

August 2014

Hello Everyone,

We hope that everyone is managing to keep warm and invigorated over these chilly winter months!

With the icy starts to the morning, August is looking like it will be the coldest month yet and while the team here at Naturally Dynamic Health are bouncing around trying to stay warm we want to remind you that Spring isn't too far away (thankfully).

We've been really busy over the last couple of months since our last newsletter, with Diedre heading to Sydney for a long weekend Congress seminar on all things around gut health and detoxifying (hint on what next month's special will feature!). Both Diedre and Alisa undertook a comprehensive oncology series based on the latest research on natural medicine approaches to cancer management and Diedre has also undertaken a clinical pathology course to help better understand the scope of your pathology results.

The month of August hosts the **National Breastfeeding Week** (1st-7th of August) and the **Natural Fertility Awareness Week** (18th-24th of August). **Naturally Dynamic Health offers a Preconception Care Program** which supports, acknowledges and considers absolutely all variables that may be impacting on your health and the potential health of your baby. Our focus is on **both** the potential mum and dad as both are equally important in making a baby, and healthy fertility occurs when health of both parents is optimal. **Our program focuses on healthy diet and lifestyle choices, environmental toxins** and their impact, **stress levels** and **correct any nutritional deficiencies**.

Given that Spring really is just around the corner (even though it may not feel like it), we would like to also draw your attention to our **Weight Loss Program**. We've had real success stories so far after launching it earlier this year. With the support of Alisa, you can **gain a better understanding** of the whole picture of weight loss and **be empowered** with the right information to assist you in making the right decisions **not only for your immediate future, but for the rest of your life!** (see overleaf for more information)

We are very excited to introduce **Doterra essential oil range and products** to the clinic. We have already hosted a couple of information nights introducing the oils and all their various uses which we have received great feedback from those who were able to make it. Keep an eye out in your inbox for our next information gatherings in the future.

Be sure to keep an eye out on **our Facebook page** for some handy **healthy tips** as well as our **blogs** that we are posting onto **our new-improved website!**

Lastly, we would like to officially welcome Sharon to our team, some of you may have already meet her over the phone or at the reception desk. Sharon is currently studying nutritional medicine and is looking forward to expanding her knowledge and scope and having the opportunity to meet all our valued clients over time.

Kind regards,

The team at Naturally Dynamic Health.
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Spring into a healthier you with the NDH Weight Loss Program

6 Week Program

Includes:

- 1x Initial consultation (60 minutes)
- 5 x Follow up consultations (15 minutes)
- 6 x BIA testing

Valued at \$500

NOW - \$135

(Supplements not included)



12 Week Program

Includes:

- 1x Initial consultation (60 minutes)
- 11 x Follow up consultations (15 minutes)
- 12 x BIA testing

Valued at \$950

NOW - \$225

(Supplements not included)

Introducing our massage therapist Paul Nixon

Paul developed an active interest in massage after sustaining a football injury in his early twenties. He then later went on to become the massage therapist for the whole team

Thirty years and three football clubs later:

Paul is a highly qualified Remedial Massage Therapist specializing in sports, remedial as well as lymphatic drainage techniques.

His objective is to improve client knowledge and provide simple manual therapy to help those post surgery, cancer, lymphatic sufferers and others manage their chronic disabilities and ease their pain. Paul practices out of two locations, one in his home town of Bright and you can also find him in the clinic at Naturally Dynamic Health and Tuesdays and Wednesdays. His sessions are an hour long and the cost is \$65, which can be claimed through your private health fund.

Experience the great benefits of
massage with this
awesome offer
from our in-clinic massage
therapist **Paul Nixon:**

Book an appointment with Paul
and receive **\$10 OFF**

Valid until September 17th, 2014

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both **NEW or EXISTING** clients
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