

BRNT NEWS

Magazine Newsletter of Bracken Ridge Natural Therapies

Issue 4 December 2012

No More Chocolate Cravings

**TICK TOCK
BUT IT'S NOT
A CLOCK**

**The Little Things
that Make the
Difference**

**Gold
Hall of Fame
Winners!**



A healthy Christmas: Is it possible?

CONTENTS

Bracken Ridge Natural Therapies

9/57 Gawain Rd

Bracken Ridge, QLD, 4017

(07) 3261 5436

clinic@brnt.com.au

www.brnt.com.au

3 Meet the Team
Kylie Evans

4 Gold Hall of Fame
Winners!

6 The Little Things that
Make the Difference

Tick Tock But It's Not
A Clock

8 A Healthy Christmas:
Is It Possible?

10 No More Chocolate
Cravings

11 Gluten-Free Christmas
Cranberry Bars

12 Calendar
What's happening at BRNT

Missed our last Newsletter? [Read it HERE](#)



Meet the Team!

Meet your Practitioners at Bracken Ridge Natural Therapies

Introducing Kylie Evans to the BRNT Team!

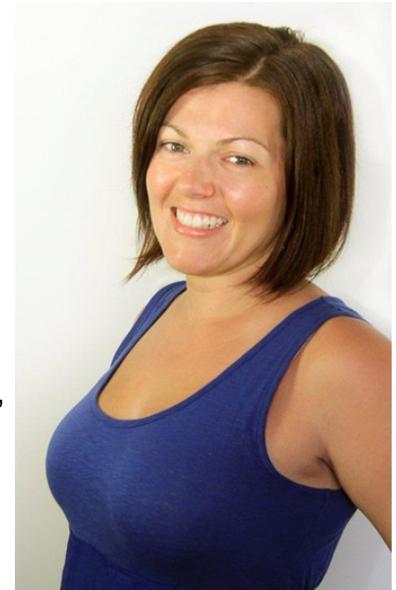
We are excited to introduce Kylie Evans to the Bracken Ridge Natural Therapies team. Kylie is a qualified PKP Practitioner and has been instructed by Danny Liddell for the past 3 years.

Kylie is passionate about helping you with your structural & muscular problems, learning her techniques from Danny at Kinesiology Schools Australia, Kylie can treat many issues including, back pain, sciatica, shoulder pain, depression, stress and can work with your nutrition.

Being a rally driver in her spare time Kylie thrives to work with injuries from car, motorcycle and sporting accidents.

Before starting her career as a Kinesiologist Kylie was an Aerospace Engineer working in motorsport and automotive. This understanding of mechanics and systems integration transfers well to the human body, and therefore makes Kylie a Kinesiologist with the ability to see how everything fits together and the effects imbalances can have. If you

can't start your car's engine or if it doesn't run at its optimum there is normally a problem with the parts, the spark, the fuel, or the air. It is similar with your body, the muscles and the bones, the neurology, the chemistry or the spirit!



Kylie has completed a Certificate IV in Kinesiology, Neural Organization Technique 1 and 2, Hyperton-X and is currently putting the finishing touches on her Diploma in Kinesiology. In her spare time Kylie is also studying a Bachelor of Health Science (Naturopathy).

Kylie is available on Fridays from 8am to 5pm. Call us on (07) 3261 5436 to make an appointment.



Michael McCloskey

Kinesiologist



Danny Liddell

Kinesiologist



Evelin Liddell

Homeopath



Bryan Smith

**Behavioural
Optometrist**



Bronwyn Kennedy

Kinesiologist



Gold Hall of Fame Winners!

What a great year it has been at Bracken Ridge Natural Therapies! The highlight would definitely be winning the 2012 Quest Business Achiever Award in Health and entering the GOLD HALL OF FAME for winning an amazing 9 times!

It's fantastic to be recognised for the work we do for the health of our community, and we're so excited that we're going to make 2013 an even bigger year for Bracken Ridge Natural Therapies with the introduction of two new Kinesiologists to

the clinic and our new metabolic balance® program helping our clients to drop lose weight the right way!

We'd like to thank all of our inspiring clients for their support in 2012, and wish you all a safe and healthy Christmas and New Year!

Yours in Health,

Danny, Evelin, Michael, Bryan, Bronwyn, Kylie & Colin

\$650 including manuals

[Click here for more info....](#)

Hyperton-X Kinesiology Course With Danny Liddell

Friday Feb 15th 6-9pm &

Saturday Feb 16th—Sunday Feb 17th 9am—5pm

Hyperton-X is a form of Kinesiology that specialises in 6 main areas by releasing the excess (hyper) tension (tonic) in muscles:

- Flexibility
- Learning Difficulties
- Emotional Trauma
- Sports (performance & injury recovery)
- Pain Relief
- Allergies

Kinesiology uses the muscles like a keyboard on a computer, to gather the information from the many programs that make us magnificent humans work the way we do. We can then change, delete or add new programs to improve its efficiency. All techniques are simple, safe and effective.

This course teaches how to correct imbalances and emotions that affect pain, allergies, the way we learn, play sport and recover from injury.

All techniques are easy to learn and even easier to use. **Hyperton-X** is designed for people with no previous experience in Kinesiology or health. It can be used for family and friends, sports clubs and is even used by professional health care practitioners.

START YOUR CAREER NOW!

Come Join Us At Our Information Evening And See For Yourself

- See Kinesiology in action
- Learn why PKP is the best 'form' of Kinesiology
- Have your questions answered by Danny Liddell, one of Australia's most experienced Kinesiologists, author and head lecturer at Kinesiology Schools Australia

Pick up the phone and reserve your seat now

**Only 20 seats available.*

OR

**Be one of the first 12 to enrol and secure thousands of
dollar worth of bonuses.**

Download your enrolment form today at

<http://www.kinesiologyschools.com.au/enrolform.pdf>

Information Evening

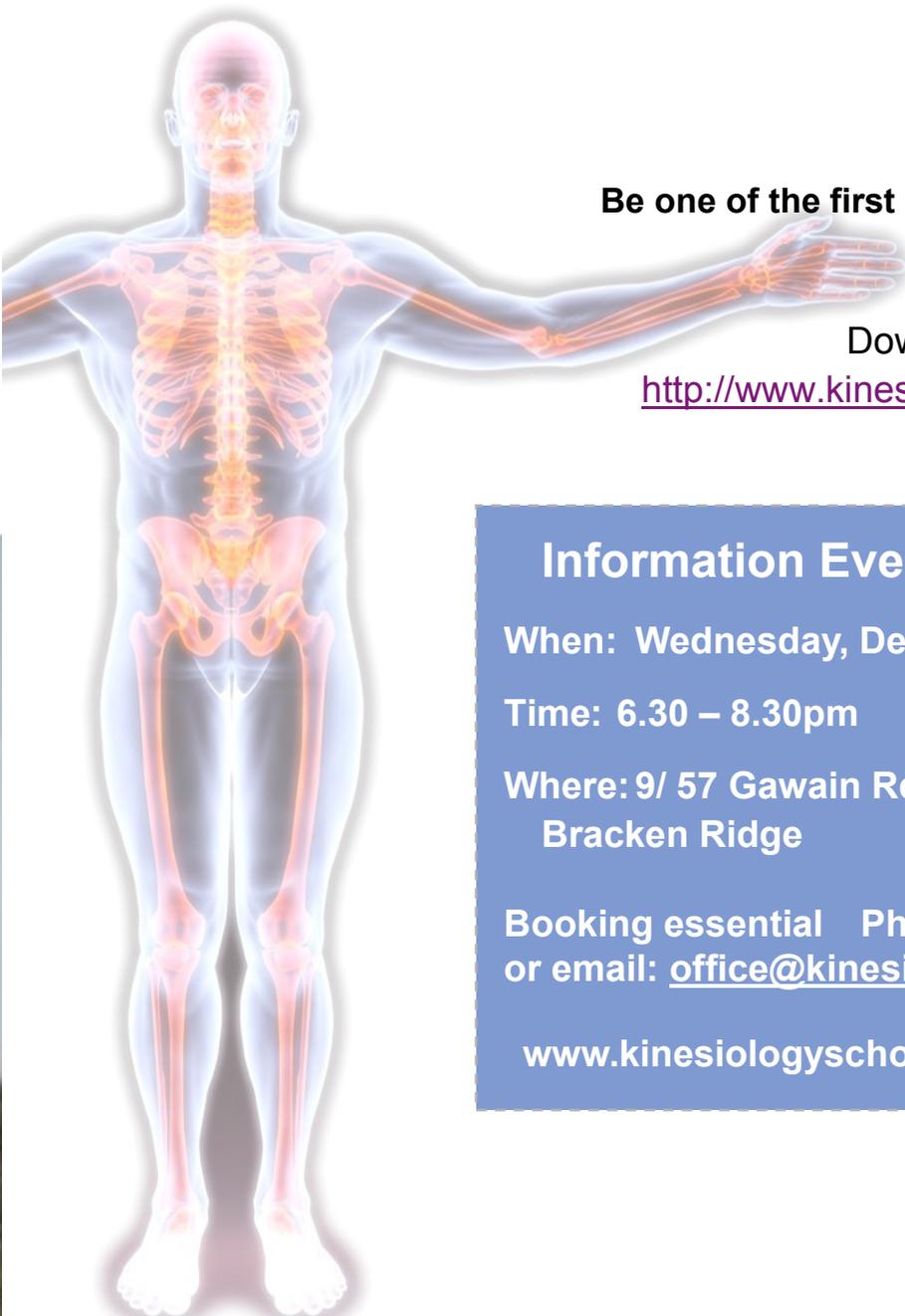
When: Wednesday, December 12

Time: 6.30 – 8.30pm

**Where: 9/ 57 Gawain Rd,
Bracken Ridge**

**Booking essential Ph 3261 5436
or email: office@kinesiologyschools.com.au**

www.kinesiologyschools.com.au



Learn from the best!

Kinesiology
Schools
Australia



THE LITTLE THINGS THAT MAKE A DIFFERENCE

One of the fantastic things about how we at BRNT work as Holistic Health Practitioners is, that we look at everyone's symptoms and problems as individual. How their problem, no matter what name the doctors have labelled it, affects each person as an individual. It doesn't make a difference what the illness or disease is called, everyone will have their own set of symptoms that affect them and therefore people should be treated for their symptoms. Not just what the book says or what the scientists decided your symptoms must be depending on the name of the disease.

I believe this is one of the many reasons Bracken Ridge Natural Therapies has been voted the best in health an astonishing 9 times. That is astounding. No-one has won more than 7 awards in any category. This is testament that we are good at what we do and we get results. That's why people vote for us.

All the practitioners at BRNT look, listen and take note of as many possible pieces of the puzzle that make you, you. These amazing pieces of the puzzle tell us what is required so that we can help you achieve better health and quality of life.

It is often the small things that make the difference. Often it is things that you wouldn't think have any meaning. For example, you might come to Evelin, our Homeopath, with

depression or maybe headaches. Evelin will ask you quite a few questions one of which you might tell her you crave salt. Something like this that may have seemed so insignificant to you may make the difference on how quickly and effective the treatment is. Knowing this information is a specific piece of the puzzle that someone else with the same disease or illness doesn't have.

When answering our Kinesiologists questions about your knee pain, you might tell them you feel sick after you eat fatty food. This piece of the puzzle would suggest to the Kinesiologist that you might have some type of problem with your gall bladder. It is only one piece of the puzzle so more questions would need to be asked to identify if it is coincidence or linked. Other practitioners such as a Physiotherapist or a doctor would just treat it as a knee problem rather than the knee being a side effect (symptom) of a gall bladder problem.

Doctors and scientists try to fit it into 'One Size Fits All' and our practitioners at BRNT want to know what makes you an individual and why you don't fit into the "One Size". This is quite often the key to our treatment plan.

TICK TOCK BUT IT'S NOT A CLOCK

Being in clinical practice for over 17 years I have seen many people. They are all different which I find very exciting. Many come in with a disease or problem but they all have different symptoms that belong to that person. Each disease also has certain similarities.

By asking so many questions and talking with the clients I often find some things that are not typically known to have a relationship to the problem. The muscle testing (techniques of Kinesiology) is often what brings my awareness to the issue. These issues can



An example of this, which is why I'm writing this article, is something I've found very common with many children I see with neurological ticks. A neurological tick is when the body twitches with no control. Tourettes syndrome is an example of ticks. But you don't have to have Tourettes to have a tick.

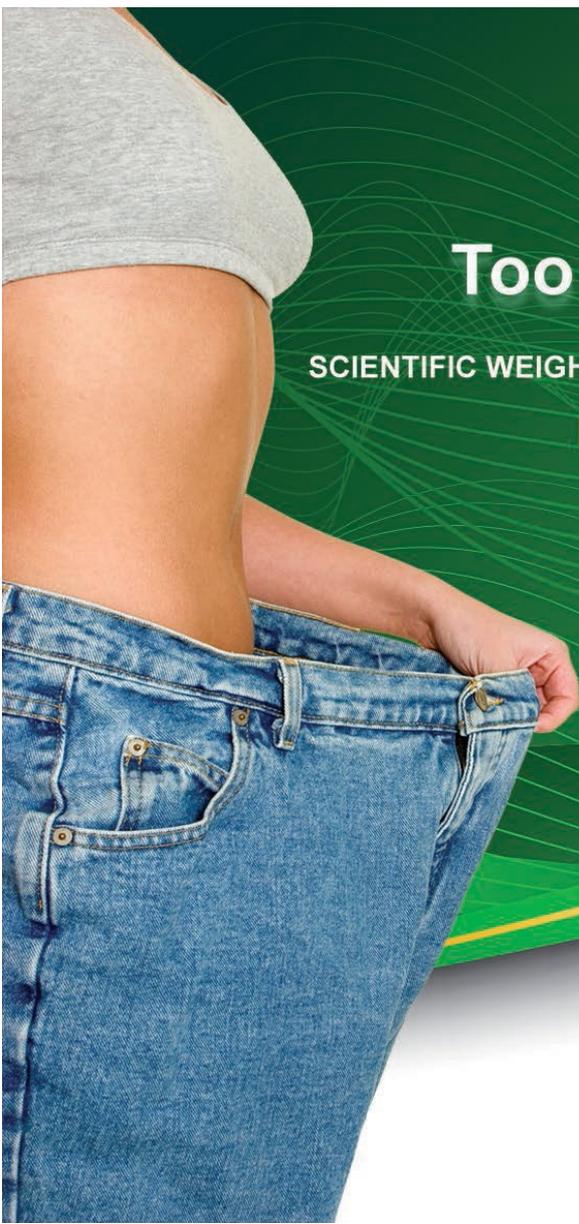
One thing that I have found common to many children with ticks is that the electrical power box that brings the power into the house is often on the wall outside the bedroom of the child. I found this to be the case so often that now when a parent phones up to see if we can help children with ticks, I ask if the power box is outside their bedroom. VERY often the phone goes quiet for a short time then they answer, yes. I'm actually finding they say yes more often than no.

I mentioned this to my students last year. Today I was educating the next years class

and Eija was sitting in. She stood up and told the class that she had a young boy with ticks a few months after I taught her last year. Remembering what I had said, when the boy arrived at her clinic she asked the mother where the power box was on the house. You guessed it. It was next to the boys bedroom wall. The parents moved the boy to another room and with the help of Eija's Kinesiology the tick quickly stopped.

I'm writing this article to let people know. So, if you have a child, especially a boy that is between the age of 4 and 10, who's bedroom is next to the power box, consider moving them straight away.

I do not have any scientific research to back this up. This is simply something that I am seeing, and have been seeing for a number of years. My view is why take the risk if the possibility can be reduced.



Sick of yo-yoing? Can't fit into your Jeans? Too tired to play with your kids?

SCIENTIFIC WEIGHT LOSS PROGRAM WITH OVER 10 YEARS SUCCESS IN EUROPE

Food plan designed for you based on your blood test

- NO hunger
- NO cravings
- NO pills
- NO shakes
- NO frozen meals



metabolic balance

www.brnt.com.au Ph 3261 5436

Bracken Ridge Natural Therapies

A healthy Christmas: Is it possible?

That's a tough one, but here are 7 handy tips to help you enjoy the festive season without being left with a few extra kilos and lots of guilt.



1. Eat the main meals – don't snack in between

No one wants to say no to Christmas lunch or the lovely

champagne breakfast. Enjoy them completely, and socialise to your heart's content. Only have 3 meals, no snacks in between meals. Don't start eating the chips or nibblies on the table as you won't be able to stop eating them.

2. Enjoy the turkey, but lay low on the roast potatoes

As always, eating loads of carbs and sugars is your greatest enemy. So be selective when Christmas lunch is served up. Eating protein in the right balance is important and vital if you want a relatively healthy Christmas. Try and eat more of the meat and vegetables and less of the starchy stuff like roast potatoes and bread.

Protein is the key to staying full and satisfied. Have you ever wondered why you feel hungry a few hours after a big meal? It is the big carbohydrate portions that are to blame.

When you eat carbohydrates, and this includes bread, pasta, rice, fruit, sugar, starchy vegetables, even wholemeal pasta or bread, it gets converted into sugar. To transport the sugar out of the blood stream the body releases insulin. The more sugar, the more insulin! Insulin is also called the 'Fat Hormone'! Insulin stops you from burning fat and it also makes you hungry quicker.

3. Have a drink, but don't overindulge

By all means, enjoy a glass of bubbly and/or wine, but do this in moderation. Again, alcohol is full of sugar and it will release insulin, remember, the fat hormone!!

Dilute your wine with soda or natural mineral water, it's so refreshing, especially in hot weather. Add a slice of lemon if you like. By the way, lemon also helps your liver to detoxify the alcohol.

Stay away from Alcopops. If you must have them, drink your spirits only with soda water,



not Coke, orange juice, etc and definitely not diet Coke! Again, the sugar or artificial sugar releases insulin!

4. You Don't Need to Clear Your Plate

We tend to keep eating until the food in front of us is gone, and this is a recipe for overeating! Chew each mouthful, take your time over your food, and stop when you are full. Don't feel the need to clear your plate – listen to your body, stop eating when you're full.



5. Drink plenty of water

Drink plenty of water up to half an hour before a meal and in between meals. This helps to detoxify your body.

6. Go for a walk

Not only will you feel refreshed, but it will stop you from eating. The exercise will help you burn

those extra calories, slow down the release of insulin and increase your metabolism to help you avoid gaining weight.

7. Sleeping patterns

Getting decent sleep can help you maintain your weight. Sleeping at night is also prime fat burning time provided you stop eating by 9pm and allow 12 hours between dinner and breakfast for ultimate fat burning!

Following these rules won't even come close to preventing you from enjoying the festive season, but sticking to them will help you celebrate a relatively healthy Christmas and set you up for more pleasant start to the New Year!



No More Chocolate Cravings

“Since starting the metabolic balance® program I have had no cravings for chocolate whatsoever. This is a minor miracle”, says Leeona who is, or was, a self confessed chocoholic. “To my husband’s amazement, the packet of Tim Tam’s I bought before starting the program is still sitting in the fridge.” Leeona is not the only one who feels this way. It is quite common for people to lose their cravings and there is certainly no hunger while on the program”, says Evelin. This is one of many things that differentiates this weight loss program from others, people lose their cravings and feel satisfied, metabolic balance® is not a hunger diet.

The foundation of the program is metabolic balance's unique capability to develop a truly personalized nutrition plan. This is based upon an in-depth scientific analysis of your unique blood values, medical history and personal likes and dislikes. Your personalized nutrition plan acts as your “road-map”, indicating exactly which natural foods you should eat in order to orchestrate the biochemical changes needed for reaching your desirable weight and health goals.

Please phone 3261 5436 or e-mail evelin@brnt.com.au to schedule a free metabolic balance® appointment to find out if this program is right for you.

SPECIAL for our new Metabolic Balance® clients SAVE \$142

SPECIAL

Book your first consultation and get your blood test and eating plan ready before Christmas, so you can get started straight after the ‘Festive Season’. This can be your Christmas present to yourself. Pay in fortnightly instalments at no extra cost and receive a complementary treatment from Kylie, one of our injury specialists. She will help sort out that sore back or knee that may be causing you grief or prevent you from exercising. **SAVE \$142**

Gluten-Free Christmas Cranberry Bars

INGREDIENTS (serves 4)

- 1 cup raw pecans
- 5 dates, pitted
- 1 tablespoon grapeseed oil
- ¼ teaspoon celtic sea salt
- 6 cups fresh cranberries, picked over (discard bad ones)
- 1 cup agave nectar
- 1 tablespoon orange zest

METHOD

1. Place pecans and dates in a food processor and pulse until coarsely ground
2. Pulse in oil and salt until mixture begins to form a ball
3. Press crust into a greased 8x8 inch Pyrex baking dish
4. Bake at 350° for 8-12 minutes until lightly browned

5. To make cranberry topping, place 4 cups cranberries, agave and orange zest in a pot on the stove
 6. Bring mixture to a boil, then cover and reduce to a simmer 10-15 minutes, until cranberries start to dissolve
 7. Add remaining 2 cups cranberries and cook covered for 5 more minutes
 8. Remove mixture from heat and allow to cool for 10 minutes
 9. Pour mixture over pecan crust
 10. Allow bars to set for 60-90 minutes
- Serve

Ref: Elana's Pantry (<http://www.elanaspantry.com/tart-and-tangy-cranberry-bars/>)



What's Happening at Bracken Ridge Natural Therapies?

DECEMBER 2012

12

Wednesday 6:30pm-8:30pm

Kinesiology Schools Australia Open Evening

Come and find out how you can start your career in health in 2013.

[Click here for more info....](#)

25

Tuesday

Christmas Day

Merry Christmas Everyone! Have a safe and healthy Christmas

JANUARY 2013

01

Tuesday

New Years Day

Happy New Year!! May the new year be filled with health and happiness!

FEBRUARY 2013

15

15 Friday – 17 Sunday

Hyperton-X Sports Kinesiology Course

Hyperton-X is designed for people with no previous experience in Kinesiology or health, and can help with flexibility, learning difficulties, emotional trauma, sports performance & injuries, pain relief & allergies.

[Click here for more info....](#)

24

24 Saturday 10am – 2:30pm

Homeopathy for the Family Course

This is a course for every parents. Make parenting easy. Bumps, bruises, sprains, bites, colds, flu, tonsillitis, burns, tummy upsets and many other minor problems that often occur. A must for everyone, especially if you have kids.

[Click here for more info....](#)

MARCH 2013

09

9 Saturday – 10 Sunday

Certificate IV in Kinesiology

Our Certificate IV graduates qualify at practitioner level and can go straight into the workforce as Kinesiology consultants

[Click here for more info....](#)
