

# **AREN'T YOU AND YOUR BODY WORTH A WALK? MAKE 2012 ONE TO REMEMBER FOR FORWARD MOVEMENT!**

Walking is one of the primary and essential movements of the human body. Our bodies were designed to walk so we can move from here to there but not only that; walking is essential for optimal physiological function, which is vital for our health and wellbeing.

Due to modern living, we humans tend to walk less and less – we have the availability of all kinds of transport, we have elevators, lifts etc, more people have careers which require sitting at a desk, so the amount of time we spend walking around has become very minimal.



***Walking, on a daily basis is really beneficial for health and wellbeing. Hundreds of muscles and tendons are being used.***

During the movement of walking we require the combined use of our legs, arms and torso. **Hundreds of muscles and tendons are being used during this activity.** Brisk walking for 30-40 minutes a day *assists and stimulates our metabolism in a couple of ways.* It helps to burn calories and also our body is more likely to take in nutrients from our food. Walking also helps with the elimination process as well as improving digestion. Our water intake is usually increased when we participate in exercise – **so the boost in the amount of water is also valuable in eliminating built-up toxins stored in different areas of the body.**

Walking has a great effect on our circulatory system. **It helps the flow of blood and lymphatic fluids which can boost your immune system.** Our bodily fluids flow better through the joints in our bodies when we move which may have a positive effect on inflammation.

Our organs also benefit from walking and this is allowed to occur from **rhythmical breathing which occurs as our diaphragm contracts with the abdominal muscles to aid respiration, increasing lung capacity, which in turn gives our lungs a work out.** We have mentioned in other newsletters the positive effect that correct breathing can have on the body and how shallow breathing may cause tiredness, our mental clarity may be hindered and our posture becomes sluggish.

Taking a walk each day can possibly assist with the following:

- **Certain hormones are released during exercise which can have a positive effect on our stress levels**
- **Is beneficial for our cardiovascular system**
- **Improved sleep**
- **Improved flexibility**

**Why not take a walk daily - or at least 3-5 times per week.** You and your body are certainly worth it – creating a positive approach to the New Year. It's a great way to re-energise and refresh and some people find that walking clears the head and allows creativity to flow. You will not only be out enjoying the fresh air and nature, but also knowing that so many aspects of your health and wellbeing are reaping great benefits at the same time will be doubly inspiring.



# Patient Spotlight



## ~ Santa Claus ~ *He visited the Hervey Bay Wellbeing Centre????*

After the rush of last month, preparing all those pressies, keeping the elves at work and grooming my good friends – the reindeers, ***I've found I'm in desperate need of some help and when I stumbled onto the Hervey Bay Wellbeing Centre's web site I knew I had found the right place.***

At the beginning of last month, I was reading by candlelight all the requests from children around the world and unfortunately it had put a strain on my eyes. As a result I was suffering from severe headaches. Just blinding and making me feel miserable. I had no time to deal with this so I was drinking coffee constantly to try and keep awake, but the headaches got worse.

Then as the month suddenly got to the 20<sup>th</sup> I was in a panic. How was I to get everything completed in time for the 24<sup>th</sup>? I thought the stress would engulf me and I'd completely collapse. Luckily the elves, the reindeers led by Rudolf and my friends rallied around and we got the work done, but my nervous system felt overstretched and shattered. Try and imagine how my poor old body felt and by the night of the 25<sup>th</sup>, I was aching all over, climbing up and down those damn chimneys - **my shoulder muscles were on fire and my abs - I had muscles I hadn't felt for 12 months.**

After eating all the Christmas cakes, cookies, drinking litres and litres of milk and beer my digestive system was a real mess - burping, belching and the flatulence... even Rudolph was keeping his distance. So I knew this year I had to do something to help fix the problem and prevent it from happening again for next Christmas 2012. So I called up the Wellbeing Centre and saw Wayne and his great team and finally got some answers to my problems.

Firstly, I had a Nadi Massage with Clarence to help relieve those aching muscles, I think I slept for hours as he "Nadied" away and what a relief to get off the bed and feel human again. I'd recommend that massage to anyone. Not just for pain, but the stress was slightly less as well. Then I had a session of Mind Body with Lorraine to see if I could cope better with the stresses of who had been good and bad and all the emotional issues associated with those decisions I have to make each year. Did she pick up on some stuff or what (**Saboteurs I didn't know I had**) – you wouldn't think I had issues with my Mum....but there it was for me to deal with ... amazing, amazing she is.

Now came the really great stuff... looking at the causes of my health problems. Wayne said he didn't want to treat or Band-Aid the symptoms, he wanted to get to the bottom of my digestive troubles, so there I was sitting in front of the BIG, BIG screen (**they must have been good to get one of those last Christmas**) looking at my blood, having a Hemaview. My Leaky Gut was terrible and the liver stress (no beer for a long, long time now) was everywhere.

These were the answers I was looking for, not just the pills to cover up the symptoms. Then Libby took me for a BHE –Bio Health Evaluation and this was even more amazing – You know me, I know all about energy and vibrations – (that's how I get the sleigh and reindeer to fly so quickly around the earth), well for me to see all those icons on the screen in regard to my lymphatic system, circulatory system and my brain being black and blue was really scary. My cells were dying off way too quickly. It really allowed me to see my state of health.... NOT GOOD....So now, even a few weeks into my new health restoration, I feel much better... I'm a bit more in control of my stress and emotions (though more sessions with Lorraine are needed), my muscles are more relaxed, my digestion is improving and I feel like I have the support I need to make next Christmas a healthier one, where I will cope much better with the stresses of life.

Thank You Wayne and the team for your help. I will keep up my new regime in order to maintain my good health because I don't want to feel like that again. And Rudolf and the other reindeers have come on board as well. Doing it together makes it so much better.

**Saint Nic, North Pole**

**Wayne's Comments:** Yes.... *This may be a little bit of fantasy....* However for many, this is how they live..... stressed out of their mind, in constant pain and not absorbing the nutrients from their food because of Leaky Gut. Feeling very unwell and sometimes just accepting it as the norm.

So if you know of a loved one who lives like this, ask them to come and visit us to make changes to their health and lifestyle that they can live with and apply for the rest of their lives.  
**Make 2012 one to remember for you, your loved ones and friends.**

