

# Vitalchi - Summer 2015

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*Getting you well naturally and keeping you that way*

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Summer 2015 Issue 35

In this Summer Newsletter our Practitioners have put together some wonderful articles to get you through the holiday season and into the New Year.

Dr Megan discusses Spinal Health, Lina discusses detoxing for Summer and the affects of stress on the body, Daniel has put together an interesting article on Mindful eating which would be really helpful this time of the year, Mafalda looks at your tongue and its connection to your health and Julia talks about the benefits of Peppermint tea.

If you need that extra bit of help Carina has offered some Hypnosis Specials for the Summer period. Take Care and have a Happy and Safe Christmas and New Year.

What does your tongue say about you?



5 Tips to Maintain Spinal Health!

Detox your way to great health and weight loss.



Recipes

Mindful Eating



Stressed!

Herbapedia



Hypnosis for Weight loss and Smoking

# 5 Tips to Maintain Spinal Health

## Dr Megan Azer – Chiropractor & NET Practitioner

Anyone who's been exposed to a desk job, long school hours, or driving for an extending period of time has likely dealt with an alignment problem. The effects of activities like these may create a misalignment that's not immediately obvious. Quite often, spinal issues can occur due to an accumulation of small things, all adding up. Pain is a sign that the body is in crisis – it's the last symptom to come up, however it's the first to go. Therefore it's not the best indicator of how well your body is doing.

When we lose proper alignment, we see joints begin wear down, and slowly degenerate. This is due to uneven weight distribution through the joints. As a chiropractor, I understand the human body is better able to deal with stressors when there is balance in the spine, allowing the nervous system to work free of any structural interference. The focus of chiropractic care is to keep the spine moving freely and restore alignment, which enhances the function of the nervous system in order to allow the body to fully express its maximum potential and work optimally.

To help maintain proper alignment, follow these tips:

### 1. Monitor your posture:



Neutral spine positioning is important - this is when the pelvis, rib cage and skull are aligned on top of each other, preventing overload at any one vertebrae in the spine. Monitor that your head isn't dropping too far forward, and your shoulders are back. When you're in this position, every movement from it activates the core muscles. When we're in alignment, we exert the least amount of energy to initiate and maintain movement, we have more balance, and there's less stress on the weight bearing joints of the body, such as the hips, knees and lower back. Be mindful of how much time you spend sitting – try take regular breaks from the desk to change up the prolonged posture, create blood flow and oxygen around the body.

### 2. Use core exercises to create stability:

Stabilization consists of exercises that strengthen the core muscles of the back and abdomen so your spine can achieve neutral posture easier. These may include squats, push-ups, planks, and lunges. Look out for a beginners Pilates class, or I can give you some basic core exercises at your next consult.

### 3. Practice yoga.

Yoga is great for creating strength, flexibility and balance within the body. It's also a great technique for stress reduction. If you've never tried yoga before, begin with a gentle class like Restorative yoga, particularly if you have any back pain.



Images from [www.freedigitalphotos.net](http://www.freedigitalphotos.net)

# **5 Tips to Maintain Spinal Health**

## **Dr Megan Azer – Chiropractor & NET Practitioner**

### **4. Maintain a healthy weight.**

A healthy weight is essential for so many good things in life. When it comes to proper alignment, keeping your weight down can have benefits. If you are moderately overweight, there will be increased stress on joints and muscles that are already misaligned and dysfunctional, especially the lower back, hips and knees. This accelerates spinal and joint degeneration.

### **5. Have maintenance Chiropractic check ups!**

The best first step to achieving proper posture is to address the very thing that is causing the problem in the first place: spinal misalignment. A chiropractor will be able to diagnose and correct alignment issues in the spine and give you the starting point for achieving better posture.

To help you and your family get through the silly season with optimal health Megan is rewarding current clients with **\$20 off your next visit** when you **refer a friend or family member** into the practice!

**Kick start your health in 2015 with Chiropractic!**

***Start 2015 invigorated and feeling alive!***

Lina Capovilla-Naturopath

## **DETOX your way to great health and WEIGHT LOSS!**

Increase energy  
Improve digestion  
Clear up your skin  
Increase mental clarity and concentration  
And best of all, a Detox Program is a great way to lose weight.

Are you thinking of doing a detox? Do you want to give your body a cleanse and start 2015 a fresh.

The new year (after all the festivities have settled), is the perfect time as we are often feeling sluggish after all the indulgence of Christmas and the long year behind us, and we are ready to give our bodies a reprieve so we can energize and be ready to embrace the new year.

Try these simple strategies to give the body a cleanse, invigorate and energize you for the new year ahead!

So what is a detox?

Detoxification encourages the body to remove toxins and can help to improve energy, weight loss and aid our memory and concentration as well as helping to prevent chronic disease and aging.

Our bodies are constantly detoxifying through several organs including our bowels, bladder, skin, lungs and of course the poor, overworked (especially at this time of the year) liver!

In general, our bodies are assaulted by all manner of toxins, including diet and lifestyle, normal metabolism, medications, environmental chemicals and stress. The festive season adds another dimension to this toxic load with increased party foods, alcohol, cigarettes, late nights and so on, putting further pressure on these elimination organs which are generally already running at full capacity throughout the year. We all feel it, that sluggish, tired, bloated, depressed feeling we get when we've been over indulging, not exercising, not drinking enough water and not getting enough sleep. Supporting these pathways, along with giving them a good clean, helps to ensure our body is functioning at it's optimum, like giving our cars a good tune up and cleaning out the fuel or air filter.

A detox (or cleanse) works by giving your body a break from the toxic excesses that our lives create. However, despite the common misconception that detoxing is all about deprivation and starvation, true detoxification is quite the opposite. It doesn't have to be a huge chore. There are many simple strategies which can be incorporated into everyday life and a great way to really kick start your detox is to do a 2, 4 or 6 week cleanse with a naturopath who can customise the program specifically to your individual needs.



# *Start 2015 invigorated and feeling alive!*

Naturopath -Lina Capovilla

There is a vast array of detox programs out there, all promising to make you feel fantastic however one size does NOT fit all and it's a matter of working out what is practical, healthy and right for you. It doesn't have to include starving yourself and living on juices for weeks on end whilst consuming twenty different types of supplements. Combining detoxification supplements with a healthy eating plan and regular exercise, with the support of a practitioner, is the ultimate way to free yourself from toxins, however just following some practical strategies to support your body to detox naturally can make a huge difference.

## **Start now!**

- Cut out the junk. You will feel much better within a couple of days.
- Reduce your alcohol intake and DRINK MORE WATER.
- Eat a diet, rich in fresh vegetables and fruits, ideally organic and in season. Include fish, lean meat, chicken, nuts, seeds and legumes into your diet.
- Exercise - Aim for 20-30 minutes of moderate exercise 4 times per week.
- Stop smoking as it increases the toxic load on your body.
- Sleep and rest well

Following these guidelines will give your body a kick start to cleansing.

Want professional help?

If you'd like a more structured, tailored approach to get the most from your detox, doing a tailored detox with a trained naturopath will ensure you get the best results.

- Professional advice and regular support.
- Comprehensive dietary and lifestyle guidance to make it easy.
- Health screening and regular progress checks to help keep you motivated and stay on track.
- Tailored programs to help meet your unique health goals.
- Professional products to assist the detoxification process.

## *Start 2015 invigorated and feeling alive!*

Naturopath- Lina Capovilla

There is a variety of programs from 2, 4 or 6 week programs:

- **Express Detox Program:** The Express Detox is suitable if you are simply aiming to optimise your current state of good health and do not suffer from digestive or chronic health concerns. This short two week detox may be appropriate for those who are essentially well, but who have recently overindulged. It is also ideal as a regular 'spring clean' detox after having completed one of the Integrated or Specialised Detoxification programs previously, to keep you well in the long term.
- **Integrated Detox Program:** A four week program suitable for most patients to improve their digestive health, liver function and overall health and wellbeing. This program is appropriate for those with general digestive or health imbalances and may aid in supporting healthy intestinal microbial balance.
- **Specialised Gut or Liver Detox:** An extended six week detoxification program ideal for those who suffer from chronic or extensive digestive symptoms, or experience digestive conditions and imbalances in gut flora that negatively impact on health and wellbeing.
- **Customised Detox:** An extended detoxification program may be recommended to support those with specific health concerns or requirements.

Come in and see our [Naturopath Lina Capovilla](#), and discuss having a customised detox specifically designed to your individual needs.

Book in NOW and start 2015 feeling fresh, invigorated and ready to take on the year ahead!

# *Stress - Is it getting the better of you?*

Naturopath- Lina Capovilla

The holiday period is a great time to reflect and set some goals around getting your stress under control in the new year and improving your health and vitality.

This time of year, we often become overwhelmed by stress trying to get everything done by Christmas. Although it often feels like there's never enough time and we're constantly running around crazy trying to squeeze more minutes into our already filled to capacity days.



Stress is now endemic in our hectic, busy lives and whilst it's essential to get us going and help us achieve goals, long term chronic stress can affect the whole body and effect us in adversely, contributing to many health issues.

Is your health being undermined by stress?

- Do you feel anxious, depressed, irritable, exhausted or overwhelmed?
- Do you have digestive issues, irritable bowel syndrome or sugar cravings?
- Do you experience tension headaches, high blood pressure, frequent colds and flus?

These are just some of the potential effects of stress and getting it under control is imperative to our long term health and wellbeing.

**Fight or Flight: Your Response to Stress**

Thousands of years ago, we may have been faced with the threat of a menacing animal or bear, that had chosen to make us it's dinner. Our response was one of survival - either run for our lives or attack!

This is now known as the fight or flight response.

Once this stress response is triggered, chemicals such as adrenaline, cortisol and noradrenaline are secreted by the adrenal glands and brain in order to mobilize our energy to get ready to fight or flight. Cortisol also increases the amount of sugar released into the blood to provide energy for our muscles to attack or run.

These chemicals increase blood flow to the essential organs for survival such as the heart and cardiovascular system, brain and skeletal muscles to help us fight or run away. Systems that are deemed non-essential are slowed such as digestion as this is isn't important to keep us alive in that moment.

This inherent mechanism, was only designed to last for a short period as in the past, stress was short- lived and once the stress was over those stress mediators would return to normal.

# *Stress - Is it getting the better of you?*

Naturopath- Lina Capovilla

What happens in today's hectic lifestyle?

Today, this biological response hasn't changed, however we are now bombarded with endless stressors such as long work hours, financial worries, traffic jams and family issues and the list goes on, that we are often in this state for prolonged periods of time. Often in our manic lives, we find that we are constantly in fight or flight mode, which results in chronic long term stress which can be the underlying cause of many health conditions.

Compounding the issue, is that when we are stressed, we generally don't have the time or the energy to look after ourselves and we often make poor dietary choices, get less sleep, get less exercise and so on, which compounds the stress.

What can we do?

Our body requires a broad array of essential nutrients which we obtain from our food and drink, so it makes sense that the better our diet is, the better our chances are of getting the best nutrients to support our nervous system and bodies overall.

There are a few key nutrients that are essential in supporting our nervous system and often become depleted in prolonged periods of stress.

B vitamins are essential to support the nervous system and help with stress adaptation as is magnesium which assists in muscle relaxation and calms the nervous system. These key nutrients are essential to energy production which often becomes depleted during stressful periods.

Omega 3 fatty acids are also essential to support our nervous system, memory and cognition and are anti-inflammatory helping to reduce any inflammation that arises as a result of stress.

Herbs such as Rhodiola, passionflower and zizyphus are extremely effective in enhancing the body's response to stress and anxiety during periods of stress.

# Stress - Is it getting the better of you?

Naturopath- Lina Capovilla

## 5 Top Stress Busting Tips:

Use these simple stress busting strategies to get on top of your stress:

1. R & R - Rest and Relaxation: Christmas is the perfect time to take some time out and get into good habits for the new year ahead. Taking some time out doing the things you love such as walking, going to the beach, fishing, crafts, reading and so on, gives your body and mind time to unwind and relax. Relaxation techniques such as tai chi, yoga, and meditation can help you to control stress and improve physical and mental wellbeing.

2. Think Positive: A good attitude and positive outlook is fundamental for de-stressing. It's always easier to be positive just as we have a holiday, so enjoy every moment of the holiday season by appreciating having precious time with family and friends.

3. Exercise: Exercise is a brilliant form of stress relief, as it conditions the body and mind, and encourages the release of endorphins, which help you feel good. Now is the perfect time, with the weather being warm it's so much easier to get motivated and enjoy exercise. Even better, get some green exercise by getting outdoors in nature and not only getting a cardiovascular workout, but enjoying the fresh air and some vitamin D!

4. Indulge Yourself: Enjoy a well-deserved massage, holiday treat or some other blissful treatment. Taking time out just for you regularly, even if it's 1 hour a week, can make a huge difference but make the most of the holidays and do some things that you really love, go out and play cricket with the kids, get down to the beach, watch some great movies or read that book you've been meaning to.

5. Most importantly - Eat a Healthy Clean Diet. For a healthy mind and body, ensure your diet is rich in fresh, brightly coloured fruits and vegetables. Summer is a wonderful time for all the diverse, abundant fresh fruit and veggies. Ensure you drinking around 2 litres with meals and snacks to provide the body with the necessary building blocks for our neurotransmitters or brain hormones. Enjoy foods that are high in essential fatty acids such as oily fish, nuts and seeds.

And most of all, minimise your intake of caffeine, energy drinks, sugar, alcohol and processed foods as these will contribute to fatigue in the long-term. In saying that, it is coming up to Christmas and we are getting seduced by all manner of tantalizing treats and drinks. Give yourself permission to enjoy some in moderation, you've earned it after the full year.

If you feel that stress is getting the better of you and you'd like some support in getting it under control and helping your body cope, book into see [Nutritionist/Naturopath Lina Capovilla](#), for a comprehensive assessment and review.

Start 2015 on the right foot and get your health and stress under control.

# *Mirror ,Mirror on The Wall, Who has the cleanest tongue of all?*

Mafalda Bojanic-Massage Therapy

Recently I attended a Tongue Diagnosis workshop. It was not only informative and entertaining but also embarrassing as I and other participants had to poke out our tongues which were subsequently photographed and examined by our facilitator who was looking for various signs such as colour, shape, cracks, moisture or lack of, teeth marks along the sides of the tongue or red spots just to give you an idea.

In an attempt to present a scrupulously clean mouth prior to the workshop, we all meticulously brushed our teeth, flossed and, I for one, scraped my tongue that morning only to be told that the tongue had to be examined in its natural state and that, in fact, the best time to look at the tongue was immediately upon rising when the tell-tale signs of whether or not one has properly digested the meals from the previous day.

The tongue is a mobile organ and it performs many tasks. Humans and animals use their tongues everyday in various ways. The movement of the tongue against the roof of the mouth, teeth and lips helps us move food and drink through the oral cavity. The same movements help us articulate sounds so as to be able to shape sounds into speech. Babies use their tongues to suck milk; children cheekily poke their tongues out in defiance or a rude gesture; singers hold their tongues in various positions to achieve the sound they want; animals use their tongues to groom themselves; dogs pant with their tongues hanging out of their mouths to keep cool as well as using their tongues as a spoon to drink water; cats move their tongues in a "J" shape, the tip of the tongue flicking backwards onto the surface of water, an action which allows a jet of water to flow and get trapped into their mouths.

It is the tongue as an accessory to the digestive system that is of particular interest to health practitioners. The tongue is the closest way of looking inside the body. It shows how well one's digestive and circulatory systems are working, how moist or dehydrated one's body is, and the state of the body's 'chi' or natural energy. It also gives information about the health of the person's organ systems by looking at the colour, shape and size of the tongue body as well as the colour, thickness and quality of the fur that sits on the tongue. Furthermore, the tongue is vital for jump-starting the digestive system and, as a matter of fact, digestion starts in the mouth where the food is chewed until it reaches a consistency whereby it can be swallowed. The tongue, which is covered by tastebuds, is aided by the salivary glands which release chemicals to break down carbohydrates and the saliva moistens the food for easier swallowing while the teeth break down the food into smaller particles for easier ingestion.

Just like the feet in Reflexology depict a map of one's entire body and is a mirror image of one's health, the tongue also has a role in depicting the state of a patient's health. Both Chinese and Ayurvedic Medicine Practitioners can and do assess the health of a patient by using the tongue as one of their diagnostic tools along with taking one's pulse and applying iridology. Western medicine rarely uses these methods to assess the patient's health although it agrees that there is a correlation among the state of the eyes and tongue and one's state of health.

In its healthy state the surface of the tongue should have a thin white film through which one should see a fresh pink-red colour that is not too pale or too red or purplish. The tongue should be a size proportional to the person's body and its edges should be smooth and not be marked by deep cracks. Any abnormal markings of an area of tongue indicate that something is out of balance.

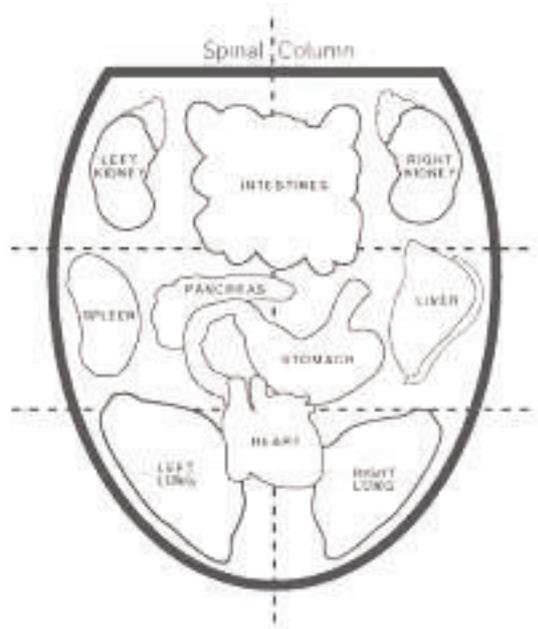
## Mirror ,Mirror on The Wall

### Who has the cleanest tongue of all?

### Mafalda Bojanic-Massage Therapy

It is a well known fact that diseases are more likely to originate in the gastro-intestinal area and in Traditional Chinese Medicine as well as Ayurvedic, the tongue is looked upon as a map of the body. A marking, discoloration or sensitivity of a particular area indicates that something is out of balance in the corresponding area in the body. A body with healthy organs and a clear digestive tract will show up a nice pink but a body with clogged organs or undigested food from the night before will show up with a layer of fuzz, thick film, the quivers, indentations from teeth, and bumps which are not exactly taste buds; a white rough tongue with a deep red centre depicts a dry tongue and the person may have liver problems; a crack down the centre of the tongue may indicate a calcium/magnesium deficiency or a spinal issue; a tongue covered with a thick white cottage cheese-like layer is a case of candida; a scalloped tongue - where the tongue is swollen and pushes against the sides of the teeth - may indicate a number of issues from thyroid issues to insulin resistance and B group vitamin deficiencies while a thick greyish coating may indicate a toxic colon. But this information is only the tip of the ice-berg and a consultation with a professional is highly recommended should you discover any signs of abnormalities.

So if you haven't acquainted yourself with your tongue before why not give it a go in the privacy of your bathroom. The map below is the way you would see your tongue in the mirror.



As a Massage Therapist I not only have a passion for helping people feel better physically and emotionally. I also have a passion for people to feel better from "within" and I strongly believe there is a connection between an efficiently working digestive system and one's state of health being. My involvement in Maya Abdominal Massage has certainly fuelled my interest in helping people eliminate bloatedness, flatulence and indigestion as well as placing importance on the kind of foods that are eaten to maintain health and wellbeing. The [Maya Abdominal Massage](#) certainly helps eliminate all those discomforts mentioned above but just as those village healers believed in eating well for health, I too, believe that attention must be given to a healthy eating regime.

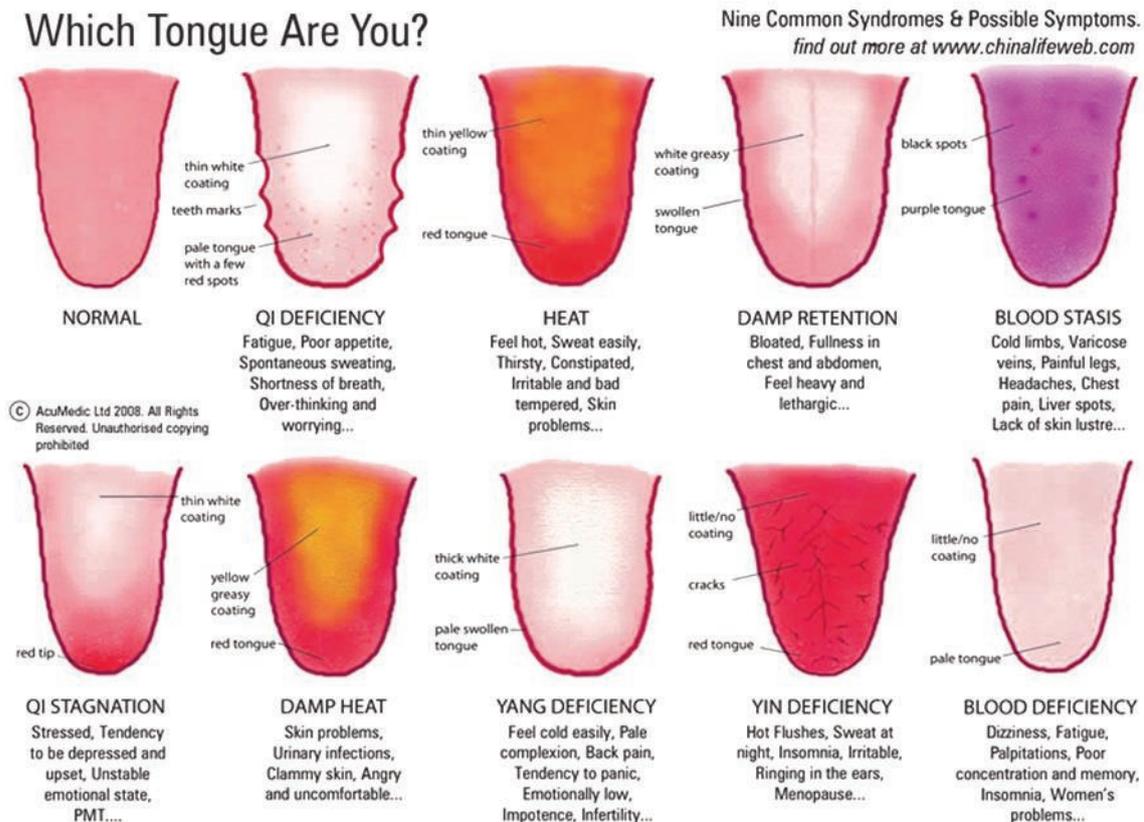
# Mirror ,Mirror on The Wall

## Who has the cleanest tongue of all?

Mafalda Bojanic-Massage Therapy

I don't suggest for one minute that you diagnose your own health and start self-prescribing medications and supplements but it is a good idea to monitor your tongue from time to time to help you realise that something may not be quite right and that you obviously need help from a professional who can help you with dietary choices, a lifestyle change and a return to a state of homeostasis.

Here's a fun chart you can refer to when looking at your tongue and if you think your tongue looks unusual then it's definitely time for a health check-up.



# *Herbapedia*

## *The power of peppermint!*

Naturopath-Julia D'Angelo

In addition to its indisputably delicious taste, peppermint tea also boasts a variety of health benefits. Historically, the Greek and Roman cultures wore crowns of peppermint leaves at their feasts, ornamented their tables with peppermint sprays and aromas, and flavored their sauces and wines with peppermint oils to minimize stomach upset caused by the consumption of certain foods. It seems that our ancestors may have been onto a good thing as many studies now support the use of peppermint as evidence-based treatment for a variety of ailments.

As we approach the season of candy canes and sweet treats, it's the perfect time to pay homage to the medicinal herb that gives these Christmas treats their flavor. Here are some valuable uses for this therapeutic plant...

### *Functional dyspepsia (stomach upset and indigestion)*

Peppermint leaf functions as an antispasmodic and has been shown to induce relaxation of the oesophageal sphincter, thus encouraging smooth muscle relaxation, alleviating abdominal pressure and discomfort, and relieving gastrointestinal spasm. Furthermore, peppermint has been found to accelerate gastric emptying by facilitating the movement of food through the digestive tract to alleviate heartburn, nausea and abdominal bloating.

### *Irritable Bowel Syndrome*

Trials involving use of peppermint for the treatment of Irritable Bowel Syndrome (IBS) demonstrate favorable results. Overall, the outcomes of numerous studies suggest a significant reduction in patient symptoms, including abdominal pain, distention and bloating, flatulence, reduced stool frequency and urgency, reduced frequency and severity of IBS attacks, and a reduction in small intestinal bacterial overgrowth. In addition to being an effective form of treatment, the administration of peppermint is safe for long-term use and is cost effective.

### *Respiratory benefits*

Peppermint improves nasal symptoms by promoting nasal decongestion to enhance airflow and breathing. Peppermint can also be used to clear the lower respiratory tract and reduce cough frequency, when applied as an essential oil directly to the chest or when inhaled through a vaporizer.

### *Headaches*

The topical application of peppermint oil to the forehead and temples has proven to be a well-tolerated and cost-effective treatment for tension headaches. Studies have shown that the application of peppermint can provide a significant reduction in pain intensity, with effects that match the efficacy of pharmaceutical analgesics such as Panadol and Aspirin (which have a larger side effect profile).

# *Herbapedia*

## *The power of peppermint!*

Naturopath-Julia D'Angelo

There's no better time than the present to integrate some peppermint into your day-to-day routine. With both Christmas and New Year functions aplenty, many individuals are riddled with stomachaches, pains, bloating, indigestion and overall discomfort caused by excessive consumption of decadent party foods and alcohol. If this sounds like you why not pop into the clinic to purchase our Festive Season Digestive Tea Blend?

These delicately balanced herbs are designed to nourish and cleanse the digestive system by reducing digestive discomfort and improving the absorption and assimilation of nutrients within your food. The tea contains...

Peppermint- reduces digestive spasm and facilitates the movement of food through the digestive tract

Chamomile- reduces digestive inflammation and spasm, and also facilitates the movement of food through the digestive tract

Ginger- reduces nausea and digestive inflammation, while also functioning as a warming digestive tonic. Ginger also adds a subtle yet fiery kick to the flavor

Licorice- protects the membranes of the gastrointestinal lining, creating a soothing effect. Licorice also adds a little sweetness to this blend

If your digestion needs a little T.L.C this Christmas and New Year, pop into Vitalchi Wellness to pick up a bag of this nourishing digestive tea or, alternatively, ask our lovely receptionists for a sample to taste when you next pop into the clinic!

At Vitalchi Wellness, we source all of our teas from premium organic herbal producers sourced within Australia. We are passionate about providing you with the highest quality organic herbs for your tea.



# *Recipe-Summer Detox Salad.*

Naturopath-Lina Capovilla

## **Summer Detox Salad**

Use organic ingredients where possible

### **Ingredients**

1/4 cup red cabbage

1 cup cooked organic chickpeas

1 cup organic baby spinach

1 cup mixed lettuce or rocket

1 cup grated beetroot

1 cup of sprouts

1/2 red capsicum

1/2 cucumber

1 bunch of broccolini

1/2 cup of cooked quinoa

1/2 cup grated carrot

1/4 cup pumpkin and sunflower

1 small avocado

½ bunch coriander finely chopped

Fresh shaved coconut (dry grated fine as an alternative)

### **Dressing**

3/4 cup of unhulled tahini – use olive oil or macadamia oil as alternative

1/2 cup fresh lemon juice

1 garlic clove

Blend and add purified water until you get a runny consistency. ☑

### **Method**

- Prepare ingredients and put in a mixing bowl.
- Combine the dressing ingredients and mix through the salad when ready to serve.

# *Do you find difficult to control your dietary habits during Christmas?*

Daniel Cerny Naturopath

Christmas is coming up, we normally tend to lose sense of our good eating habits during this festive season. Mindful eating can help you to gain control so you can enjoy foods, which you normally wouldn't eat on daily basis. Using this method you can monitor how much you eating and what are you eating, enjoying this special time of the year. While you do this practice, put aside all distractions, turn off the phone, and focus direct, clear awareness on each aspect and each moment of the experience, you can do this anywhere.

Place a few raisins in your hand, raisins are only used when you getting to know this practice. You can use any food you like, whatever are you eating during the day.

If you don't have raisins, any food will do. Try to avoid soup... Now, with this food in hand, you can begin to investigate it with all of your senses. Focus on seeing the food. Scan it, exploring every part of it as if you've never seen such a thing before. Turn it around with your fingers and notice what colour it is. Notice the folds and where the surface reflects light or becomes darker. What else can you see? What thoughts are arising?

Next explore the texture, feeling any softness, hardness, roughness, or smoothness. While you're doing this, if thoughts arise such as "Why am I doing this weird exercise?" "How will this ever help me?" or "I hate this exercise," or "I am not good at this"? Then just see if you can acknowledge these thoughts, allow them to be there, and then bring your awareness back to the object.

Place the food under your nose and carefully notice the smell of it. Bring the food to one ear, squeeze it, roll it around, and hear if there is any sound coming from it. Begin to slowly take the object to your mouth, noticing how automatically your arms know where to go, maybe you aware of your mouth watering. Gently place the food in your mouth, on your tongue, without biting it. Simply explore the sensations of this food in your mouth. When you're ready, intentionally bite down on the object, maybe noticing how it automatically goes to one side of the mouth versus the other. Also notice the tastes it releases, check what thoughts are arising?

Slowly chew this food. Be aware of the saliva in your mouth and how the food changes consistency as you chew. When you feel ready to swallow, consciously notice the intention to swallow, then see if you can notice the sensations of swallowing the raisin, sensing it moving down to your throat and into your esophagus on its way to your stomach. Take a moment to congratulate yourself for taking this time to experience mindful eating. When you feel ready to swallow, consciously notice the intention to swallow, then see if you can notice the sensations of swallowing the raisin, sensing it moving down to your throat and into your esophagus on its way to your stomach.

## **Informal practice:** Mindful Eating

Eating is a great focus for mindfulness. After all, everyone has to eat, yet we often do so while distracted by something else, like reading, working, or watching television. We use food as distraction or also very commonly as coping mechanism.

As a result people often don't really taste or even notice what they're eating. You can extend the approach in the formal practice of eating a raisin to any eating experience allowing you to practice informally anytime you like. Simply give the experience of eating your full undivided attention and intentionally slow the process down. Try to be like a scientific researcher observing the mind and body with curiosity and objectivity and without judgment.

Go ahead and practice this several times over the week. You're likely to find that you enjoy eating more, while perhaps eating less, as you tune in to what your body really wants and needs.

Enjoy your Christmas eating....

More about mindfulness and how MiCBT can help you to reduce stress and anxiety please visit [www.sanctuarywellness.com.au/services/micbt.html](http://www.sanctuarywellness.com.au/services/micbt.html)

# Hypnosis for Weight loss & Smoking.

Carina Stewart

## Hypnosis for Weight Loss

Have you battled throughout your life with weight loss or maybe just trying to maintain it?

Have you ever gone onto a diet only to come off it again putting on all the weight that you lost plus more?

Maybe you're the kind of person who just eats junk food or binge eats?

Maybe something happens in your life, and you turn to food for comfort?

These problems are then manifested in your subconscious mind through your thoughts and emotions which then run your eating habits.

Hypnotherapy can revamp your relationship to food and your weight loss. Together we will help the subconscious mind to modify these automatic behaviours so you eat at the right times, eat the right foods and quantities. You will find yourself being able to believe your subconscious is always operating to do what is right for you. You will automatically run the new automatic behaviour installed to help you get control of your eating and health. Generally clients loose between 1-3kg per week.

### **Hypnosis Weight Loss Summer Special:**

**6 Sessions including CD Set: \$795.00**

Normally \$965.00.

For enquiries or bookings please phone

(03) 9894 0014.

## Hypnosis for Smoking

The average smoker dies 23.5 years earlier than a Non-Smoker ! Do you want to see your Grandchildren grow up?

The average smoker spends over \$5,500 per year....what else could you be spending that money on?

Habitual behaviour is a big component of smoking and all the triggers that automatically start you smoking again.

Most people don't smoke unless personal triggers get activated such as waking up, drinking coffee, driving, dinner, work breaks. There is more than one addiction to smoking in fact there are six different addictions:

- Nicotine Addiction
- Habit & Association
- Tension & Stress
- Boredom & Frustration
- Fatigue & Stimulation
- Relaxation & Enjoyment

Only by beating all six triggers will you be able to Quit Smoking permanently!

I have had outstanding results so far in helping people to become non smokers.

### **Hypnosis for Smoking Special**

**2 Session including CD Set:\$295.00**

Normally \$345.00

**MAKE AN APPOINTMENT TO QUIT SMOKING TODAY!**