



# Hartington Spring Newsletter 2005...

Phone: 9482 1888

Hartington Centre (est. 1998)  
Web: www.hartington.com.au

24 Hartington St, Northcote Vic 3070  
Email: hartington@iprimus.com.au

## Feelings...a gentle Spring thaw

We're all familiar with the infamous counselling cliché: "So tell me, how do you feel about that?" And yet, uncovering our actual felt response to particular experiences and events can be a powerful and rewarding experience of discovery.

As children, most of us were taught that expressing particular feelings was not acceptable or inappropriate... The message may have been that feelings such as anger and jealousy were not 'nice' feelings, or to be afraid or insecure was weak or childish. Sadly, we learnt to pack these 'unwelcome' feelings away and to put on a brave face. Often we learnt this packaging technique so well we're no longer aware of our own feeling responses to certain situations ~ as if a vital part of us is 'on ice'. And too often we may be afraid to feel ~ as if to feel certain emotions may bring on an unstoppable thaw that could give rise to a permanent flooding.

Counselling offers an opportunity to open up to our feelings. It is a process that may be experienced as a 'melting into the feeling', as if the feeling is being truly f-e-l-t. This process can make us feel quite vulnerable. However, contrary to popular opinion, I believe the capacity to be vulnerable is a mark of strength and wisdom. When we have the ability to connect with our feelings, we also have the ability to be in touch with what it is we need and want and therefore with 'who we are'. A very worthwhile pursuit in these uncertain times ~ a welcome sense of calm within the storm!

**Julie Twohig**  
**Counselling & Psychotherapy**  
**Master of Counselling**  
**Relationships &**  
**Individuals**  
**0402 003 515**  
**(03) 93821888**



*Is it really  
September already?  
What will Spring bring us  
this year? Let's face it, we had  
a lousy Summer, un-seasonal  
warmth throughout much of Winter,  
survived snow on our beaches in  
August and once again, too little  
rainfall all year! Still, no matter what  
the weather, if we open our hearts  
and our minds and greet the day  
and each other with a smiling  
face and loving heart, the day  
will be that much cheerier,  
that much brighter...*

## Services available at Hartington

Psychotherapy	Remedial Massage
Counselling	Relaxation Massage
Hypnotherapy	Pregnancy Massage
Physiotherapy	Sports Massage
Myotherapy	Lymphatic Drainage Massage
Acupuncture	Aromatherapy Massage
Kinesiology	Traditional Chinese massage
Bowen therapy (NST)	Reiki
Naturopathy	Cupping
Herbal Medicine	
Nutritional Medicine	

*Rebates are available on some services.  
Gift vouchers are available on most services - Place  
your order over the phone and we can send it today.*

## Traditional Chinese Medicine & Acupuncture



I have only recently come aboard this lovely Centre to join other equally lovely practitioners. What struck me about Hartington was the calming and warm environment I felt as I walked through the door for the first time which, I soon realized, was simply an extension of the qualities radiated by those working there.

Traditional Chinese Medicine is a holistic therapy involving the balance of body, mind and spirit. Work and stress seem to rule our lives and we are starting to perceive the impact to our wellbeing. When the mind is stressed the body responds by shutting down or becoming tight, like a coil, leading to all sorts of disorders. Without fixing the underlying cause/s, problems on the surface will never go away. Chinese Medicine essentially takes a preventative medicinal approach. It is a way of life. It is about keeping a balance within one self as well as everything around us.

My interest in Chinese Medicine grew from personal experience ~ being raised by a Chinese Medicine practitioner I know its therapeutic effect. Always wanting to work in the medical field and to help others, I completed a Bachelor of Applied science (Chinese Medicine/Human Biology) at RMIT and did my internship at the Nan-Jing Provincial Hospital in China.

Like the Chinese Medicine approach, I have a holistic outlook to life. My varying interests involve the relationship between the body and energy with the mind and spirit, and the way these may be connected. Such connections can only be felt, not studied and proved, and may be experienced through meditation, internal martial arts, tai chi etc... Through various approaches my aim is to grasp an understanding of such concepts and how these connections can be applied therapeutically in my life and in my treatments with patients.

I look forward to meeting with you at Hartington. Kenji.

**Kenji Takasaki**  
94821 888 / 0422295520  
Tue 9-1, Thurs 9-1,  
Wed 12-8,  
Fri 9-8

## Detox with Green Foods

Everyday we are exposed to a multitude of 'toxins' via food, air, water and environmental pollutants and endotoxins or metabolic wastes. These toxins tend to lodge in the fat portions of tissue cells and can cause illness and disease. It is a good idea to cleanse the body of accumulated toxins at least once a year and the best time for a detox is spring.

Chlorophyll (the green pigment found in plants) is a purifying food. It detoxifies the body tissues, supports the production of haemoglobin which oxygenates the cells, aids in cleaning the blood and intestines, and promotes good immune function.

Foods that are rich in chlorophyll include spirulina, liquid chlorophyll, barley green, wheat grass, sprouts, herbs, sea vegetables and green vegetables. Look for bright coloured fresh greens. Greens can be included in salads, vegetable juices, vegetable broths and herbal teas.

### Spring zing

Juice: pineapple, apple, celery, lemon and ginger root.

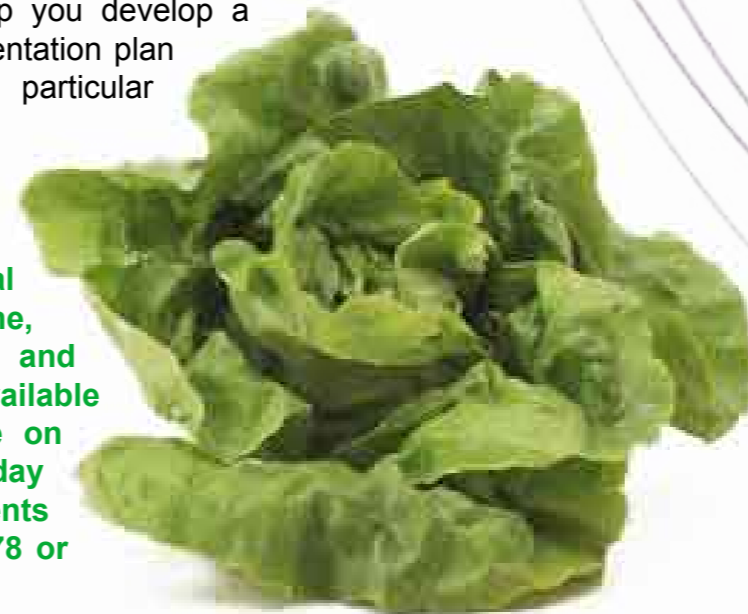
Optional: add a teaspoon of powdered spirulina.

Rich in enzymes and phytonutrients.

Detoxifies the liver and kidneys, and aids in digestive function.

There are many types of detoxification programmes. Be sure to consult a nutritionist, naturopath, or qualified health professional to help you develop a cleansing diet and supplementation plan best suited to your body's particular needs and condition.

**Ayesha Amos is an experienced naturopath and lecturer. She practices herbal medicine, nutritional medicine, diet therapy, aromatherapy and flower essences. Ayesha is available at The Hartington Centre on Wednesday and Thursday 10am - 9pm. For appointments or enquiries call 0407 856 778 or 9482 1888.**



## Menopause

Menopause is a transitional stage in a woman's life that can occur from around early forties through to early fifties. Her periods finish and she can start to experience various symptoms such as hot flushes, night sweats, skin dryness, depression, and loss of libido. These changes occur due to the ovaries ceasing the production of progesterone and drastically reducing the levels of oestrogen.

There are many different herbal and nutritional options available to help support women through this phase, however it is important to consult a qualified practitioner who will be able to formulate a treatment plan specifically designed for the individual. The following diet and lifestyle suggestions can help reduce some of the symptoms experienced.

**Phytoestrogens** are a weaker form of oestrogen that are produced by certain plants and can help normalise hormone levels.

Phytoestrogens rich foods:

Soy products: Tofu, Tempeh, Miso, Soya beans, Soy milk Sprouts

Wholegrains: Brown rice, oats, corn, millet, buckwheat, rye, wheat

Legumes: Lentils, chickpeas, beans

Seeds: Linseeds, sunflower seeds, sesame seeds

**Vitamin E rich foods** can help with hot flushes and skin dryness:

Wheatgerm, nuts and seeds, wholegrains, avocado, soy foods and egg yolk.

**Sage tea** can help reduce hot flushes and night sweats.

Use 1 tablespoon of sage per cup of boiling water and steep for 5 minutes. Drink 2-3 cups daily.

Increase water intake and exercise.

### Suggested Reading:

Passage to Power – Leslie Kenton

The Wisdom of Menopause – Dr Christiane Northrup

**Phoebe Thomas is a Naturopath and Herbalist who has a special interest in the treatment of Menopause, Women's Health and Stress Management. She works at the Hartington Centre on Saturdays from 9-5pm.**

**You can contact Phoebe on 0414 413 748.**

## New at Hartington - Reception Now Available

Mon - Fri 10am - 2 pm  
Saturday 11am - 2pm

*Our Practitioners are happy  
to respond to enquiries,  
make bookings and  
offer full reception.*

**Alex Watson**

## **Myotherapy**

**For Assessment and Treatment of:**

Back Pain  
Headaches  
Sprains / Strains  
Jaw Pain  
Relaxation Massage  
Deep Tissue Massage  
Musclular Aches and Pains

**Contact Alex Watson on**

**9482 1888 or  
0408 416 658**

***“Believe me, the hardest thing for a man to give up is  
that which he really doesn’t want,  
after all.” (Albert Camus)***



The Hartington Centre  
24 Hartington St  
Northcote 3070

HARTINGTON MAILING LIST

If you would prefer to receive the Hartington News by email, please forward you details (name and email) to [hartington@iprimus.com.au](mailto:hartington@iprimus.com.au)