

Inner Balance Health Clinics Newsletter



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Clinic News



One of our new and exciting features at the clinic is confirmation text messages that have replaced our phone calls. We have had an outstanding number of patients compliment and welcome this change, (of course after some fine tuning of our system!!) As part of this change we have also got a new email address. It is available

from our website, but for your information it's: info@ibhc.com.au

We are very proud and excited to confirm that Sophie is now a qualified remedial massage therapist and patients with extras in their private health insurance can now claim problem free. Sophie is an amazing practitioner with strength and passion only some people dream of. We are very appreciative of her efforts.

Before we know it, it is going to be Christmas, can you believe it?? Just letting you all know in advance the clinic WILL NOT be closing over this time. The only days the clinic will be closed are the public holidays. So don't panic when your aches and pains don't go away on holidays, we'll be here to help you.

Is your pillow causing you neck pain?



Ask yourself these questions :
Do you wake with neck pain after a nights sleep? If you answered no, it is not likely your pillow that is to blame. If you answered yes, it is likely that it is either the way you have slept (ie on your stomach which is not recommended) or you pillow is too old or not suited to your body type and doing the job you need it to.

Do you like your pillows firm, high, low, soft, contoured or flat? Which one is best suited to you? There is not one perfect pillow for everyone, you must try before you buy. Contact our staff at reception to see when you can come and try which one is best suited to you.

We have always recommended Denton Pillows which are readily available from major department stores and we have now introduced Thera-med latex and memory foam pillows and even an adjustable pillow to our stock.

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**Northern Yoga and
Therapies Centre**
Miller St, Epping
9408 8300

**Lil Bod's
Basketball Gear**
Childrens
Training Uniforms
Sizes 4-12
Suzanne Bodley
9401 5429
0403 892 088

Design a Face
Beauty Therapy
Make up, Electrolysis
And red vein removal.
Rosemary Velkovski
9437 6525
0425 804 081

The House of Feng Shui
Consulting, training
and design.
Only accredited
Victorian Course
3mth w/shop
0414 797 105

Jarrah Warehouse
Quality Aust. made
and grown jarrah
products, BBQ and
Outdoor furniture
4 Strong Ave
Thomastown
9462 1522

Important Information Please Read

Do You suffer from a chronic Condition?

If so you may be eligible for Medicare rebates which are now available for osteopathic treatment of patients with a chronic condition

For more information, check with your doctor to see if you are eligible for the Enhanced Primary Care Program (EPC), or speak to your osteopath.

Referrals are valid for 12 months from the referral date.

So if you have had your treatments 2008, see your doctor in 2009 and see if you are eligible for another

**WE'RE NOW ONLINE....
CHECK OUT OUR WEBPAGE**

WWW.INNERBALANCEHEALTHCLINICS.COM.AU

Just to be sure you know all the people at IBHC let me re name them for you and what services they provide:

Osteopaths: Dina Culcasi, Katelyn Furphy, Sean Connolly, Jason Dargan.

Chinese Medicine: Elisa Loi-Yan Yip.

Myotherapy: Kelvin Nye.

Remedial Massage: Sophie Rouffas.



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To Ice or Heat your condition?

We'll try and make this as clear cut as we can, however the answer is black and white, not everyone is suffering from the same problem even if our symptoms appear similar.

If you symptoms were caused by an injury ie ankle sprain) then ice is your answer.

If your symptoms are sharp in nature and came on rapidly then try ice. (usually recommended 5mins on, 5mins off, 5 mins on then remove and wait approximately 45-60 mins and repeat process)

If you symptoms have been a gradual onset and are aching and dull or chronic muscular feeling in nature then try heat. (Usually recommended for 15-20mins)

The only hard and fast rule is if you do something and it makes your symptoms worse, don't do it again. This goes not only in terms of heat or ice, but activities including exercises or stretches that appear to worsen your condition.