



NATURAL HEALTH n HEALING CENTRE
WAGGA SALT ROOM
 1 Karoom Drive, Glenfield Park
PH: 6971 2402

Happy 3rd Birthday NATURAL HEALTH n HEALING CENTRE

Celebrating three years of promoting a healthy body, mind and spirit

WITH the Natural Health n Healing Centre marking its third birthday this week, the people of Wagga can also celebrate three years of enjoying the benefits of having expert practitioners of alternative therapies in our own city.

Promoting the philosophy of healthy body, healthy mind and healthy spirit, the Natural Health n Healing Centre offers a whole range of natural healing remedies under the one roof.

From iridology to massage, herbal medicine to salt therapies, kinesiology to Reiki, hypnotherapy to Angel Card Readings and meditation in the Salt Room, the centre offers an alternative therapy for many conditions, or to simply keep you healthy in body, mind and spirit.

"We specialise in particular areas of natural health and provide a wide choice of treatment options for our clients," Natural Health n Healing Centre's owner, Janine King said. Since opening the Natural Health n Healing Centre with her husband Wayne in 2010, the couple has been delighted with

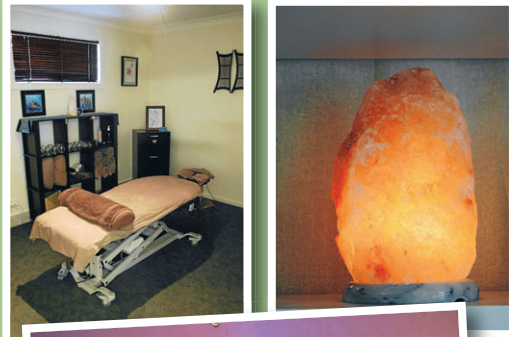
the success and popularity of the alternative health centre.

Since ancient times, people from all cultures have used natural healing remedies and herbal medicine to stay healthy and keep sickness and disease at bay.

Your health is your most valuable asset. So it's beneficial to know about the many different alternative healing options available that can help you stay healthy.

Whatever your health needs are – whether you're recovering from an injury, interested in maintaining good health or just seeking to de-stress your mind and body – the Natural Health n Healing Centre has a treatment that's right for you.

Make the Natural Health n Healing Centre your partner in achieving total health and wellness today. Located at 1 Karoom Drive, Glenfield, the Natural Health n Healing Centre is open Monday to Friday from 8am until late and weekends by appointment. Phone 6971 2402 for bookings and visit www.naturalhealthnhealing.com.au for more information.



NATURAL HEALTH:
(top left) Remedial, sports, pregnancy and lymphoedema massage therapy is available at the Natural Health n Healing Centre.
(top right) The centre stocks a variety of salt lamps, popular for their attractive appearance and air-purifier effect.
(middle) Wagga Salt Room at the Natural Health n Healing Centre provides natural relief for allergy sufferers and those with breathing problems.
(left) State-of-the-art iridology equipment.

Introducing Kinesiologist Sally Holden



SALLY Holden completed her nationally accredited studies at Kinesiology Connection in Melbourne and has attained her Certificate IV, Diploma and International Diploma in Professional Kinesiology Practice.

Dedicated and committed to constantly learning new ways to assist clients, Sally has a passion and drive to help others, assisting them to gain greater self-confidence, self-love and an abundance of peace, health, happiness and vitality.

Sally provides a safe and nurturing environment in which people from all ages can gain

greater self-confidence, love, health, energy and overall wellbeing and happiness.

Are you suffering from:

- Stress/ anxiety
- Fatigue/tiredness
- Allergic responses
- Relationship difficulties
- Nutritional or digestive issues?

Make an appointment with Sally Holden at the National Health n Healing Centre today, by phoning 6971 2402, or visit www.kinesiology.com.au/practitioners/wagga-wagga-nsw for more information.



NATURAL HEALTH n HEALING CENTRE
WAGGA SALT ROOM

Natural Health N Healing Centre
 Healthy mind, healthy body, healthy spirit
 8am-8pm Mon to Fri, 9am-3pm Sat

- Remedial, Sports and Deep tissue massage therapy
- Pregnancy and Relaxation massage therapy
- Hot stone massage therapy
- Chinese suction cupping
- Ear candling sinus treatments
- Iridology • Reiki • Herbal medicine
- Medium • Kinesiology • Hypnosis
- Ion spa detox • Weekend Workshops

Respiratory and skin relief centre
 Relax in our salt rooms for 100% drug free
 Non invasive therapy

For natural relief from

- Asthma • Cold and Flu
- Chest Infections • Cystic Fibrosis
- Hay fever • Sinusitis • Bronchitis
- Emphysema • Eczema • Psoriasis

IT'S OUR 3rd BIRTHDAY
 BRING THIS AD FOR
20% OFF YOUR
 NEXT NATURAL THERAPY
PLUS 1 FREE SESSION IN THE SALT ROOM*

*Not available in conjunction with any other offer. Valid till 31/05/2013.

1 Karoom Drive, Glenfield Park • EMAIL: nhnhc@hotmail.com • www.naturalhealthnhealing.com.au

PHONE: 02 6971 2402