

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.

Midwifery Action...

Keep an eye on The '7.30 Report' on ABC over the next few weeks, you'll see The Ella May Centres own Melanie Jackson be interviewed as the ABC explore home birthing. Also, be watching 'Insight' at 7.30 on SBS on Tuesday night for a discussion about the state of maternity care in Australia in light of the recent maternity review

Spotting... some health information~

Tired of being tired?...

If you feel like you are in a constant state of tiredness and exhaustion, your body is trying to tell you something. It may be trying to tell you:

1. You are doing too much, rest
2. You don't have enough vitamins and minerals in your body
3. You are not sleeping well
4. You are stressed
5. Your body is overrun with toxins; OR
6. You eat too much sugar

Fatigue and tiredness are NOT facts of life and you should not have to live with it. If you're concerned about your energy levels talk to your Naturopath about what your body is trying to tell you.



Events for your diary

Attend our Bushwalk

In association with 'Yoga & Beyond' and 'Rooty Hill Multicultural Bible Ministry', 'The Ella May Centre' is hosting a social bushwalking event. The walk will take place in Leura (Blue Mountains) on Saturday the 14th at 10am. It is a 3km easy walk through the rainforest. Morning tea is included and the event is free. The walk will finish with a communal lunch in the park. This is a very exciting event with already over 40 attendees and a great opportunity to meet some interesting people. Contact the Ella May Centre for more details and put your name on the list. Everyone is welcome.

Noga Night @ Yoga & Beyond

'Noga (not yoga) Night' is run monthly at 'Yoga and Beyond' (In Hoxton park). Melanie Jackson heads these discussions. 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. supper is provided. Contact us for details

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**. Contact the Ella May Centre for details and bookings.