

BE HEALTHY



Treating the whole person, not just the symptoms

A NATUROPATH places emphasis on preventative medicine and takes a holistic approach to health problems and disease, treating the whole person rather than the symptoms.

Naturopaths believe there is a crucial relationship between the body, mind and spirit. Naturopath Janine and Terry McDonald, who own and operate Fernhill Wellbeing Centre, aim to help people reach their highest health potential in body, mind and spirit.

They have a wide range of naturopathic programs available depending on individual requirements. The programs cater for people who:

- * are looking for natural solutions to acute problems
- * want to address causes to chronic

problems

- * are interested in prevention
- * want to optimise their health,
- * want to address emotional issues
- * want to address the balance in their life.

On offer are naturopathic programs, weight management programs, Emotional Freedom Technique Lifestyle Education Programs, quality practitioner grade herbs, nutritional supplements and homeopathics.

Janine will tailor an individual program for you designed to not only improve your health, but also connect you to your own inner wisdom, so you can become responsible for your own wellbeing.



□ All hands on deck: Timbs' pharmacist Angela Landers gives Kerrie Sturtridge a good going over to assess her diabetes status, while fellow pharmacist Bill Munro providing a calming presence.

Managing diabetes made easy

BEING diagnosed with Type 2 Diabetes is a daunting (and increasingly-common) event, with the patient suddenly launched into world of multiple medications and monitoring devices to address if not undo the ravages of the disease.

"A person can go from not being on any medications to being on maybe four or more," Timbs' pharmacist Angela Landers said, "and then they have to handle these monitoring devices as well."

Timbs' Pharmacy is participating in a government-funded program supported by the Pharmacy Guild of Australia that offers a helping hand to those with a Type 2 Diabetes diagnosis. The Diabetes MedsCheck is one-on-one time with a pharmacist in the pharmacy to discuss medicines and blood glucose management.

It's an opportunity to have questions answered about dosage, side

effects, and any difficulties with medication or blood glucose control, in an effort to help the patient get maximum benefit from their diabetes management regime. A summary is provided at the end of the consultation, along with agreed healthcare goals and any follow-up visits needed to doctors or other healthcare providers.

The consultation focuses on education and self-management, aiming to identify potential problems to avoid any local Type 2 Diabetes sufferers being among the 210,000 Australians admitted to hospital each year due to medication problems.

Mrs Landers said that due to the nature of the consultation patients need to make an appointment to speak with one of the pharmacists. The consultation takes around 20 minutes and the patient needs to bring along all of their medications

(prescription, non-prescription and complementary) and monitoring devices. To make an appointment call 6732 3016.

Self-management and self-monitoring of personal health is not a new concept in healthcare but it is becoming easier with a range of monitoring products that communicate wirelessly with a smartphone. The devices include a wireless blood pressure monitor which is used during the Diabetes MedsCheck consultation, along with wireless scales, pulse oximeters and activity and sleep trackers.

The software to track, graph and even share the results is in the iHealth MyVitals Mobiles App which can be downloaded from the App Store, and Timbs' Pharmacy staff can demonstrate the devices in store.



iHealth™ MOBILE HEALTHCARE MONITORS

- Wireless Blood Pressure Monitors
- Blood Glucose Monitors
- Wireless Scales
- Wireless Pulse Oximeter
- Wireless Activity & Sleep Tracker



iHealth MyVitals Mobile App

The iHealth MyVitals app helps to manage your personal health wherever you go.

Available on the App Store

ASK OUR STAFF TODAY FOR A DEMO



TIMBS PHARMACY

240 Grey Street,
Glen Innes
Ph: 6732 3016

ADVERTISEMENT

Dental Examinations

Regular examinations for Adults and Children are encouraged. You should start bringing your child with you to your examination appointment. Begin your child's annual examination at an early age to build confidence. REGULAR EXAMINATIONS give your dentist an opportunity to spot potential problems.

Toothbrushing

Start brushing as soon as your baby's first tooth comes through. Making it easy and fun. At first with a dry tooth brush in the mouth, then, practicing proper brushing technique, lastly brushing with toothpaste. Explain that toothpaste should not be swallowed.

Mouthguards



After decay and gum disease accidental injury to teeth is the next most common dental problem in children and adolescents. MOUTHGUARDS should be worn during all highly active or contact sports. Mouthguards are available from Dental Surgeries.

Did You Know?

While you sleep significantly more bacteria grow in your mouth if you do not brush your teeth before going to bed. People who brush their teeth once per day or less have 3 TIMES MORE DECAYED TEETH than those who brush their teeth more than once a day.

BE HEALTHILY PLAY GOLF

Glen Innes Golf Club
Enjoy 18 holes of social golf for only \$23 (non members)

Rod Kichne
Golf Club Supervisor

Glen Innes Golf Club

Golf Links Road, Glen Innes
Phone: 6732 1555

Joan O'Brien Remedial Massage and Aromatherapy

Dip. Remedial Massage
Physical Therapy
Dip. Aromatherapy

Affordable, Private Health Insurance rebates are available

The Nirvana Health Clinic
236 Ferguson St
6732 5340
by appointment only



BE HEALTHY



Right shoe for the job

HIGHLAND Cycles/Sportspower literally has all the gear from top-to-toe for fitness fanatics, or at the very least those who like to look the part.

Store manager Al Miller said the right footwear can have a significant impact on performance, and it's important to get the right sports shoe for the purpose. Sportspower stocks a wide range of shoes in popular brand names such as Brooks, Asics, Nike, Puma, New Balance and Adidas, and will be expanding further into skate shoes for street wear and into hiking-style boots.

Working up from the feet, the store carries a variety of fitness equipment to tone up bodies for any sport, and all the clothes and equipment needed for any sporting endeavour likely to be



encountered in Glen Innes.

"If we haven't already got it, we'll do our best to get it in," Mr Miller said.

A keen racing cyclist himself, Mr Miller has everything for the cyclist from beginner to expert. He said it's extremely important to fit the bike to the rider – in terms of frame size, seat height and overall dimensions of the bike – and help is at hand to choose the right model.

Children's bikes go up from single speed, 12 inch bikes, and at the top of the range there are

29 inch bikes with up to 30 gears. Mr Miller said he seeing a reduction in the number gears in even the more elite bikes, in a bid to minimise the weight of the bike to maximise speed.

"The lighter the bike, the quicker you can go," he said.

He said there's a strong contingent of social riders in Glen Innes, and Highland Cycles is on hand for repairs, maintenance and spare parts. Repairs are done locally but Highland Cycles also has a qualified bicycle mechanic in Inverell for the

more complex jobs.

In any fitness regime it's important to monitor improvement, and Highland Cycle/Sportspower stocks a variety of monitoring devices from pedometers to heart rate monitors to the new sophisticated range of Garmin Connect monitors with USB attachments that let users measure their own improvement, as well as comparing it against others online for tracking, analysis, sharing and encouragement.

Stepping up: Highland Cycles/Sportspower's Al Miller said choosing the correct shoe for the purpose can have a significant impact on performance.

Natures Medicine Wellbeing Centre

Offering full health assessments, including:

- 6 weeks to Wellness program
- pH testing
- Cellular health analysis
- Zinc level assessment
- Professional weight management



Marilyn Moebus

Dip Med Herb. Atms cert. adv cert dorn method
Dip ayurveda dip food therapy

NOW is the time to correct any imbalances in your health restore your health for the years ahead

246 Grey Street, Glen Innes

PHONE: 6732 2061

natures medicine glen innes



Get back on track

WITH almost 20 years in the natural health industry (plus living the lifestyle for over 26 years and raising her family on herbal medicine and natural health), Marilyn Moebus is an expert in her field. Being such an important part of her life, it's only natural that she run a family-owned health food store and naturopathic/medical herbalist practice as well.

Helping everyday people is what drives and motivates Mrs Moebus each and every day.

"Every person should be able to live long and healthy life, so come in, have a chat and see how your life could change for the better," Mrs Moebus said.

"The choices we make each day may not seem to make much difference to our everyday lives, but over a period of time we come to a point where they do matter. Have choices led you to a point where you'd like professional guidance to get back on track?"

"It's never too late to take charge of your health and fitness. You can see



Living proof: Marilyn Moebus has been living her philosophy for decades.

real changes to your health and stop spending money on products that just don't work."

Mrs Moebus advises talking to an expert who specialises in improving your quality of life, and see how you can start to feel better. Consultation rebates are available from most private health funds.

Services available include full health consultation, herbalist, iridologist, remedial massage and workshops.

"Just a short note to thank you for getting my health back on track. My digestive system is again back to normal and my energy levels are super... Thanks again Marilyn."

Anita Fundak, a happy client

HIGHLAND CYCLES

KEEP FIT

- » Huge range of sporting and fitness equipment
- » Bikes for all your needs
- » Cycle wear and accessories
- » Sales and Service



SPORTSPOWER YOUR LOCAL EXPERTS™

Ph: 6732 4792
271 Grey Street, Glen Innes

SHAPE YOUR BODY, SHAPE YOUR LIFE

The REVITIVE Circulation Booster is a medical device designed to increase leg circulation. It uses Electrical Muscle Stimulation (EMS) to stimulate the muscles in your feet and lower legs to help counteract stasis and help maintain healthy legs.

By placing your bare feet on each of the footpads, therapeutic electrical impulses stimulate the nerve endings on the soles of your feet which in turn contracts and relax the muscles in the lower legs to increase circulation.

Designed by researchers in the UK at London South Bank University and King's

REVITIVE CIRCULATION BOOSTER™

College London, it is the only device of its kind designed to:

- Reduce swollen feet and ankles
- Alleviate tired and aching legs
- Improve leg circulation

Using the REVITIVE Circulation Booster for as little as 20-30 minutes each day may help maintain healthy circulation in your legs and provide relief from swollen feet and ankles and tired, aching and heavy feeling legs.



SO SLIM READY TO DRINK SHAKES

So Slim Ready-To-Drink shakes are a convenient, on the go solution to your weight loss needs, containing very limited calories while providing you with the correct percentage of protein, carbohydrates and fats as part of your Be Good To Yourself weight loss program. They are available in a range of delicious flavours - Strawberry, Chocolate and Coffee.



WEIGHT MANAGEMENT
shape YOUR BODY

Graydon's Amcal Pharmacy
230 Grey Street Glen Innes, Ph: 6732 3066

Amcal Expert advice for every Australian.

BE HEALTHY



New practitioners at Glen Innes Health

CHRISTINA Casey of Glen Innes Health is delighted to introduce two new practitioners to the team at 3 Elizabeth Street: Bowen therapist Nicola Chaffey and massage professional Damien Linnane.

Currently Christina can only serve existing clients who hold regular appointments. However she confidently recommends both Damien for relaxation and deep Swedish massage, and Nicola for Bowen Therapy.

Nicola, a certified Bowen therapist, is very passionate about helping people. Having experienced fantastic relief from headaches, neck and shoulder pain through Bowen, Nicola just had to become a practitioner herself, and what a practitioner she has become.

Nicola has completed much of her clinic hours at 3 Elizabeth Street this year. During this time Christina has referred family, friends and clients to Nicola. The results have been wonderful.

Feedback includes improved energy lev-

els, reduced pain and tension, better sleep and increased ease of movement.

Some conditions which have responded well to Bowen therapy include:

- * Back and sciatic pain
- * Digestive and bowel problems (including IBS)
- * Arthritic pain, headaches and migraines
- * Fibromyalgia and chronic fatigue syndrome
- * Knee, ankle and foot problems – plantar fasciitis, bunions
- * Menstrual and hormonal irregularities – infertility
- * Neck and shoulder problems – frozen shoulder
- * Groin pain, hip and pelvic issues, uneven leg length
- * Respiratory problems – asthma, hay fever and sinus problems
- * RSI, carpal tunnel syndrome and tennis elbow
- * Sports injuries and accident injuries
- * Bed-wetting and incontinence
- * Pregnancy – morning sickness, back pain.
- * Babies and children – ADHD, colic, behavioural problems

els, reduced pain and tension, better sleep and increased ease of movement.

So, what is Bowen therapy? It's a very gentle, relaxing, effective form of bodywork. A precise series of firm but gentle techniques are applied to connective tissue (muscles and ligaments). The touch is light, non-manipulative, and is suitable for anyone.

Bowen moves release energy, reducing muscle spasm, increasing blood supply and lymphatic drainage, and clearing toxins from the body.

Some conditions which have responded well to Bowen therapy include:

- * Back and sciatic pain
- * Digestive and bowel problems (including IBS)
- * Arthritic pain, headaches and migraines
- * Fibromyalgia and chronic fatigue syndrome
- * Knee, ankle and foot problems – plantar fasciitis, bunions
- * Menstrual and hormonal irregularities – infertility
- * Neck and shoulder problems – frozen shoulder
- * Groin pain, hip and pelvic issues, uneven leg length
- * Respiratory problems – asthma, hay fever and sinus problems
- * RSI, carpal tunnel syndrome and tennis elbow
- * Sports injuries and accident injuries
- * Bed-wetting and incontinence
- * Pregnancy – morning sickness, back pain.
- * Babies and children – ADHD, colic, behavioural problems

Call Nicola today and experience Bowen for yourself! Be quick as the first five callers

to book will receive free BowenTech Oil valued at \$25 each.

Alternatively do you love a good relaxing massage?

Damien has just joined the team at Glen Innes Health. Christina Casey and Michael Rush recommend Damien for his deep Swedish and relaxation massage, which has a remedial focus.

This means you can relax and unwind, while having those niggling areas of tension attended to. Neck pain and shoulder tension? Sore back? Aching legs? Damien will have you feeling better in no time.

Damien – who holds diplomas in remedial massage, fitness and science – originally began massaging in 2007 to complement his work as a personal trainer. After several years of working in the fitness and massage fields both in Australia and overseas, Damien has decided to focus on a career in massage while completing his studies in psychology in Armidale.

Regular massage promotes deeper and more restful sleep at night and produces greater energy during the day. Massage helps improve blood and lymphatic circulation, which helps improve cellular health and rid the body of toxins and dissolve general sluggishness.

If you'd like to relax, enjoy some of the benefits of massage and target areas of tension, call now to book. With experience in massage spa settings, Damien is sure to help you chill out and unwind.

Damien will be in Glen Innes on Mondays by appointment only. Bookings can be made by calling Christina on 6732 6878.

Fernhill Wellbeing Centre



NATUROPATH MODALITIES
Wellness programs, clinical nutrition, meridian testing, herbal medicine, blood analysis, homeopathy, intimacy coaching, ultra lite weight management system

Janine McDonald

ND ad dip app sc (nat) dip nat hyg btm anta Cert. CBT, REBT, Ad EFT

50 Fernhill Rd, Inverell 2360
Phone 6721 3350

www.fernhillwellbeingcentre.com.au



BowenHealth
MUSCULAR OR ARTHRITIC PAIN? HEADACHES OR MIGRAINES?
Be Better with Bowen!

- Feel at ease
- Increased energy
- Improved joint mobility

EXPERIENCE THE CHANGE IN YOUR BODY

Book Today.

The first 5 callers book with Nicola will receive a complimentary Bowen Tech Oil that helps relieve pain, arthritis and tension.

NICOLA CHAFFEY | PH: 6732 6878
Tuesdays & Thursdays | By Appointment Only



Green tonic: (From left) Lindsay Purcell, Ray Stone, John Conyard, Allen Grob and Dean Gillett – pictured here at a recent medley stableford at the Glen Innes Golf Club – are among many locals reaping the health benefits of getting out on the greens.

Healing touch

JOAN O'Brien specialises in remedial massage and aromatherapy and has been a practitioner since 1992.

She works at the Nirvana Health Centre, 236 Ferguson St Glen Innes and has been the massage consultant at Roseneath Aged Care Facility since 1998.

- Mrs O'Brien applies massage for the treatment of -
- stiff, painful, tight muscles,
 - after surgery,
 - sleep problems,
 - chronic fatigue, fibromyalgia, hypertension, circulation problems, breathing difficulties, arthritis
 - chronic pain,
 - to relax muscles during pregnancy and after,
 - to relax baby & treat colic
 - to reduce (oedema) fluid in joints,
 - to lengthen damaged muscles,
 - to loosen tight joints,
 - in the treatment of headaches / migraines

She has now also added aromatherapy to her repertoire.

The charges at Nirvana Health Centre are affordable and private health insurance rebates are available.

All treatments are by appointment only. For an appointment phone 6732 5340.



Aromatic massage: Joan O'Brien of the Nirvana Health Centre applies massage and aromatherapy to relieve a wide range of ailments.

Feeling stressed, tired or tense?

Book with Damien to discover for yourself...

...the benefits of combining relaxation and Swedish massage

- Increased sense of relaxation
- Improved sleep
- Enhanced feeling of wellbeing

Call today, first 10 people to book are eligible for a special introductory rate for your initial appointment – save \$10.

Call Damien
Ph: 6732 6878

Mondays
by appointments only



Glen Innes Health
Wellbeing for you & your family

Any age, any number, get out and golf

THE Glen Innes Golf Club is encouraging those looking to be healthy to take up the sport of golf as a hobby.

Golf is a relaxing and enjoyable sport that can be enjoyed by all ages, but it can also be great for a person's fitness.

Long-term club member Pat Timbs has been swinging a stick in Glen Innes for 55 years now, and was already golfing before that. The 87-year-old still plays three days a week, and considers golf a fantastic activity for staying active.

"You can play on your own or in a group, and it's always a challenge both physically and mentally," Mr Timbs said.

He continues to play both socially and

in competition, and currently sits on a handicap of 26 after getting as low as 10 earlier in his playing career, but he hasn't given up on reducing it.

"It's a very good sport," he said.

Walking around the picturesque 5.5 kilometre course for a round once, twice or even a couple of times a week would be a terrific way for someone to increase their fitness.

The Glen Innes course is regarded as one of the premier courses in the New England and also offers one of the most affordable memberships.

Those looking to join the Golf Club can pay \$310 up front or by installments.