

A NEW YOU INSIDE



AND OUT

Pamela can help you

Regain your vitality,

Deepen sleep and *balance* your moods

Reduce and manage pain

Slow the ageing process

Cleanse and **Strengthen** your digestion

Discover how allergies can compromise your health

RELAX

STRESS and related problems

Cortisol is an adrenal hormone produced under stress. However during prolonged stress circulating cortisol remains high and is unable to regulate itself causing a wide range of health problems. If you are unable to relax, over a period of time, this can lead to fatigue, sleep, mood disorders and other metabolic imbalances including insulin resistance, inflammatory disorders and weight gain.

Pamela has treatment regimes to address these problems helping you to regain your innate vitality

Acupuncture and Chinese Herbs

Born from origins as a folk medicine, to today, as a recognised form of alternate medicine substantiated by scientific research and anecdotal evidence. After an in depth diagnosis a client is prescribed and given particular points to treat their health issues with a corresponding herbal formula, if necessary.

Facial Rejuvenation Acupuncture

Employs a special lifting technique to increase the energy and circulation to the face. By needling the face itself the tissue is encouraged to produce collagen increasing tone and help sagging over the course of treatment. Very fine needles are inserted along lines to diminish heavier wrinkles and clear finer ones. Anti-ageing strategies are also discussed.

Bioptron Light Therapy

Used for cell proliferation, collagen synthesis, increasing circulation and enhanced healing. Great for scars, burn, wounds, irritated skin, acne, rashes and anti-ageing. Each area receives 10 minutes of broad spectrum light, wavelength between 400-3000nm. The Bioptron Light also comes with specific coloured filters for colour therapy and chakra balancing for general relaxation and headaches

Nutrition

Dietary and eating regimes are tailored to suit individual body types and lifestyles to promote optimal health or treat underlying health issues. Supplements are generally prescribed to speed recovery.



Craniosacral Therapy

Is an osteopathic technique from the States, using subtle adjustments to the fascia and cranial bones restoring muscular, cerebrospinal and cranial balance to release blocked energies and cellular memory.

Aurasoma Colour Therapy

Is a system consisting of over 100 dual coloured bottles from which you choose 4. Pamela interprets the meaning, order of the bottles and absence of various colours. You can then become consciously aware of your potential, strengths, talents, unique gifts, and gain insight into important issues and health concerns in your life. (Only available at St Ives)

Reiki

Hands on healing for balancing and relaxation. Available in half hour or one hour sessions

Thought Field Therapy

Techniques to help diffuse the intense emotion associated with fears and phobias. Developed by a clinical psychologist, who discovered how to do this by sequentially tapping on particular acupuncture points

Voice Dialogue

Developed by Hal & Sidra Stone, two psychiatrists from the states, to enable therapists to guide clients on a journey of self discovery. The psyche is made up of various personas that shape the personality and this technique allows you to see what personas are operating your learned behaviours. When viewed from the aware ego greater clarity is gained. Linked to the archetypes that help us understand who we are.

Enquire about Express Acupuncture, available for those people experiencing acute problems where a full consultation is not necessary (Special rates apply)

WELLNES AND DETOXIFICATION PROGRAM

Keeps you on track with diet, lifestyle, stress management advice and Acupuncture treatment. The program is designed to reduce inflammation and support the digestion. This program is more suitable for those with a sensitive digestion.

Detoxification supports the liver, kidneys and bowel with elimination of unwanted toxins such as inflammatory build up, heavy metals and chemicals. This program is not recommended for people with weak digestions but designed as a spring clean for the body. Ask Pamela to work out a program that's right for you.



ANTI-AGEING PROGRAMS

Pamela uses Facial Rejuvenation Acupuncture in conjunction with the Bioptron polarized light to increase collagen production and circulation reducing the visible signs of ageing giving a natural more youthful appearance. Diet, supplements and herbal preparations are recommended to address body imbalances accelerating the ageing process. The program involves 10-12 treatments 2 times per week. Ask about Pamela's special rates for pre-paid packages.

Hello I'm Pamela



For the last 25 years I have been practising complementary health therapies working with clients to achieve realistic goals with their health and lifestyle.

Considering you as an individual with very different lifestyles, habits, needs, stresses and body energy is pivotal to designing an appropriate treatment plan and approach.

I have adopted an eclectic regime of modalities enhancing wellness and reducing the visible signs of ageing while working energetically with the chakras, meridians, fascia and cerebrospinal rhythm, where necessary, to enhance the overall balancing effect

No matter what modalities I choose, getting back to basics, identifying the core issues decreasing your vitality and increasing the incidence of health problems accelerating ageing, is the main focus of my treatment.



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GIFT VOUCHURES AVAILABLE

(A gift of health is right for any occasion)

HEALTH FUND REBATES APPLICABLE

Cancellation Policy:

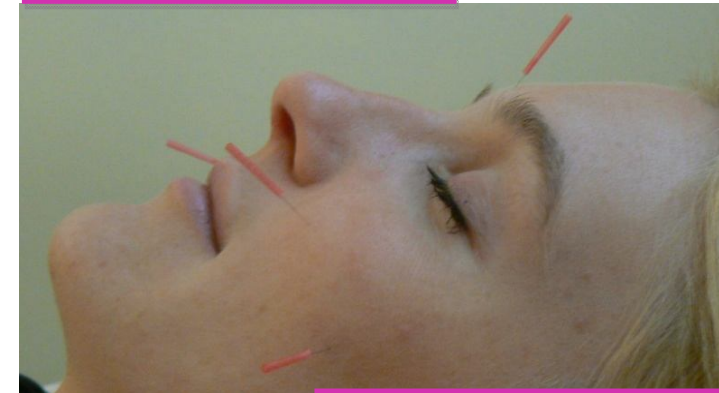
*24 hours notice is advised
otherwise a fee will apply*

Depending on circumstances home visits are available in the North/North Western Districts of Sydney

Stress, Sleep and Mood Disorders
Anti- ageing program
IBS /Digestive problems
Pain relief
Headache & Migraine,
Menstrual & Menopausal imbalances
Infertility
Allergies and related problems



INSIDE



OUT

Acupuncture
Cosmetic Acupuncture
Nutrition
Chinese Herbs
Cranio-sacral
Aromatherapy
Reiki
Aurasoma Colour Therapy
Thought Field Therapy
Voice Dialogue

