

The Body Press



ON THE TABLE THERAPIES

Autumn Newsletter April 2014

Holidays, Ortho-Bionomy and CPE-FNQ website launch

Holidays

I will be on holiday from Friday 28th March to Sunday 4th May. If you wish to contact me to arrange appointments or for any other enquiries during this time you can email me at christietonks@hotmail.com Remember that if you want to make an appointment for yourself online for when I return you can visit my website at www.onthetabletherapies.com click on online booking and register yourself. I need to have put your email address into the system for you to be able to do this so send me an email if you haven't already so that you to take advantage of this service.

Ortho-Bionomy® (OB)

Well what a weekend of learning we had at the beginning of March. Six therapists from the Tablelands and Cairns enrolled on the OB fundamentals course that I had arranged with our teacher from Melbourne. OB incorporates a range of techniques from osteopathic principles allowing the body to release spontaneously and self-correct to a position of comfort. It activates proprioceptive receptors in the muscles, tendons and ligaments that signal the brain how to change in response to the procedures done by practitioner and client. The moves are usually an exaggeration of the persons preferred postural pattern. Ease of a move is what the practitioner is looking for to achieve the desired release not a position that gives the feel good slight 'pain' often felt with other therapies. OB is an excellent stand alone therapy to deal with musculo-skeletal discomfort or to use in combination with other modalities.

www.cpe-fnq.org

Encouraged by the response of the therapists that enrolled and by those that expressed an interest in further Ortho-Bionomy or other continuing professional education (CPE) courses, I am now in the process of setting up a website to enable the therapists practicing from the Tablelands, Cairns and beyond to have a point of contact where CPE is being or can be organised locally. I hope to be able to entice teachers to come to us and the only way to do this is if we have a good number of participants. So, please if you are a therapist (or if you know a therapist, ask them to) visit the site (above) and sign in to be notified of courses coming to the area. Therapists are also encouraged to co-ordinate a teacher and class for which they may be rewarded by payment or no fee participation in the course.

It is better to sleep on what you intend doing than to stay awake over what you have done.

Want to get back copies of The Body Press newsletter? Visit onthetabletherapies.com/newsletters

Massage Treatments from \$25 & Ortho-Bionomy Guinea Pigs Wanted

You may remember me congratulating Lisa McGrath in the last newsletter for attaining her Cert IV massage. Well it would seem that we were a little premature! It turned out that Lisa still had her clinic hours to complete which are now well under way. Lisa has been doing massages at the clinic here on Pink Street for the last few weeks but still has more to do and so she needs guinea pigs! The fee is \$25 for the next 50 bookings and then \$30 for the next 50. The appointment is for one hour which will include time for case history. If you would like to make an appointment call Lisa directly on 0438 175 064



The Ortho-Bionomy class on 1st and 2nd March went really well. What a treat to have the teacher come to the students of our Far North Queensland town as normally it costs us dearly in time and money to do our continuing education

units elsewhere. So my Ortho-Bionomy practitioner training has started and I would like a few people to practice on to gain my confidence whilst I do the procedures with notes. I will not charge for these sessions. Each one will take between 30 and 60 minutes depending on the presenting conditions. Appointments will be limited to just a couple per week so email me if you would like to be a guinea pig. First in best dressed they say, so don't delay!



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ON THE TABLE THERAPIES

Notice Board

Wheat Free Carrot Cookies
 3/4 cup rolled oats
 1/2 cup barley flour
 1/4 cup brown rice flour
 2 cups cooked millet
 1 cup grated carrot or pumpkin
 1 teaspoon vanilla
 1 teaspoon grated ginger
 1/4 teaspoon sea salt
 1 tablespoon sunflower seeds
 1/2 cup water
 Dry roast the rolled oats, then dry roast the flours lightly.
 Mix all ingredients and add just enough water to shape the dough into cookies.
 Put the cookies on an oily baking dish.
 Bake at 180C (350F) for 30 minutes.
 Want more like this? visit Issi Aaron's website: www.self-healing.com.au and check out his biodynamic recipes

Sewing Machines repaired & serviced
 Paul: 0459 033 145
 Sorry for the incorrect number listed on previous newsletters!

Jill of All Trades
 Reliable, Honest, Hardworking,
 Handywoman that can Turn her Hand to Most Jobs
 Gardening, Domestic Cleaning, Fixing, Painting, House & Yard Care, Tough Cleaning Jobs and more
 No Job Too Small
 Pamela Clearwater
 Tel: 0437 631 307

Do you want to own a Thermomix NOW?
 From February to close of business April 7th, Thermomix is offering NO interest and NO repayments for 4 months*.
 Book your Demo today! I would love to show you what the Thermomix can do so you can see the machine in action, and also how it could help you and your family in the kitchen. Contact me anytime by email or call me on 045 039 1974. And remember I will come to you, and the more people you have at your demo, the merrier.
 Peta
peta@mixingthyme.com

ZenSomatic

Mindful Moments - Sit Less, Move More, Live Longer

And the word is...

Email this word to me at christietonks@hotmail.com and win a **one hour treatment and a jar of comfrey, arnica and ginger cream, total value \$87.** The **fifth** person to email me will win.
 To make sure it doesn't go into my junk please enter 'the word is' in the subject line. Good Luck! The word is: **FOOTY**



With the average person sitting down for between nine to twelve hours per day, (1 to 2 hours driving, 7 hours work on the computer, 1 hour to eat lunch and dinner, 3 hours TV viewing), even a daily workout is unlikely to offset the health risks now associated with this type of sedentary lifestyle. Research in recent years has revealed that prolonged sitting has far more sinister consequences than just weight gain. Studies on rats show that substances that are only produced when muscles are active have a vital role in fat and sugar metabolism. This can eventually lead to chronic diseases like diabetes and cardio-

vascular disease. Sitting also affects your posture, tightening your hamstrings, hip flexors and neck from a forward head posture. This posture can then lead to breathing pattern disorders triggering anxiety and other health issues. Sounds ominous doesn't it BUT the important thing to realise here is that the simple action of getting up and moving from your seat every half an hour can make a fundamental difference to your long term health. The heart foundation has some good suggestions to get you more mobile: at home; stand to read the

morning paper, move around the house when checking text messages and emails on your mobile phone: At work; stand during phone calls, move your bin so that you have to stand to use it, modify your workstation/desk so you can alternate between working standing or seated, eat your lunch away from your desk: Whilst travelling; walk part of the way to your destination or park further away, plan regular breaks during long car trips, get on/off public transport one stop further/earlier. Remember if you don't use it you lose it.