

Are your Kids Making you Tired?

Hi! My name is Kate O'Brien from Mount Eliza Natural Therapies. In this issue of the Goodlife I would like to talk about kids behavioural issues and the effect that it has on the family.

Many of the parents that come to our clinic come in because they are tired as they are using a lot of energy through the day and not getting enough sleep through the night. The effect that this can have on a family is dramatic. Many parents become tired

and moody just from their children's sleeping and behavioural problems.

We have found that by correcting the children's behavioural problems and sleeping patterns that the entire households energy and moods improve.

So if you find that you and your family are tired, come in and see me and we can see if we can help the entire family have regulated energy, moods and sleep. Ph. 9787 7366 for info.

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Evidence Based Approach

The goal of Embrace Wellness's co-founders Anthony Donovan & Louise James is to improve the health and wellbeing of the local community through massage, naturopathy and nutritional education. Former owners of a successful natural therapies business in Fitzroy North, they moved back to the Mornington Peninsula in July of 2008.

Anthony is a fully qualified remedial massage therapist with over five year's full time experience; he is also currently completing a naturopathy degree, and incorporates nutritional advice to complement his massage therapy if required.

The massage services available are remedial therapy, hot stone massage, relaxation massage, sports massage, deep tissue massage and pregnancy massage. Massage is available in McCrae & Sorrento. A mobile massage service is also available, which covers the whole of the Mornington Peninsula.

Louise combines an evidence based approach with traditional naturopathic practices. She is passionate about children's health, fertility, pregnancy, and birth, and became a

mother herself using natural fertility techniques combined with her naturopathic experience. Louise believes good nutrition is the most important factor in regaining and maintaining health. She also specialises in weight loss, mental health, immune support and dietary analysis. Louise practices from her at home clinic in McCrae.

Gift vouchers are available and make a great birthday present, especially when you surprise someone with a massage at their home or office using the mobile service.

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