



ILLUMINATE YOUR LIFE MONTHLY NEWSLETTER

New premises in Oatley! and Massage Therapy now available!

Have you had a dose of a cold or flu? Have you been pushing yourself? We would like to invite you to visit us at our new clinic room in Oatley and let us give you a helping hand...

It's that time of year when the cool weather has taken hold, summer is long forgotten and we're in for the long haul to Christmas. If these words have any resonance for you then I think its time for some 'you' time.

At Illuminate we have recently introduced a range of massage therapies to our services. Robert Lenon, our massage therapist, is well trained and has excellent technique that frequently earns him compliments. As well as a Diploma in Remedial Massage he has a Bachelor of Sports Science with Distinction giving him extensive knowledge of the body and the management sports injuries and rehabilitation. He can certainly also provide general relaxation and rejuvenation.

Massage is excellent for alleviating the aches and pains of a cold or flu by supporting the lymph system to operate properly and support immunity, relieving headache and sinus and pumping oxygen and nutrients around the body. It's also a fantastic adjunct to any fitness program. By increasing blood supply and the circulation of nutrients to muscle and nerves, exercisers of all persuasions can prepare and recover more effectively. With some 90% of disease being stress related it's difficult to think of a condition that can't be helped by massage.

For the month of July we are offering 50% off the normal rate so that's just \$33 for a full hour massage. Call today!

In response to massage, specific physiological and chemical changes cascade throughout the body, with profound effects. The benefits of massage and the range of conditions that can be alleviated with massage are many and varied. If you would like to receive our **Massage Fact Sheet** with a more detailed discussion of massage therapy send an email request to us.

'Law of Attraction' for logical people

There is a lot of talk around about the 'Law of Attraction' and I know quite a few 'logical people' who think its just a new take on positive thinking and that no amount can change anything. The truth is that there is quite a body of research that indicates thoughts have real power to change our physical reality.

Lynne McTaggart has examined a vast array of studies and met with a number of academics and researchers to assemble 'The Intention E

For more of this article go to www.illuminateyourself.com.au/freeinfo

Do-able tips for a better relationship

Martin Seligman, researcher/psychologist specialising in happiness (www.authentic happiness.org) says his all time best four relationship books are:

1. *Reconcilable Differences* Christensen and Jacobson
2. *The Relationship Cure* by Dr John Gottman & Joan DeClaire
3. *Fighting for Your Marriage: Positive Steps for Preventing Divorce and Preserving a Lasting Love* by Markman

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"Are you ready for a spring in your step?"

Many of us have experienced the enjoyment of massage but did you know that massage can alleviate some 90% of diseases and provide genuine support for a range of life's challenges? Illuminate sees massage therapy as a useful tool toward less struggle and more balance.

CLIENT TESTIMONIALS

"Robert has most definitely done something! My neck was really getting me down and I couldn't seem to alleviate the pain in any way. Now it feels normal again."

Margaret, Pain Sufferer

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Buy Robyn Henderson's Book "Balance – real life strategies for work/life balance" from us during July for \$24 (free P&P) by emailing us

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