

# Ella's Monthly Cycle

## Noga Growth Group....what the...?

For those who regularly attend the very popular 'Noga (not-yoga) Nights' run by the Ella May Centre and 'Yoga and Beyond', you'll know that we've started a growth group.

**This group is a forum for anyone to come along and benefit from the knowledge, life philosophies and thoughts of others in the group. It's been running for 4 weeks now and so far we have discussed:**

The seven habits of highly effective people  
ways to overcome difficulties in life

Q & A night with Ray Galea

AND

This week we are discussing ways to deal with difficult family members with guest speaker Jean Younes

Noga Growth group is open to anyone. If you would like to come along please call the Ella May Centre to let us know your coming and Melanie will meet you there.

**The Group meets @ 7.15 at 22 Zadro Ave Bossley Park.**

## Spotting... some health information ... ~

What's so bad about stress...?

1. Stress can be the sole cause of constipation
2. Stress can be the sole cause for headaches
3. Stress can stop you sleeping, which is stressful!
4. Stress makes you cranky and less tolerant of others
5. Stress makes you less productive at work and home
6. Stress hinders your ability to make wise decisions
7. Stress reduces your immune response which can make you sick
8. Stress can make it difficult for you to conceive a baby
9. Stress can give you high blood pressure
10. Stress makes you crave sweet food

A life style with boundaries, breaks and balance is vital to minimise harmful stress. In my clinic, mental & emotional stress is the number one cause of physical illness. Big changes may be needed to remove big stressors but the benefits will also be big.



## Events for your diary

### Noga Night @ Yoga & Beyond

'Noga (not yoga) Night' is run monthly at 'Yoga and Beyond' (Unit 1,2nd floor, Transit way business centre 1002-1010 Canley vale rd Wetherill Park 2164). The next Noga Night will be on **Friday October 9<sup>th</sup> at 7pm**. The topic is 'Spring Detox' and will provide you with the tools you need to do a safe, healthy detox for your body this spring. It will also include a live cooking demonstration (and eating!) of detox friendly foods and recipes to get you started.

This event is sure to be a busy one so purchase your ticket (\$25) before the night to ensure your spot (and a share of the food!).

Contact the Ella May Centre to attend.

### Slight price increase at the Ella May Centre

As of August 2009, consultation costs will increase by \$5.00. A follow up appointment will be \$50.00 and an initial consultation \$75.00.

### Holiday dates for The Ella May Centre

The Ella May Centre will be closed from the 12<sup>th</sup> -20<sup>th</sup> of Dec for a brief holiday

### Pregnancy & Parenting Network

If you are looking for a network of mothers, fathers and midwives to discuss issues and questions around pregnancy and parenting, come along to the Pregnancy and Parenting

Network run once a month at **27 Hart st Dundas Valley**. The next get together is on **Thursday the 1st of oct. from 10-12am**. This session will be on **Parenting Styles**.

Call Jane Palmer

(02 9873 1750) to let her know you'll be coming- see you there!

See [www.pregnancy.com.au](http://www.pregnancy.com.au) for more info.