

ANNOUNCING A NEW ARRIVAL!



Ewen Cameron
0411155344 (ring me direct for appointments)
Available Wednesday to Friday
at Prahran Osteopathic Clinic

My name is Ewen Cameron and I will be joining the clinic in December. I have been massaging

in the Prahran, Sth Yarra area for the past 15 years and have taught massage for 10 years. I currently hold workshops in relaxation massage and also for stretching.

I am very excited by the prospect of being able to work with Michael, as I believe our two modalities are extremely well suited, ensuring our clients are able to get the best treatments necessary.

I look forward to meeting you and to my new exciting venture at the Prahran Osteopathic Clinic.

Now that the intro is over ...

Here we are again (incredibly quickly in my opinion) at the tail end of another year. Christmas approaches and festivities begin – the work dos, the barbies and the partying.

The season where we eat too much, drink too much and probably on a few occasions get too much sun. This being the case, I have decided to highlight a couple of reasons to consider a massage or two during this period.

Firstly: People tend to find themselves becoming very stressed during this time, attempting to complete all the work that needs to be finalised before Christmas; deadlines at work, renovations, cars or just taking on the hordes shopping. It can put a lot of pressure on you and your body. Massage can be a simple and enjoyable way to deal with this.

Helping the body to unwind by releasing sore or tight muscles, soothing out the tension and encouraging the muscles to relax creates a state of well-being inducing better sleep and digestion (how aptly timed!)

Secondly: Massage is a great way to eliminate toxins from the body by encouraging increased blood flow to the muscles and throughout the body. As if that weren't enough, positive chemicals are released in the body allowing you to feel fabulous and wear a healthy glow.

Your lymphatic system is also stimulated. This in turn increases your immune system allowing you to invite more T and B cells to party with you (sorry – in-body joke) during the festive season while giving you a healthy boost.

So, in conclusion: Massage is the smart way to help yourself stay in shape mentally and physically (Christmas will hopefully help you stay in shape spiritually) through the silly season.

Have a fabulous time. Don't forget to slip, slop, slap and treat yourself &/or a loved one or friend to a massage (Gift vouchers are also available) and have a Very Merry Christmas!

Personal recommendation from Michael:

I too am excited at the prospect of Ewen working here. Coincidentally he has been a lecturer in the field of massage at the same place I studied to be a Naturopath which is the most reputable place in Melbourne for the healing arts – the Southern School of Natural Therapies. It is great to get the chance to work with someone in my clinic whose experience level matches my own. I reckon we will make a great team and feel privileged that he has agreed to come on board at the clinic for all our benefits. Mike Rowan

What is Cranial Osteopathy

Dr. Michael Rowan

Cranial Osteopathy, commonly known as Osteopathy in the Cranial field, developed from the discovery in the 1930's that small movements exist between the bones of the skull. The benefit of this technique is that attached to the under surface of the bones of the skull are membranes or meninges (you will have heard of meningitis) which develop tension when there is distortion or compression of the bones. This tension in the membranes is what is being relaxed when the technique is done. It deeply relaxes the body while it corrects

your imbalances. The movements of the bones of the skull or the tail bone are the reference point typically (you will notice I place my hand under your low back or on your skull). Movements in these bones are due to the ebb and flow of the fluid that surrounds the brain which circulates rhythmically around the brain and spinal cord. This fluid moves the bones and this movement, though it is subtle, can be felt. It requires a detailed understanding of anatomy and a lot of experience to detect.

Fun quote

"Security is not the meaning of my life. Great opportunities are worth the risks."
Shirley Hufstедler

Is it time for a body tune up?

Is your quarterly spinal and cranial alignment and supplement review overdue? Have you found the problem you initially came to us for has returned? Do you know that most problems stay fairly well contained with a 3 monthly tune up. This quarterly tune up is an important part of your preventative health programme.

Our practice here is based on a philosophy of prevention and maintenance so even if you are doing well remember that prevention is better than cure.



Like a car we all need a regular grease and oil change.

FOOD

Despite being in practice for over a decade many of you may not know how I got interested in my line of work. The answer is my parents. My mother always took our family to natural therapists and osteopaths and was always into healthy eating. While kids were having peanut butter and vegemite sandwiches I was having wholemeal pizza with fish and almonds. lol. Here is one of my mother's favourite recipes.

Barbara's (My Mum) Wheat Free & Gluten Free Xmas Fruit Cake Barbara Rowan

2 cups Organ Wheat/Gluten free plain flour
½ cup Organ Wheat/Gluten free S/R flour (Lightly packed flour in cup when measuring)
225g brown sugar
225g butter
5 free range eggs
225g raisins
225g chopped dates
450g sultanas
55g cherries
100g slithered almonds
3 dessertspoons cinnamon
1 dessertspoon all spice
1 teaspoon vanilla essence
2 tablespoons brandy
3 grated apples
1 pinch nutmeg




Melt the butter and add sugar then add eggs and grated apples then add all dried ingredients and dried fruit in a large bowl.

Rub the bottom of an 8 inch (20cm) tin with butter and line with grease proof paper.

Add the mixture to the tin and cover with grease proof paper.

Heat oven to 200 degreesC and cook the cake mix for 20 minutes near the bottom, then turn down oven to 100 degreesC. Cook for a further 3 hours.

Turn off the oven and cool slowly with door closed.

Note:  A sugar substitute can be used instead of brown sugar – follow instructions on packet.

THIS IS A DELICIOUS MOIST WHEAT FREE GLUTEN FREE XMAS FRUIT CAKE.