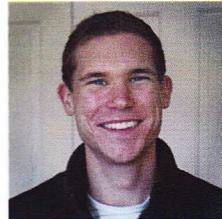


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# NEWSLETTER

## Meet the Newest Member of the Lipman Clinic Team!

Adam Oldmeadow is an Emotional Health Therapist practising Matrix Reimprinting.



### What is Matrix Reimprinting?

Matrix Reimprinting is an advanced technique that allows you to go back into your past and re-story an event or experience. Allowing you to release painful feelings or fears associated with that event. This allows you to change the Emotional Resonance of a memory and the beliefs about yourself and the world derived from that experience.

### How Does it Work?

By identifying a and verbalising an issue which you would like to work through the practitioner then proceeds to apply physical manipulations to various areas of the body releasing stress and trauma from areas of the body's energy system.

### What can Matrix Reimprinting assist with treating?

Relationship issues, anger management, traumatic memories, bullying, birth/hospital traumas, IBS, chronic fatigue syndrome, eating disorders, difficulty learning or studying, phobias just to name a few.

## Fast Facts

Did you know originally acupuncture needles were made of stone...ouch!

Did you know Phobophobia is a mortal fear of developing a phobia?

Did you know that massage is the oldest form of medical care? Egyptian tomb paintings depict people receiving massage.

## WHATS NEW...A NEW SPRING SEASON

with its winds, dust, pollens, grasses and animal dander all making it an acute Allergy season. Are you sneezing, itchy eyes, throat and skin, congested sinuses, insomnia, headaches, irritability or have a sore throat from post nasal drip. 3.1 million People in Australia are suffering with you.

How do you manage your Hayfever and Allergies?

Have you thought of trying Chinese Herbal Medicine or Acupuncture which has been used for centuries to treat allergies with fewer or no side effects compared to Western Medicine and are equally effective?

Acupuncture has been proven in studies to be very effective in the control and often in the elimination of the symptoms of Hayfever and Allergies.

It works – by quieting the areas of the immune system that are over stimulated by exposure to multiple irritants.

**NEXT ISSUE...**What do you want to see in the next issue of the Lipman Clinic Newsletter? Is there a condition you want us to put under the spot light? A health question you want answered?

Let us know via Facebook @lipmanclinic  
Or Email [lipmanclinic@live.com.au](mailto:lipmanclinic@live.com.au)

## 30% OFF 1 HOUR MASSAGE! EVERY FRIDAY!!!

### Start Your Weekend Off the Right Way!

\*Only for a limited time, bookings essential.

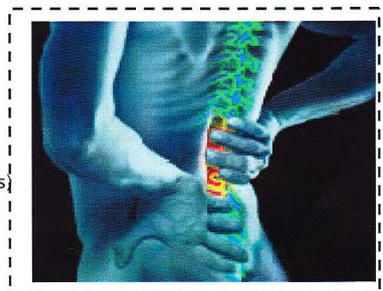
## Under The Spotlight – Lower Back Pain– Up to

80% of Australians will experience lower back pain at some point of their lives.

### What Causes Lower Back Pain?

Lower back pain can be classified in three main categories.

- Mechanical
  - Musculoskeletal strain
  - Disc Herniation
  - Compression of nerve roots
  - Disc Degeneration
  - Joint Disease
- Non Mechanical
  - Inflammatory Disease (Spondyloarthritis)
  - Infection
  - Referred Pain from Organs
    - Kidneys
    - Gastrointestinal Disease



### Signs & Symptoms

Lower back pain can cause a wide variety of symptoms and signs depending on the precise cause of the pain. Symptoms that can be associated with low back pain include numbness and/or tingling of the lower extremities, incontinence of urine or stool, inability to walk without worsening pain, lower extremity weakness, atrophy (decreased in size) of the lower extremity muscles, rash, burning on urination, fever, chills, weight loss, abdominal pains, dizziness, joint pain, and fatigue.

### What Can We Do to Help?

Acupuncture and massage have been found to reduce the severity and recurrence of lower back pain by releasing chronic muscle tension, realigning the spine, increase blood and energy flow and encouraging the release of endorphins.

