

Welcome to the first edition of our Newsletter. A long time in the making...but worth the wait (we hope).

2011 has been a really busy year for us. Most notable this year has been the addition of 2 extra consulting rooms in May and some general refurbishment of the centre. We hope you like the new look and feel! We continue to receive some very kind and positive comments from clients and colleagues and always appreciate these.

We've recently welcomed Corina as our Receptionist & Administration Assistant. Corina will be working Tuesdays, Thursdays and alternate Saturdays (and hopefully some extra hours very shortly). Corina will be working late Tuesday nights and if you are seeing a Practitioner after 6pm she will be able to let you into the building and bring you up for your appointment. Corina's doing a fine job and we are keeping her busy! Corina will be happy to assist you with any queries that you may have.

We've also recently welcomed Naturopath, Tiffany Sharp-McDonald (aka 'NaturalDrTiff'). Stay reading for Tiffany's excellent article (see over) and special offer to clients of the Talkingminds Centre. Tiffany is working Tuesdays and Wednesdays. We are very excited to have Tiffany join us and add another dimension to our services. Additionally, we have welcomed Mental Health Social Worker & Counsellor, Kathy Horne. Kathy Horne is a very experienced social worker with an interest in working with children, adolescents and families as well as individual work with adults. Clients can be referred to see Kathy via a GP Mental Health Care Plan. Kathy is working Mondays and Fridays. A big welcome to Tiffany and Kathy!

And of course there's the rest of us, some of whom have been here right from the beginning, back in the days when there were just 2 rooms and a big empty space at the back (great for cartwheels, star jumps and line dancing)!! Thanks to Merryn, Tania, Karina and Nigel for their continuing commitment and enthusiasm and thanks to the plants who've not died despite the absence of natural light.

Over the past 12 months our services have grown and are now provided across 7 days including early morning, afternoon, evening and weekend appointments. The centre never sleeps!

We are looking forward to welcoming additional practitioners and modalities this year and beyond and will keep you posted.

If there is ever any feedback you would like to provide about the centre (maybe something you really like and yes...even something you don't like so much or think could be improved) then please feel free to let your Practitioner know who will in turn let me know. You are also welcome to contact me personally with any feedback.

We hope you enjoy this newsletter and others and thanks for reading!



Trudy Wilson
Director-Talkingminds
Mental Health Social Worker, Counsellor,
NLP Trainer/Master Practitioner & Coach

Our Practitioners:

Trudy Wilson - Counsellor and Mental Health Social Worker (Tue, Wed, Fri & Sat)
Kathy Horne - Counsellor and Mental Health Social Worker (Mon & Fri)
Tania Alexander - Clinical Psychologist (Tue)
Karina Alouisa - Psychologist (Thurs)
Merryn Tendys - Clinical Psychologist (Mon, Tue, Thurs & Fri)
Nigel Bailey - Counsellor and Psychotherapist (Sun)
Tiffany Sharp McDonald - Naturopath (Tues & Wed)

Take some time out to laugh ...



Words of wisdom ... “ Be where you are; otherwise you will miss your life

” - Buddha

“Those who fail to take the time to be healthy will ultimately have to take the time to be sick” ~ Dr. James

Time out to relax, refresh and revive enables your body to recuperate, fight off illness and enhance mood. This improvement in psychological and immune function allows you to pass on more energy and time for others. Investing in a little time on yourself and best nutritional practices will pay dividends in health, more days to make wealth and the ability to enjoy the fruits of your labour with friends and family.

We're all subject to varying levels of stress, adding sleep deprivation, interrupted sleep, indulgence in high processed sugared food and manic physical activity will impact the immune system. Soldiering on will NOT serve you long term, identifying that your body is fighting a possible pathogen, requires rest.

Continuously pushing yourself, whilst ignoring your body's needs will result in predisposition to burn out, illness and possibly injury. You'll need more sick days, days in lieu, days away from important family events. You'll find that you're not able to participate fully in life, even though you show up, you may feel exhausted mentally and physically, running on empty. In truth you'll be absent in mind and optimal body function, not able to give or feel the best of you and that's not really living.

To counter ravages of stress on the body, have a regular intake of a variety of whole fresh foods containing antioxidants. Think multi coloured bright foods, containing anthocyanidins, vegetables highly efficient at scavenging free radicals found in red and purple fruit. Maintain blood sugar levels throughout the day to counter stress hormone cortisol, resulting in balanced energy levels, improved concentration and focus.

Noting that stress has a mental, nutritional component (internal), and environmental, pollution, toxic (external) component to cellular health, a multi faceted approach to reducing stress is required. Studies are indicating epigenetic influences from our nutrition and environment impacts our gene expression, stressful influences turn on dormant genes. Meaning your daily choices, reactions, habits to stress, nutrition, environment has wide implications on disease prevention and disease expression.

A Key to health is to Listen to your body, when you feel that you're getting exhausted, need to sleep, need clarity take the steps needed to switch off, be still, meditate, play, relax. Make yourself the priority, fill your cup up so you're better able to give to others from a source of replenishment not diminishment. Top up daily on whole fresh antioxidant rich foods, make time to eat properly, prepare and remember you're worth nourishing. When you feel like your body is working against you it's generally because you've ignored its messages for too long.

Health epiphany... LISTEN to your body
The Key to Health



Tiffany Sharp McDonald
Naturopath

Clients of Talkingminds practitioners will receive a **10% discount** on all initial Natural Medicine consultations.

Free Health Check Day will be available in November. Accepting expressions of interest for a **free** 10-15 minute appointment to check blood pressure, zinc levels, body fat %, hydration % .
Will fill fast!

Natural Dr Tiff's Tip of the day ...

Why stillness makes you strong - It's one of the best ways to listen to your body, your intuition & give your mind a rest from its endless chatter. If you're stressed out, anxious, or busy, give yourself some time out by putting your legs up against the wall. This move, according to yogic practise, allows your heart to rest, calms your nervous system, rejuvenates body and mind.

