



JM REMEDIAL THERAPY & LYMPHOEDEMA CLINIC

Our services: **Musculoskeletal Therapy**

- Relaxation
- Deep Tissue
- Remedial
- Structural balancing

Complex Lymphatic Therapy

- Lymphatic Drainage
- Compression Therapy
- Bandaging
- Armsleeve, bras & stockings

Naturopathy & Herbal Medicine

- Wellness Program
- Weight Loss
- Lymphoedema
- Infertility
- Menopause
- IBS
- Thyroid
- Pregnancy
- Cancer
- Heart Disease
- Stress
- And more ...

5-7 Albany Forest Drive
Albany Creek
Ph: 3264 6698
www.jmremedialtherapy.com.au

OPEN
Tuesday to Saturday
Evening appointments available

body
advertising feature

De-stressing during countdown to Christmas

The countdown to Christmas is supposed to be a time to slow down after another busy year that has seemingly gone by so quick.

But with end-of-year parties, the Christmas shopping, and the Christmas cards to write, how can our bodies slow down when the festive season is so hectic?

Jeanine Mewburn from JM Remedial Therapy and Lymphoedema Clinic says taking time out for a massage is one way to ease stress so you can enjoy your time away from work over summer.

"There is evidence that massage decreases stress levels, anxiety and high blood pressure by decreasing the amount of the stress hormone cortisol," Ms Mewburn said.

Ms Mewburn said massage helps to have your body operating at its best, and can assist with various health conditions.

"Massage can benefit chronic conditions such as arthritis, asthma and diabetes," she said. "The lymphatic drainage can also help with the removal of fluid and lactic

acid, which makes it the ideal treatment for swelling, fluid retention, fibromyalgia and for recovery after exercise.

"You can also stop for a remedial massage to help with headaches or neck, shoulders and back pain."

Ms Mewburn said a visit to a naturopath could help to "establish a pre-plum pudding strategy" on how to celebrate Christmas in a healthy manner - and to have fun and laughter without putting on weight.

JM Remedial Therapy and Lymphoedema clinic is offering a Christmas gift for everyone when they visit the clinic.

"Also our gift vouchers are still at the July 2010 price, and we honour our senior citizens with reduced fees," Ms Mewburn added.

JM Remedial Therapy and Lymphoedema Clinic is at 5-7 Albany Forest Drive, Albany Creek. Phone 3264 6698 or visit www.jmremedialtherapy.com.au

The clinic is closed for summer festivities from 23 December until 18 January 2011, with staff wishing everyone a Merry Christmas and a wonderful New Year.

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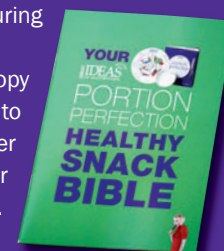
COMPETITION

With more and more Australians becoming overweight, obese or morbidly obese, as a nation we need to be focussed on ways to combat this growing problem.

What works as a proven weight loss strategy is portion controlled meals and sensible snacking. Choosing healthy, nutritious snacks is an easy way to improve diet and overall health, manage hunger and avoid overeating at meal times.

Dietician Amanda Clark's new book, *Your Portion Perfection Healthy Snack Bible*, is a pocket-sized guide to choosing sensible snacks, featuring pictures and nutritional information for over 250 snacks.

Courtesy of Great Ideas Nutrition, The Westerner has one copy *Your Portion Perfection Healthy Snack Bible* (RRP \$7.95) to give away. To win send your contact details to: The Westerner Body competition, PO Box 5189, Brendale BC, 4500 or email lee@thewestern.com.au, Attn: Body competition. Entries close 24 December.



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Japanese Acupuncture effectively treats the symptoms of pain, disease & ill health. We also detect and treat imbalances in the body before they become unwanted symptoms, disease states & illness. Book an appointment today to reach your full health potential and feel great for summer.

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