This course runs for one hour per week for four weeks. (13th, 20th, 27th & 3rd Feb)

Course cost is \$140. Instructed by Visiting Specialist Carole Milroy

A \$30 non refundable deposit is payable on booking and the balance is to be paid in full before course commencement.

Massage oil and handouts are included in the cost. DVD's and Brochures will be available for purchase on the day.

You will cover:

1. Appropriate oils to use on babies, asking permission to massage, contraindications, strokes for legs and buttocks, parent relaxation.
2. Benefits of massage, infant body language during massage, baby's daily cycle and when to massage, bonding, strokes for abdomen and chest, touch relaxation.
3. Massage adaptations for older children, strokes for the face, arms and back, colic discussion and strokes for wind, colic & constipation.
4. Exercises to keep babies flexible and assist with lymphatic drainage, review of full body massage.



Phone 07 5471 6092 / 1300 55 99 32 to Book your place today

What is in GlucoChrom?

Chromium – improves the body's response to efficiently use insulin by regulating the movement of glucose out of the blood and into the cells – stabilising blood sugar levels. Chromium deficiency symptoms may include glucose intolerance which can lead to diabetes, fatigue, nerve pain and high cholesterol.

Vanadium citrate – thought to activate insulin receptors, improving insulin sensitivity and promoting healthy reduction of blood sugar levels, it also appears to play a role in healthy pumping of the heart muscle as well as strengthening bones and teeth.

Gymnema sylvestre leaf extract – Known to stimulate insulin secretion while lowering cholesterol and triglyceride levels. This herb may also improve the health of the pancreas by regenerating beta cells, which make and release insulin.

Bitter melon fruit – also known as balsam pear. Bitter melon may help lower blood sugar levels by increasing the activity of hexokinase and glucokinase - the enzymes in the body that convert sugar to glycogen, which is then stored in the liver and later used for energy.

Get back on track

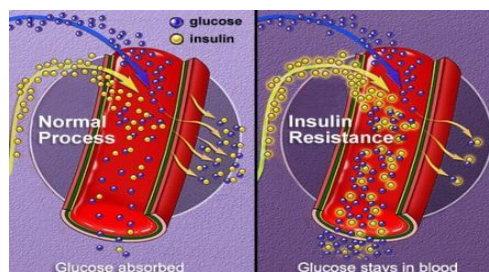
Diabetes is a challenging problem for public health worldwide. In Australia approximately 1 000 000 Australians have been diagnosed with diabetes. In recent years, the risk of diabetes in children and adolescents has increased like never before due to dramatically rising rates of adolescent obesity.

There are two main types of diabetes:

- Type 1 diabetes, which is characterised by the autoimmune destruction of the insulin-producing cells in the pancreas.
- Type 2 diabetes: is the most common form. It is characterised by the reduced production of insulin and an inability of the body tissues to respond fully to insulin.

When we eat our body breaks down the carbohydrates in food to produce glucose, the sugar that fuels our cells and provides them with vital energy for healthy functioning. It is extremely important for the blood glucose to remain stable. If it is elevated, the pancreatic hormone **insulin** is secreted to encourage uptake of glucose by the cells. Ideally the pancreas secretes just the right amount of insulin to effectively metabolise glucose; Insulin is the Key that opens the cells to receive the glucose.

If insulin levels are consistently high, insulin resistance may develop. In this case, the pancreas pumps out insulin, but the cells are unable to respond, leaving the glucose to remain in the bloodstream...and the cycle continues.



Insulin resistance frequently leads to weight gain because high insulin levels force the body to store fat rather than burn as energy. Elevated levels of glucose and fats may also

result in abnormally high cholesterol and triglyceride levels. Over time this can damage vital organs, leading to heart attack, stroke or kidney failure.

Studies have shown that patients are able to prevent the development of diabetes from pre-diabetes simply by making positive lifestyle changes. A healthy diet and modest exercise regime go a long way toward keeping blood glucose levels steady.

AIM GlucoChrom

AIM GlucoChrom™ is a unique combination of trace minerals and herbs that increases the effective actions of insulin and helps the body to metabolize carbohydrates and fats.

GlucoChrom may assist in:

- Maintaining healthy blood sugar levels
- alleviating hypoglycaemic (low blood sugar) symptoms such as fatigue, dizziness, irritability, headaches and cravings
- promoting beneficial effects on blood cholesterol and triglyceride levels
- encouraging reduction of body fat
- increasing lean muscle mass, also including diet & exercise

GlucoChrom is a beneficial supplement to those at risk of high blood sugar or Type 2 (non-insulin dependent) diabetes. The ingredients in GlucoChrom may promote fat loss or the maintenance of lean body mass and may also assist in lowering blood cholesterol and triglyceride levels. It is also a synergistic formula and vegetarian

Who should use GlucoChrom? Everyone wishing to promote fat loss, maintain lean body mass, and interested in lowering cholesterol and triglyceride levels in the blood. GlucoChrom may also be helpful as part of a healthy diet program.



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Phone 07 5471 6092 | www.coolumtherapyclinic.com.au