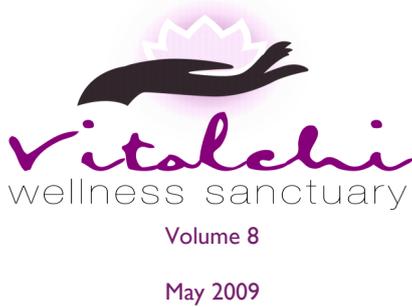


Vitalchi Wellness Sanctuary - Getting you well naturally and keeping you that way!

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



Vitalchi Wellness Sanctuary Thanks you!

All of the team here at Vitalchi Wellness Sanctuary would like to Thank everyone who attended our April 4th Open Day! It was a sensational event with workshops and seminars where people were able to sample therapies, gluten free goodies and enter our exciting competition. We'd like to thank our clients and friends who supported us in making it such a great day! Thank you to our sponsors, Peninsula Hot Springs, Bucatini Restaurant, Orgran Natural Foods, Osborne Health Supplies and Metagenics. Congratulations to our winners of Open Day prizes.

1st Prize Gail Waugh

2nd Prize Sarah Leonard

3rd Prize Jo Lyons



Vitalchi Wellness Sanctuary News.....

HICAPS is coming soon!!!!!!.....

Within the next few weeks, we will have HICAPS installed, which enables you to claim your private health rebate on the spot! No more sending away those invoices!

Life and Business Coaching now at Vitalchi

Marcus is a business, life and executive coach. As a meditation and mindfulness instructor he has taught many people the art of work / life balance. Marcus has also held a number of key senior management positions including, General Manager, Director and Managing Director of a number of national and international companies. Marcus's strategic and business-planning skills have won him international recognition together with successfully raising millions of dollars for his clients. Marcus's clients often comment on the extraordinary results he achieves for them. We are extremely excited to have Marcus join us, and cant wait for him to help bring you into alignment with your true life's purpose where you experience life as it should be. Filled with abundance, freedom, love and joy!

For booking or more information please call the clinic on 9894 0014

Practitioner in focus

Fiona Chin—Naturopath and Kinesiologist

I love my job and my clients. "I have the best clients in the world!" And I truly mean that, you guys are the best.

Instead of the normal run down I thought I might tell you a few things you might not know about me!

I grew up in Tasmania on an organic farm.

I moved to Melbourne when she was 18 to study Animal Science, I wanted to become a vet.

In 1998 I suffered Depression and sever Asthma, this took me to London where I found Natural Therapies.

I went on to get my Naturopathic Degree and gained extensive training in Kinesiology

I taught Kinesiology and Nutrition at a clinic in Armadale as well as specialising in Gluten intolerance before moving to Canada to work in a large Chiropractic clinic where I furthered refined my clinical skills.

In 2006 I met my soul mate, Duncan and gave up a 3 year residency to move back to Australia.

I practiced at the Melbourne Natural Wellness Clinic from 2006 and in 2008 I decided to start my own clinic in Blackburn—Vitalchi.

2009 saw Duncan and myself get married and here we are. So what is installed for the rest of 2009 and 2010?

I am thinking about developing a Super clinic with state of the art testing equipment to complement the Natural Medicine field and help better diagnose and treat clients. Let me know if you have any suggestions!



Recipe of the Month

Chickpea, Lentil & Vegetable Curry

A fantastic dish to be made 1 to 2 days before serving as it allows the flavors to develop. A great complete protein vegetarian dish, wonderfully warming for these winter days and evenings.

1 ½ cups red lentils

1 tbsp ghee or olive oil

1 large onion chopped

3 cloves garlic minced

1 zucchini, diced

½ cup korma curry paste

300g butternut pumpkin, cubed

1 cup cauliflower chopped

1 cup broccoli, chopped

1½ cups vegetable stock

400g can chopped tomatoes

300g chick peas, drained

Pinch fresh salt

1 cup fresh parsley, spring onion or mint chopped

Soak lentils in hot water large fry pan, add onion, garlic and zucchini, and cook for 2 minutes. Add curry paste and stir until fragrant. Drain lentils and add to pan. Add pumpkin, cauliflower, broccoli, stock tomatoes and chick peas. Bring to boil, reduce heat and simmer for 25-30 minutes, until vegetables are cooked. Season with salt and stir through herbs.

Serves 4-6 Suitable for freezing.



whilst preparing curry. Heat olive oil in a large fry pan, add onion, garlic and zucchini, and cook for 2 minutes. Add

Client Testimonial

Last year I found myself suffering from chronic fatigue, unable to get out of bed in the middle of the day with headaches and stomach pains. As a busy mum of two who enjoys a very active life, my health had always been important to me and I was determined to find a way to regain my strength. My GP diagnosed hypoglycaemia, but the dietary changes he advised made only a small impact to regaining my energy level.

Fiona suggested a comprehensive allergy test and then recommended further changes in my diet (I had a huge number of allergy's) and also specific herbs and vitamins to increase my energy level. Now I no longer struggle through the day, have regained my confidence and overall well being. I return regularly for advice and treatment and have no doubts that I am the healthiest I have been in my life.

I would like to thank Tino (acupuncturist) and Mark (osteopath), who have also been instrumental in my progress. I have always believed that compassion is at the core of humanity and the team at Vitalchi are naturally compassionate, wonderful people.

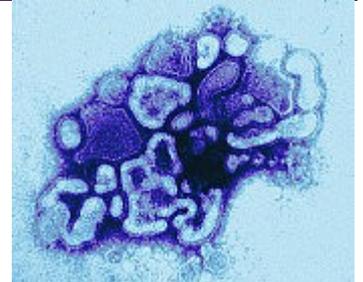
Thank you dear friends.
Tanya, Blackburn

Do you have a story that you would like to share?

Tell your story about a great experience you have had with one of our practitioners and we will publish it in our newsletter. To say thank you we will reward you with a fantastic healing goodie! For more information or to submit your story, please email your information to info@sanctuarywellness.com.au or call the clinic to speak to Carmen or Lina on 9894 0014.

Natural Protection from Swine Virus

With flu virus becoming more and more resistant to modern pharmaceutical treatment, it is more important now than ever to be proactive and prevent cold and flu's rather than treat them. Natural Medicine offers many solutions to boost your immune system this winter!



1. Vitamin C is a natural immune system booster. It inhibits some types of viruses due in part to its ability to stimulate Interferon's production and has been proven to prevent and shorten the duration of symptoms in Influenza patients. Take up to 3000mg a day.
2. Echinacea may suppress many viruses and shorten the duration of symptoms.
3. Olive leaf extract may also kill of viruses and shorten the duration of symptoms.
4. Increase garlic in your diet as garlic is a natural immune stimulant and has the ability to kill of many viruses.
5. Take selenium, a selenium deficiency may increase your susceptibility to contracting viruses.
6. Reduce stress! Stress decreases the strength and protection of your immune system. Get plenty of early nights, leave work on time, and avoid negative people or people who stress you out. Trust me the stress isn't worth the risk of getting sick!
7. Drink plenty of fluids, like herbal teas and water. This does NOT include coffee and soft drink!
8. Increase your anti-oxidants via your diet. So plenty of fresh fruit and vegetables, and make sure you get plenty of colours in each dish, the more colours the more anti-oxidants!
9. Reduce alcohol consumption. Excessive alcohol will always just put that extra burden on the body that you just don't need. Try to aim for 5 alcohol free days a week and when and if you do drink aim for 2 – 3 standard drinks, no more.
10. Avoid excess sugar in your diet. Excess consumption suppresses the immune system.

Monthly Meditation

Next Monthly Meditation Class is on Tuesday the 12th of May.

Take some time out for you and enjoy this fantastic quietening experience.

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

This Month's News - REIKI Level 1 Course - June 27th

Due to overwhelming demand, Dagmar Guntermann our resident Hypnotherapist, is leading another Reiki Level 1 Course on:

Saturday the 27th June.

Reiki is an spiritual practice developed in 1922 by Mikao Usui, which aims to release the body's energy flow. It contributes to your well-being by helping you to feel more relaxed, peaceful and more energetic..

Facilitated by our resident Hypnotherapist and Meditation leader, Dagmar Guntermann, this first degree Reiki course teaches the basic theories and procedures. Students are given four "attunements" by the teacher. Students learn hand placement positions on the recipient's body that are thought to be most conducive to the process in a whole body treatment. Having completed the first degree course, the participant can treat himself and others with Reiki.

The underlying philosophy of Reiki is that if a person's 'life force energy' is low, they are more likely to be unwell or stressed. If it is high, however, they are more capable of being happy and feeling well. Reiki will not cure illnesses or disease but it may help your body to heal itself.

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

