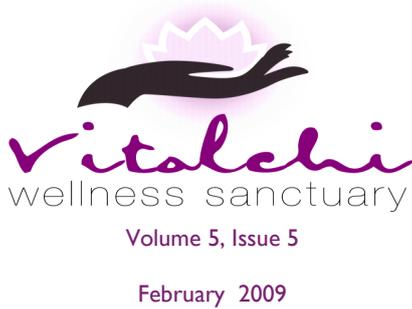


# Vitalchi Wellness Sanctuary - Getting you well naturally and keeping you that way!

6 Main St, Blackburn 3130 Ph: 03 9894 0014 Fax: 03 9894 0015



## Vitalchi Wellness Sanctuary.....



### Duncan and Fiona are getting married!

All the team at Vitalchi would like to offer our heartfelt  
Congratulations!

We have wedding fever in our clinic with Lina getting married recently and  
Carmen getting married later this year!

## Welcome to 2009!

Now that you're back at work after the Christmas break and the stresses of your life are quickly catching up on you, be mindful of keeping up your new years resolutions. It's easy to fall back into the rut of getting overwhelmed by the demands of a busy life, which often means we put our health and happiness last, breaking those good promises you made to yourself.

Here at Vitalchi, we have a dedicated team of practitioners who can help you maintain your goals and help you stay on track. Having someone else sharing the same goal you have, acting as your personal cheerleader makes it that much easier to stick to and achieve your goals.

So call Lina or Carmen NOW on **9894 0014** to find out how we can help you succeed in 2009.

## Exclusive Gym Special For Vitalchi Clients

### Get fit for 2009 NOW!

Vitalchi in conjunction with Beachhouse Health and Fitness have an outstanding offer for all our clients.

Getting fit will help you to decrease stress levels, fatigue and aggression, reduce sick days and absenteeism and increase your cognitive skills, improve sleeping patterns and improve your relationships.

For a limited time, Beachhouse is offering you a \$0 joining fee, (**save \$150**), a \$50 administration fee and \$31 per fortnight instead of the standard \$36 per fortnight. (**Save \$130 per Year**)

Membership includes Initial and fitness ongoing assessments, Re-assessment 4 – 6 weeks, personalised programs and much more.

For more information, please contact our reception staff or directly to

**Beach House Health and Fitness Centre, 20 Station Street, Blackburn. Ph 03 9877 6360 [www.bhfc.com.au](http://www.bhfc.com.au)**



## Practitioner in focus

### Penny Szakeil—Remedial

Penny is our new fully qualified Remedial Massage therapist. Which means massage is now claimable against your health fund. (please check with your health fund first if you are covered for remedial massage). After conducting a thorough assessment, Penny will use a range of techniques such as Trigger Point Therapy, Myofascial Release (MFR), Muscle Energy Techniques (MET) and deep tissue massage to find and treat the underlying cause of your pain.

Penny specialises in helping people suffering from chronic pain caused by illnesses such as arthritis and chronic fatigue, even asthma and those recovering from cancer. She will look at a variety of treatment options to alleviate symptoms and improve daily quality of life, from



basic relaxation massage techniques, to more focused remedial exercises. Penny is also trained in Aromatherapy so during the assessment process she will also look at whether the use of essential oils may be of benefit during your treatment. Penny is a current member of the Australian Association of Massage Therapists.

### Introductory Special!

Book for a Remedial Massage with Penny by the 15th of February and receive an aromatherapy treatment with your massage FREE. Valued at \$17

## Recipe of the Month

### Egg and Walnut Salad

This is a great meal idea for summer and full of good quality, highly beneficial monounsaturated fats.

#### Ingredients

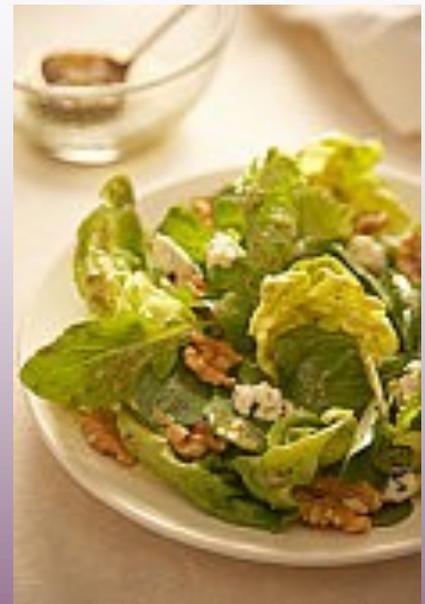
- 1 bunch of organic baby spinach or 2 cups organic rocket
- 4 hard boiled organic eggs, quartered
- 1 organic Lebanese cucumber, unpeeled and diced
- 2 cups organic salad sprouts such as alfalfa or mung bean
- 1/2 cup chopped walnuts, chopped
- 1/4 cups chopped chives

#### Dressing

- 2 tablespoons cold pressed extra virgin olive oil or macadamia oil
- 1 tablespoon lemon juice
- 1 tsp wholegrain mustard
- 1 tsp honey
- 1/2 clove minced garlic

#### Method

Divide spinach leaves between 4 plates, Arrange eggs, cucumber and sprouts on top and sprinkle with the walnuts and chives. Combine dressing ingredients in a small bowl and whisk with a fork to combine. Pour over salads. Serves 4

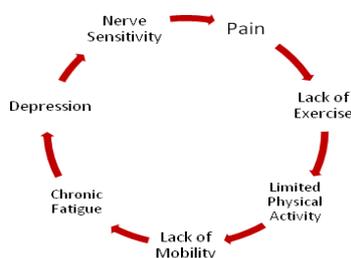


## Condition in Focus – Pain Management

# “Are you living on Pain Killers and Can’t Get Relief?”

Then you need to see our Headache and Pain Specialist!

Research has shown that long lasting pain often creates a chronic pain cycle.



Dr Tino D’Angelo is Vitalchi’s new Acupuncturist and Biomesotherapy Practitioner, he is fantastic in the treatment of chronic and acute pain conditions.

Biomesotherapy, which is a combination of homeopathy and acupuncture was developed by doctors in Germany some 50 years ago. It involves injecting homeopathic solution into specific acupuncture points to stimulate special receptors under the skin that inhibit pain and encourage healing of the condition being treated. The needles are the same size as a traditional acupuncture needle, so we promise no scary big needles!

The combination of the homeopathic solution into the body, plus the stimulation of specific acupuncture points not only combines homeopathy and acupuncture in the same treatment but it creates a synergistic effect which dramatically cuts down healing time and significantly reduces pain.

So amazing is Biomesotherapy, that Footballers regularly use this type of treatment to cut down their injury time and get them back onto the sports field faster.

In Germany and all over Europe Biomesotherapy is used extensively for patients suffering pain and to help elite athletes recover more quickly from a wide variety of sporting injuries.

## Monthly Meditation Class

Next Monthly Meditation Class is on Tuesday the 24th of February, 2009

Take the new year and commotion of getting back to work and the kids back to school by learning the invaluable practice of meditation.

Meditation is an outstanding tool to help you relax your mind and help you develop greater calm, joy and peace. So come and join us for this soothing and nurturing experience.

Book NOW as places are limited by calling the clinic on 9894 0014. \$25 per session or take advantage of our special deal book in for 4 classes and get one FREE!

## This Month's News - Reiki 1 Day Workshop

Are you interested in learning a safe and easy natural therapy that has amazing results?

Reiki is one of the most common healing techniques that people try to get a taste for natural medicine, so if you are thinking about a change of career or just want to learn a technique that's safe and easy to use on you and your family then Reiki is the perfect place to start.

Reiki is a gentle hands on healing technique that helps you or your client to feel more relaxed, peaceful and more energetic. It is an excellent addition to existing therapies such as massage because you can combine the therapies together to achieve a greater depth of healing.

In this level one Reiki course you will learn the basic theories and procedures used in Reiki, enabling you to treat your self and others.

This course is being run by our resident Hypnotherapist and Meditation leader, Dagmar Gunterman.

On:

**Sunday the 5th of April, 2009**

Our one day course is being held for \$197 and numbers are limited to 8.

For more information, please contact either Carmen and Lina on 03 9894 0014.