

Siblings embrace calm

Siblings Shane Bautista and Christine Matthews will open their new Narre Warren wellness clinic, Natures Calm Embrace, on Saturday 18 July.

The siblings were separated as children when Shane was placed in foster care. Christine was 17 and Shane was 7 at the time. They kept in contact off and on, however lost touch during adulthood. After ten years apart, the siblings reconnected last year.

Shane has 10 years' experience in Myotherapy and is a Registered Psychiatric Nurse and Christine works as a Mental Health Support Worker. Both being in the same industry, the siblings decided to open a wellness clinic to help the City of Casey community.

The new family run business has also provided employment for Christine's daughters Kelly Matthews, 21, who is the Natures Calm Embrace Clinic Manager and Chantelle Matthews, 16, who will work as a casual receptionist while she finishes high school.

Natures Calm Embrace provide a holistic approach to alternative medicine encompassing western and eastern medicine. The clinic offers Reiki, clinical Myotherapy, remedial, sports and pregnancy massage, dry needling, cupping and ear candling. Within the next two years Natures Calm Embrace will offer holistic counselling and psychotherapy.

Natures Calm Embrace has teamed up with Australian wholesalers to offer products ranging from crystals, crystal necklaces and crystal infused water bottles, True Protein powders, essential oil blends, incense, candles, fisio-cream, roam rollers and massage balls.

Natures Calm Embrace has a unique approach focused on improving people's mental health through eastern alternative medicine.

Shane said the standout feature of the clinic



Christine, Shane, Kelly and Chantelle will open their wellness centre in Narre Warren on 18 July. 210440

is the relax feel and decor, refreshment area providing clients with filtered water and herbal teas and a sensory oriental garden where

you can relax and re hydrate after a treatment. Natures Calm Embrace offer HICAPS and Afterpay.

Book an appointment via the website www.naturescalmembrace.com.au or call 03 8725 0500

Salt study targets technology to save lives

A CQUniversity-led web-based research project has the potential to help people reduce the salt in their diet and prevent and manage high blood pressure, a significant risk factor in cardiovascular disease.

CQUni's Dr Saman Khalesi, and Prof Corneel Vandelanotte are developing an online behaviour change platform.

"We all eat salt (and sodium), but most of us eat an excessive amount of salt," Dr Khalesi said.

"Salt may add an extra bit of taste to food, but it also adds an extra load on our blood pressure and heart. In fact, even a slight reduction in daily salt intake may reduce the risk of cardiovascular events significantly and save lives."

Dr Khaelsi, who is a Postdoctoral Fellow for the National Heart Foundation of Australia, said the majority of salt in food was 'hidden salt'.

"Hidden salt in commercial food products

can be masked by other tastes, making it difficult for us to understand how much salt we are consuming. Many also lack the knowledge and skills to choose healthier foods. This and many other individual factors like attitudes, needs, likes and dislikes that need to be considered when planning a personalised salt reduction program.

"To be effective, programs need to be able to provide personalised content (like a coach), and be able to reach a lot of people at a low cost. Given that majority of Australians have internet, we are developing a web-based salt education (SaltED) program that mimics face-to-face interaction with health professionals and provides personalised feedback.

"The SaltED project will be the first web-based intervention that incorporates personalised feedback to target salt reduction to prevent and manage hypertension in Australia."

Phase one of the project, which recently received ethics approval, would explore the atti-

tudes, needs and barriers to salt reduction and the use of technology to reduce salt.

Dr Khalesi said as part of phase one, adults with medically diagnosed high blood pressure or hypertension would be invited to share their experiences, attitudes, needs and barriers to salt reduction with each other and the researchers in an online group discussion.

Phase 2 and 3 would involve the development of the online intervention program and a measure of its effectiveness.

He said if successful, SaltED can help reduce salt intake to prevent and manage hypertension, reduce the burden of cardiovascular disease and the cost to health-care system.

To enquire about participating in Phase 1 contact Dr Khalesi via email at s.khalesi@cqu.edu.au

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- Encourages the healthy flow of our bodies life force energy "Qi"

To book online simply visit www.naturescalmembrace.com.au **\$50** Introductory Offer!!
9 Fleetwood Drive, Narre Warren Ph: 03 8725 0500 New Appointments Only

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