

Kouxan Natural Health



April - May 2008

Relax and let go for a day...

Naturopathic
the best secret
in town!

Fatigue, Depression, Headaches,
Asthma, Constipation, Hormonal
Imbalance, Acne, Poor Circulation,
and Restless Sleep.

Serious conditions under medical
treatment can be managed with
complementary Naturopathic care.

A computerized health assessment
identifies your priority health
requirements.

With over 20 years of experience ,
Peter Damestoy covers all the
traditional areas such as
homeopathy, diet and nutrition,
herbs and acupuncture.

There are many ways that naturopathy
can make a difference to your health. To
begin with we take time to really listen
to patients and appreciate what is going
on in their life.

It is most important to understand the
underlying cause of an illness : not just
treat the symptoms.

Naturopathy can be used with
confidence for children, babies, adults
and breast feeding women. In fact
everybody can benefit from the use of
Naturopathic treatment.

Some of the conditions which respond
to Naturopathic treatment
include

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Health And Wellness

Want to join our Kouxan Team?

We regularly have employment
opportunities available at all our clinics.

Just email our staffing officer your
resume , for the opportunity to become
part of a Natural Health Team .

mind, body & soul

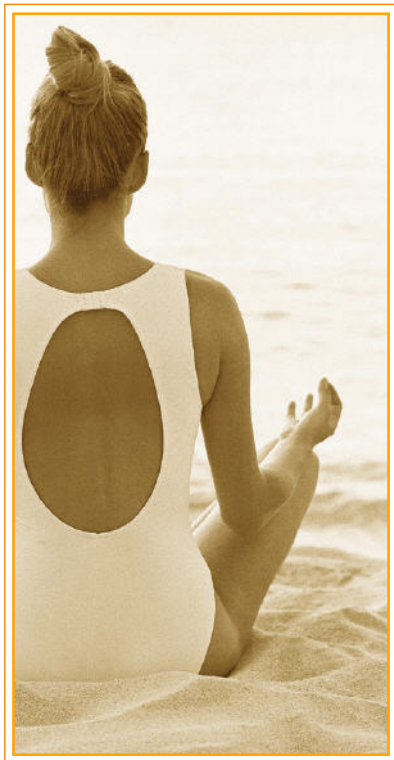
Your Health and Wellness at one location

tranquility

Renew yourself
for a day...

Kouxan Natural Health offer some fabulous Beauty Therapy treatments using only Natural SkinCARE Products. In order to feel relaxed and rejuvenated.

Check out our Boucher or website for more details.



Kouxan (pronounced Koozan) means peace, so it stands to reason why Kouxan Natural Health offers a beautiful, relaxing environment to assist your healing process.

Reflexology

Reflexology is based on the principal that the feet and hands are maps of the body. Reflexology is based on zone therapy, this is the separation the body theoretically into ten zones.

The benefits of reflexology are endless, the most common are improved blood and nerve supply, elimination of wastes and toxins, relaxation of muscle tension and a rebalancing of the body.

Some of the ailments reflexology can benefit – chest and heart problems, liver, stomach, gall bladder and spleen imbalances, colds, insomnia, muscular pain, headaches and stress.

Reflexology is completely safe and relaxing therapy. It can be used in conjunction with any other therapy and is already being utilised in many major overseas hospitals and throughout Australian aged care facilities.

We live in an age where 75% of all illness is believed to be stress related. Why not use the ultimate in relaxation therapy- reflexology to help alleviate the problem.



face

Purifying Facial Wash 200ml

Give your pores a deep down cleanse that will leave your skin feeling refreshed and vibrant. Peppermint water, Rosemary extract & Spearmint oil.

\$30.00

body

Body Therapy Oil 200ml

Apply these oils to moistened skin and massage thoroughly to impart the natural goodness of fruit and nut oils and vitamin E.

\$22.50

Skincare Myth

Q: if I wash my face before I go to bed, I don't have to wash it again in the morning. It already clean.

Truth: Day and Night our skin cells shed and the secretions of oil and sweat continue. Oil sweat and skin cells along with environmental pollutants collect on our skin during the night as well as the day. Our pillows are also dirty with grime from our hair, so cleansing is an important part of our beauty regime morning and night say's director of Gatineau Australian Michelle Givoni.

hand

Hand & Cuticle Cream 60g

Softens dry, chapped skin on the hands and also great to rub into cuticles for stronger, healthier looking nails.

\$16.50

Special needs

Dyslexia Moderate

Have you noticed that your child is having difficulty with words, or language, or is developing poor writing skills? Chiropractic may be the answer you are looking for.

The nervous system controls all of your bodily functions, from making your heart beat at the right rate to raising the hairs on your body when you feel cold. Some of what your body does you can control, but the majority of what goes on does so unnoticed. As your brain developed, it began to separate certain functions to allow it to specialise in certain tasks – verbal communication, for instance, is more dominant on one side whereas non-verbal communication or body language is more dominant on the other.

So when we see children with difficulties in writing or poor language development there is a high possibility that there is one side of the child's brain that is not working to the same extent as the other side.

So how does chiropractic help with this? Dr Christian Fludder, a chiropractor, explains.

“We know that one side of the brain controls movement on the opposite side of the body. The same is true for the other direction – sensation detected on one side of the body stimulates areas of the brain on the opposite side. And where does the majority of information from the body to the brain come from? The spine. This is how chiropractic can influence the activity of the brain.”

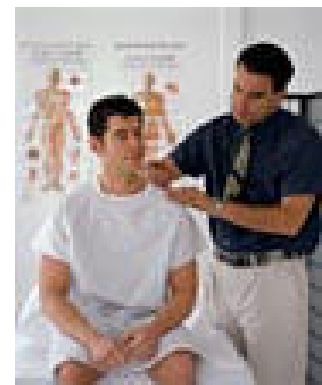
Dyslexia and other language-based disorders in children are commonly a result of this half of the brain that is responsible for language not functioning correctly. If it is not working well, the rest of the brain makes the decision to ignore it rather than work at a slower rate. But commonly there can be other symptoms that accompany it.

“Poor posture, for one, is a big indication that things in the nervous system are not working the way they should. Some kids with poor nervous system function have forward head carriage, where their heads are

forwards on their shoulders; some have scoliosis. Quite a few have eye-based problems and need to wear glasses because they can't read properly. Sadly, one of the most common correlated adult conditions from a childhood with language disorders is depression.”

“This is not limited to dyslexia and language problems however, other behavioural disorders can be influenced by chiropractic in a similar fashion. Disorders like ADD, or hyperactivity, or poor concentration are all resultant from a poorly functioning nervous system, and chiropractic is a technique that aims to restore proper nervous system function.”

In order to see if your child could benefit from chiropractic care, a thorough assessment is first required.



relaxation

day and evening

Fantastic Herbal Peel Offer

Free Herbal Peel valued

up to \$250

For - oily skin - anti-ageing

- Detox/Deep cleansing
- Stretchmarks
- Pigmentation/ Sun Damage
- Acne/Acne Scarring
- Fine lines/Rejuvenation

With the purchase of

3 Maja Skincare Products

Available only on the 1st & 2nd of May 2008

By Appointment Only.



Clinic Hours

Monday 8.30am - 7.00pm

Tuesday 8.30am - 7.00pm

Wednesday 8.30am - 7.00pm

Thursday 8.30am - 7.00pm

Friday 8.30am - 7.00pm

Saturday 8.30am - 1.00pm

Kouxan Natural Health

Springfield Clinic
Level 1 Orion Shopping Center
Springfield QLD, 4300
3470 0499

Browns Plains Clinic
Level 1, 123 Browns Plains Road,
Browns Plains, Qld 4118
3806 9099
admin@kouxan.com

Underwood Clinic
Market Place, Logan Road
Underwood, Qld 4119
33419299

Spa Packages

Self Renewal

Relax and Unwind with Kouxan Natural Health's Signature treatment, designed to nurture your skin and soul.

Start with your feet soaking in warm water and Aromatherapy oils. Your cuticles are treated then nails are shaped and your legs exfoliated, ending with a Moisturizer boost and nail emerald finish. Follow on to your relaxing but beneficial Massage therapy, to soothe tired muscles and increase circulation. Enjoy a facial while your skin is analyzed, double cleansed, tone, skin exfoliation and revitalizing massage.

Duration 2 Hrs

\$190.00

Includes SkinCARE take home pack.