

# Ella's Monthly Cycle

As the founder of The Ella May Centre I would like to thank you for taking an interest in our services. This is set to be an exciting year of growth for our little centre and 'Ella's monthly cycle' will keep you up to date on all our events and services.



## About Melanie Jackson

I thought I would take this opportunity, in the first issue of 'Ella's Monthly Cycle' to formally introduce myself. I am 24 years old and married for 6 years to my incredibly supportive husband Daniel (no kids yet). I am a fully qualified Remedial Massage Therapist, Naturopath, Nurse and Midwife. I have a passion for enhancing the

health of women and children to support healthy development and aging. If children can have a good start (in the womb) their future health would be much improved. My passion is to help women have a healthy, safe and fulfilling pregnancy and birth so that their babies are as healthy as they can be which will improve their feeding, development and behaviour. I have a passion to help women and children of all ages reach a state of health and wellbeing and promote healthy living and complementary therapy

## Spotting... some health information~

### Have you decided to improve your health in the new year?

A good place to start is a good old fashioned detox. The Ella May Centre has a comprehensive detox guide, but to get you started and to improve your health (because any change is a good start), here are some tips to start your detox:

1. Get a water purifier, preferably one with a purifying stone/candle. Water from the tap contains heavy metals from old pipes, chlorine and fluoride (which despite what the dentists tell you is BAD for your health) which build up in your body causing illness.
2. Eat 5 different types of vegetables a day and 2 different types of fruit. Despite what you might think, you're not getting enough fruit and veg (let's be honest with ourselves). These should be preferably organic (or home grown- it's not as hard as you think) because unsustainable farming has depleted the nutrients in our food and poisoned our food supply with farming chemicals.
3. Avoid red meat and chicken (seafood is ok). They are hard to digest... so give your body a break to recover.



## NEWS & Events for your diary

### Official Opening

While the Ella May Centre has been providing Naturopathic care from November 2008, we officially open on **MONDAY the 9<sup>th</sup> of February 2009** with the added service of midwifery care.

### Noga Night

'Noga (not yoga) Night' is run monthly at 'Yoga and Beyond' (In Hoxton Park). Melanie Jackson from The Ella May Centre heads these discussions. The next Noga Night is on **Friday the 13<sup>th</sup> of Feb. @ 7pm**. The topic is, 'Junk food that is (kind-of) okay'. Everyone is welcome, cost is \$10. Get in contact with the Ella May Centre to book your seat. A healthy supper is provided

### Yoga & Beyond Retreat

'Yoga and Beyond' run health retreats twice a year at 'Inner Space' in Picton. Melanie Jackson attends these retreats to provide educational seminars and Naturopathic consults. Those who attend are constantly impressed with the good food, serene surroundings and variety of health enhancing activities. The next retreat is on **April 3<sup>rd</sup> -5<sup>th</sup>**. Clients of the Ella May Centre are welcome to take advantage of these retreats (the venue does not allow children). If you are interested contact the Ella may Centre for details and bookings.