

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.

Midwifery Matters....

Look out on www.ellamaycentre.com for a new research and resource addition in March. The Midwifery Journal of the Australian College of Midwives, 'Midwifery Matters', will be publishing an essay by Melanie Jackson from the Ella May Centre. This essay highlights the tragic events which commonly follow intervention in labour and birth and the Medical philosophy behind the need to intervene in birth. Medicine has defined how society perceives birth. We are told that it is dangerous, risky and scary; this gives doctors a good excuse to control the labour and birth process. The truth is that birth is not as scary or risky as we have been led to believe and it is actually the doctor's involvement which can make a low risk labour and birth scary, risky and dangerous ... look out for the article and you'll see why.

Spotting... some health information~

Full of poo ... ?

Constipation can not only be uncomfortable, but gives you a good sign of how well your digestive system is coping... A tip... if your constipated something is not working right, it's not normal. If your poop's are hard, really smelly, cause you to fart, are difficult to pass and only come every couple of days (rather than daily)... sorry to tell you... you are constipated.

Prolonged constipation is a factor in many chronic illnesses so do something about it sooner rather than later. If it continues longer than a week you should see your Naturopath for advice.

Causes can include:

1. Stress- because it slows and tightens your digestive system
2. Dehydration- because water makes your poo soft
3. Poor chewing of food- because this slows your digestion
4. Antibiotic use- because this destroys your healthy digestion bacteria



NEWS & Events for your diary

Home Birth now available

The Ella May Centre has commenced our homebirth and birth services. This includes antenatal care, birthing preparation, birth support, postnatal care and Naturopathic care. Contact the Ella May Centre to take advantage of this unique service

Noga Night @ Yoga & Beyond

'Noga (not yoga) Night' is run monthly at 'Yoga and Beyond' (In Wetherill Park). Melanie Jackson from The Ella May Centre heads these discussions. The last Noga Night was a hit with over 20 attendees. The next Noga Night is on **Friday the 20th of March @ 7pm**. The topic is, 'Burps, farts and everything in between - A guide to improving the health of your insides'. Everyone is welcome, cost is \$10. Contact The Ella May Centre to book your seat. 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 3rd -5th**. Clients of the Ella May Centre are welcome to take advantage of these retreats. Contact the Ella may Centre for details and bookings.