



Toxins

Toxins are harmful to our bodies and even though you may not smoke or drink alcohol, chances are you still have a toxin build up in your body. Toxins are in the air that we breathe and in the water we drink, not to mention in the food that we prepare and eat. Even though most of us these days like to eat little processed foods and organic fruit and vegetables whenever we can, toxins still build up in our bodies.

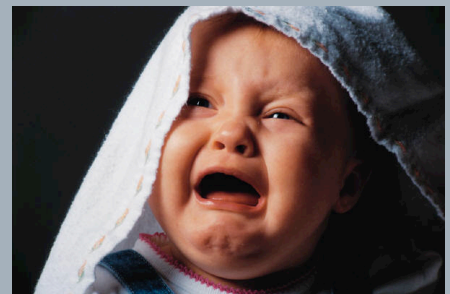
Toxins, once processed by our liver and kidneys are eliminated via urine, sweat or faeces.

Exercise is a great way to enhance toxin release from your body. It speeds up circulation and the respiratory system, making you sweat out those toxins. Making sure you keep your body well hydrated during and after exercise will speed up that process of detoxification.



Bowen Therapy and massage are very relaxing ways to speed up the detoxification process. Many of my clients will admit that when they saw me initially, they did not heed my advice to drink lots of water after a treatment, and subsequently had to face the consequences of feeling quite miserable when their body was going through the detoxification process.

Feeling Sad?



There are so many things that can affect our emotional well-being, such as stress at the workplace or in relationships, illness, lack of sleep, finances, just to name a few.

Hormonal imbalances can also contribute to our emotional state.

Sometimes it is not immediately obvious what is making us feel sad or depressed or simply unable to cope with certain things.

Often just a break from stressors can lift our emotions, but sometimes it is more complicated than that.

I strongly suggest seeing your medical professional if you have prolonged feelings of sadness or depression, and remember that Bowen Therapy works on all the systems in the body, including the endocrine system which is responsible for producing the body's hormones.

Charities and gift vouchers

Most of you know by now that beside my passion for Bowen Therapy and Massage I spend a lot of my time training and participating in obstacle courses and fun-runs. Most of these are fund-raising events for various charities, such as Multiple Sclerosis, Breast Cancer, The Sammy D Foundation (<https://give.everydayhero.com/au/andrea-2>). It feels great to be able to give to people, not only in the form of massage or donations. I will not ask anyone to donate as I believe there are already too many people door-knocking for various organisations, but if you want to contribute to a charity why not see if you can offer a little of your time (it doesn't always have to be money) as often they need volunteers to help set up events, hand out cups of water at fun runs or wrap donated prizes for raffles.

Likewise, if you have a charity that is particularly close to your heart, feel free to ask me for a gift voucher as I am only too happy to help out. I only have a certain number to give away each year (I do have to make a living after all!), but if you feel my services could benefit in any way I would be happy to help.



This is a picture of me after last years Mud Run fundraiser for Multiple Sclerosis.

Changes to Bowen Therapy Adelaide

Most of you are already aware that I am currently undertaking a Diploma in Remedial Massage and as such have decided to change the name of Bowen Therapy Adelaide to Remedial Therapies SA. With the beginning of a new financial year I thought it would be the perfect opportunity to bring about a few changes, more of which will be revealed in later newsletters, in person, on facebook and/or on the website, so keep tuned if you want to stay informed. ☺ One thing that will remain the same is the excellent service.