

# Wish you could turn off stress?

It's surprisingly easier than you think.

## Turn off Stress. Turn up Life.

*Do you suffer from symptoms you relate to stress?  
Have you noticed how stress aggravates PMT, bloating, headache, insomnia?  
Does your mind get 'foggy' when you're stressed?*

Prevent more severe symptoms. It's important to learn techniques now to help yourself in regaining your energy and vitality on a daily basis.

## Health Spring Traditional Chinese Medicine Presents: Turn off Stress. Turn up Life. Workshop Series. Across 4 Sundays: November 9,16,23,30. 1:45 – 4:00pm

### The Presenter

Glenys Savage has over 35 years experience in traditional Chinese medicine education and practice and Tai Chi. She studied and worked with Professor Lun Wong OAM at the Academy of Traditional Chinese Medicine Australia in Northcote where she was Principal, lecturer and senior practitioner. She also spent almost two years in Taiwan and China in hospitals and colleges of Chinese medicine. Glenys has a keen interest in women's health, helping many women with menstrual issues as well as assisting couples to become pregnant and helping women through menopause.

If you want to know how to control symptoms of stress and how to regain health and vitality, **enroll now in the workshop. Limited places still available. Tel 03- 9388 0717**

### You will learn:

- ✓ *An overview of what stress means and how to recognise symptoms*
- ✓ *How to check your own tongue signs and balance your body to turn off Stress*
- ✓ *Self-help techniques for PMT symptoms, bloating, headache, insomnia*
- ✓ *How stress affects general health, menstrual cycles, fertility and menopause*
- ✓ *How Chinese medicine therapies can help*
- ✓ *How energy/Qi circulates in the body*
- ✓ *Simple Acupressure and Massage techniques to turn off stress*
- ✓ *Dietary considerations from a Chinese medicine perspective*
- ✓ *Basic Tai Chi and Qi Gong techniques to balance your body and turn on Life.*

## Topics covered:

- ✓ How stress and imbalances affect your menstrual flow and cycle
- ✓ Stress and period pain, clotting, irregularity, PMT
- ✓ Important considerations for fertility
- ✓ Menopause preparation and adjusting
- ✓ Digestive issues
- ✓ How you can adjust your diet to help
- ✓ Techniques to help you sleep better
- ✓ Self massage for headaches, pain, insomnia and other symptoms
- ✓ Am I Yin or Yang? Discover 'what you are' in terms of Chinese medicine
- ✓ How Qi or energy moves in the body
- ✓ Relationships between the organs, sense organs, emotions and food flavours
- ✓ General Qi gong breathing exercises
- ✓ Common herbs to detox, clear heat, move circulation and eliminate stress
- ✓ Home remedy recipes.
- ✓ Women's kidney Qi health, fertility and sex
- ✓ The female 7 year cycle of development and change
- ✓ Main causes of ill health
- ✓ Case studies
- ✓ And many more!

*"The clock is running. Make the most of today. Time waits for no one. Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it is called the present."  
(Saying attributed to Eleanor Roosevelt and others.)*

**Take control of your health now.  
Turn off Stress. Turn up Life.**

## Turn off Stress. Turn up Life. Workshop Details:

Four workshops for 2014, Location: Brunswick  
Sundays, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> Nov. 1.45 - 4.00pm.

**Early Bird:** Enroll by 24<sup>th</sup> October, \$147  
**Regular:** From 25<sup>th</sup> Oct – 9<sup>th</sup> Nov, \$197

*Note: Price includes attendance to all 4 workshops!.*

**Enroll Now!. Limited places still available.**

**Tel 9388 0717**

## Turn off Stress. Turn up Life. Workshop Enrolment Form

### Secure your place today!

Name: .....

Address: .....

Mob: ..... Tel: .....

Email: .....

YES I would like to register for the workshop.

Amount paid: .....

Credit card:  Visa  Mastercard

Number ...../...../...../..... Expiry ...../.....

Name on card: .....

Date: .....Signature .....

Refunds available up to 5 days prior to workshop commencement, less \$10 processing fee. No refund available after 4<sup>th</sup> November 2104.

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