



We have PILATES!!!

YES you heard correctly we have been under construction for a few months and we built ourselves a Pilates studio!!!!

2019 brings some exciting changes to our clinic. After many years of planning, we have finally constructed our brand new clinical exercise studio, which has been fitted out with Pilates reformer beds, Trapeze table, fit balls, as well as balance equipment and stretching equipment such as mats and foam rollers.



These spring loaded machines provide resistance with movement, and allow you to work on posture, balance, core strength, flexibility, strength and breathing, while being 'easy' on the joints, making it a perfect choice for people who are experiencing pain and having difficulty with other forms of exercise.

Clinical exercise at Caulfield Natural Health clinic will be an individually tailored treatment, delivered either individually or in small groups, where each person will complete their own program as prescribed by our physiotherapist. In order to participate you must first undergo a detailed assessment with our Physiotherapist, and an individualised program based on treat-

ment goals will be prescribed. Once your assessment has been completed, you may require some 1:1 sessions with our physiotherapist to familiarise yourself with your program prior to entering a group setting. Groups will have a maximum of three participants. Private Health rebates may apply if you have physiotherapy extras cover.

Our Individually tailored Clinical Exercise programs can help recovery from injury, injury prevention, post operative rehabilitation, pregnancy and post natal management, address balance issues and help with falls prevention, as well as improve overall posture, flexibility, strength and wellbeing.

We are now taking bookings for assessments.

For more information please speak to our friendly reception team, on 95283994

SCROLL DOWN TO HAVE A SNEAK PEAK INTO OUR CLINIC NEW LOOK!!!!



MONTHLY RECIPE

ROASTED WHOLE CAULIFLOWER

Boil whole cauliflower in salted boiling water for 2 minutes only.

Strain

Marinate in

2 Tbs sweet sauce

2 Tbs soy sauce

1 Tsp sweet paprika

Pinch hot paprika

1 Chopped clove of garlic

2 Tbs olive oil

Rub cauliflower well and rest for a few hours in fridge

Bake for 1 hour, covered in silver foil (180c)

Uncover and pour on

2 Tbs soy sauce

2 Tbs silan

1 Chopped garlic clove

1 Tsp sweet paprika

2 Tbs sesame seeds



Bake another 30 mins uncovered

ENJOY!!!!



Genya Fleischer Naturopath/Acupuncturist



Electro-acupuncture treatment for musculoskeletal conditions.



One of the most effective treatments at the clinic is electroacupuncture. It is a machine where alligator clips are attached to the needles and electrical stimulation is applied to the needles. This technique reaches deep into the fascia and muscles and may give instant relief. It also cuts down dramatically on the number of treatments required. It can be very effective for neck pain, back pain, tennis elbow, shoulder pain, and many other conditions.

Feel free to ring the clinic to find out if this treatment is right for you.



Galia Atteslander, Naturopath/Acupuncturist



*We are grateful for the generosity of our client for allowing us to share their story. Thank you to author Kasey Edwards Writer, author of '30-Something and Over It'.
- Inbal (counselor)*

When you love your daughter but you can't live with her

Abbe Holmes loved her 25-year-old daughter Suyee but she just couldn't live with her anymore. "I don't think I've been angrier with anyone in my whole life than I have been with Suyee. She tips me into absolute rage," says Abbe, who is an actor and voice over artist.

"I don't think I've been angrier with anyone in my whole life."

The friction between mother and daughter had been growing for a while, but the pressures that come with buying and moving into a new house pushed their relationship to the brink.

Abbe gave Suyee an ultimatum: move out or attend relationship counselling.

While relationship counselling might not be an obvious path for a mother and daughter whose relationship is on the rocks, 18 months later Abbe and Suyee say they have a whole new perspective on each other.

Much of the tension was caused by Suyee's anger which arose from her childhood. In 2002, Abbe and her then husband adopted Suyee from an orphanage in China. Suyee was nine years old at the time and didn't speak English.

"I didn't really know where I was going. I hadn't even heard of Australia," says Suyee.

A year after Suyee arrived in Melbourne, her life was once again turned upside down when her adopted father left. Through the relationship counselling, Suyee came to realise that her anger stemmed from not being understood.

"The person you want to understand what you're going through is your own mother, but I didn't have the English to say it," says Suyee. "So this led to rage and frustration that mum was just not getting me."

Over the years Suyee's language improved and Australian life became more familiar, but the dysfunctional communication patterns between Suyee and Abbe remained.

Counselling helped them both develop new ways to interact with each other, such as taking a "time out" when their conversation was starting to get fractious. "When the rage is getting really bad, either one of us will say 'time out', so we actually walk away from each other, take a breath, calm down and, about an hour or so later, come back and talk about it," says Suyee.

'I look at my painting and see a reflection of myself, my emotion, my dream, my desire.'

They also discovered that an underlying reason for both of their frustration was Abbe's over-protectiveness.

Many parents struggle to find the right balance between shielding their children from hardship and allowing them to develop independence, but this was particularly acute for Abbe who sensed Suyee's vulnerability and wanted to protect her daughter from the world.

"With young kids we say, 'Step up, you've got to learn to do this yourself,'" says Abbe. "But I protected Suyee too much. I didn't give her the opportunity to learn how to do things and all of a sudden she's 25 and I'm getting frustrated with her for not stepping up. Suyee didn't feel that she knew how to do things and then when I expected her to do them she felt very put upon."

Abbe and Suyee attended weekly counselling sessions for three months, before dropping back to fortnightly appointments and then, eventually, as-needed appointments over a 12-month period.

Not only did the counselling improve their mother-daughter dynamic, it also unearthed a passion and sense of purpose for Suyee.

Five weeks into her counselling journey Suyee had the urge to paint. She dug out an old canvas from the garage and began pouring out the new emotions that she had begun to identify through counselling.

"When I'm painting, at the same time I am discovering something about myself. I resolve that emotion – or partially – and then I can look at my painting and see that this is a reflection of myself, my emotion, my dream, my desire."



Suyee is now an intern at Melbourne's Gasworks Arts Park and has an upcoming exhibition in February called "Adorned: a visual representation of a journey for belonging and identity".

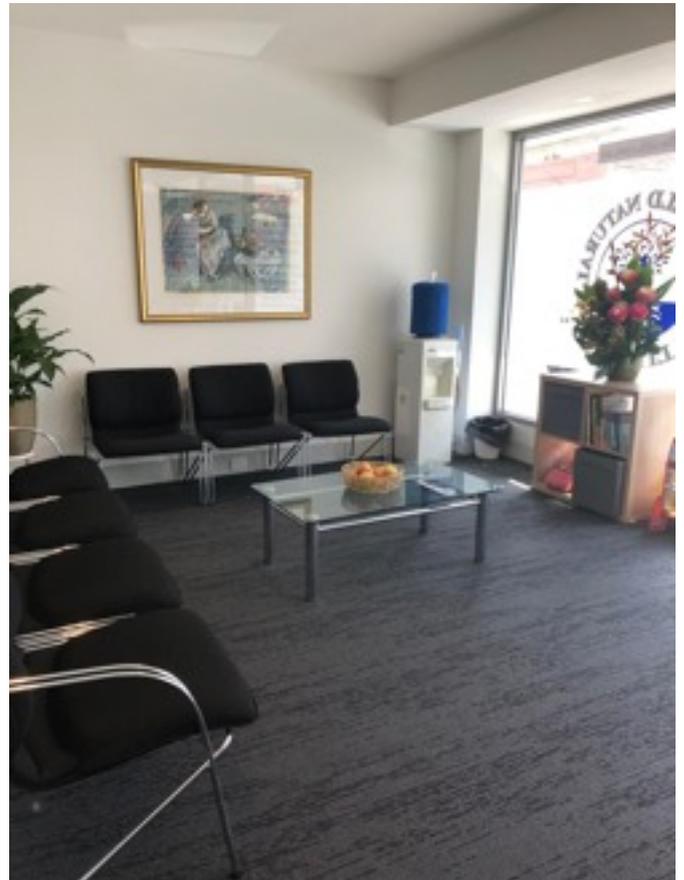
"We now have a happy home," says Abbe. "The last year has been especially fabulous. After thinking she could never get her license to drive, Suyee learned how to drive a car and got her license. Getting that level of skill and independence has given her so much confidence. And I am working on backing off and letting Suyee do things for herself."

<https://www.smh.com.au/lifestyle/life-and-relationships/the-important-conversation-we-re-not-having-with-our-daughters-20190118-p50s48.html>

OUR NEW LOOK

Over the last few months we have been very busy at Caulfield Natural Health Clinic, with renovations taking place. We are thrilled with the result! Our clinic looks brand new, and the spaces look bigger, brighter and fresher! We have attached some photos for you. If you haven't been in to the clinic recently please pop in and say hi, and let us know what you think!

From the team at Caulfield Natural Health Clinic



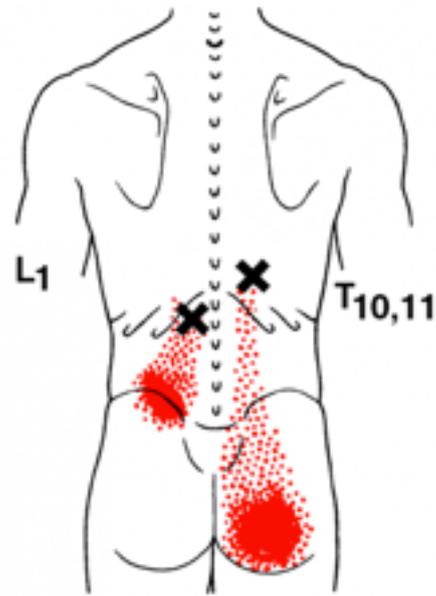
Where is my back pain coming from?

Back pain is common. But what is causing it?

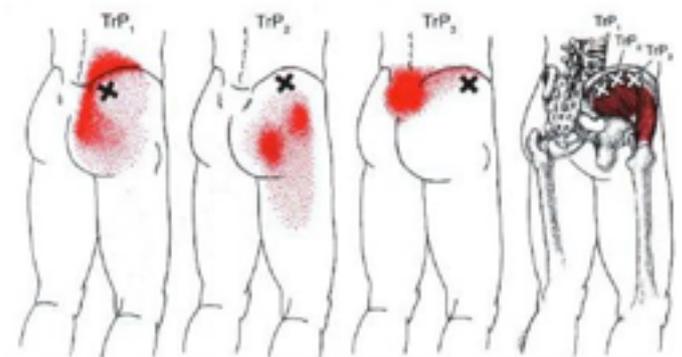
Our role is to work this out. Your pain can be either of muscular, joint, bone, disc or ligamentous in nature. There is sometimes confusion to what is causing your pain as some structures can mimic each other eg. muscular trigger points in the gluteal muscles can refer down into the leg just like disc herniation in lower back can. (You can see from the images how different muscles can create pain into other areas of the body. They are called trigger points)

To differentiate between the structures we perform a range of orthopedic tests as well as ask you to perform different movements to assess your range and quality of movement. But most of all our hands on palpation can help as assess and differentiate what we see.

Many times your pain can change when being treated as a lot of the time secondary dysfunctions arise. With treatment we generally ironing out these secondary dysfunctions which enable us to pin point the primary cause of your pain.



Trigger point Quadratus Lumboru



Trigger point Gluteal Medius



Trigger point Gluteal Minimus



Daniella Zampierollo, Osteopath

images::<http://www.triggerpoints.net/muscle/quadratus-lumborum>
<http://www.triggerpoints.net/muscle/gluteus-minimus>
<http://www.triggerpoints.net/muscle/gluteus-medius>