

Home

Key Topics

- Happiness
- Posture and Backcare
- UPDATE and order options

For you

This service is provided to assist you to either re-evaluate and/or refocus your awareness on happiness, personal success and getting more out of life. Happiness and health very much work hand in hand. It is my hope for you these book extracts will inspire you to greatness in your life.

Book extract 1

What is happiness?

A thought ,a feeling, a way of being. Think about it.

What makes you happy? What is happiness to to you?

What makes you sad? What is sadness to you ?

When you think about something sad, reflect on circumstances in life that made you feel sad. Pay attention to how your body feels as you think about sad. Be aware of the welling up of emotions. Be aware of the tension and fullness within your chest and the lump in the throat. Be aware of the distress your body may be feeling. Be aware of how dis-at-ease you may be feeling.

Now think about something that made you happy. Feel the change. By now you have probably a sigh of relief and are starting to feel a little better.

CAN YOU BE HEALTHY AND UNHAPPY ?

I do not think so.

If you dwell on unhappiness you will be unhappy. I f you dwell on happy thoughts you will be happy.

Often it is our interpretation of a situation rather than the actual situation that disturb us most..

The mind/body connection is so strong that it must be taken into serious consideration. Feelings and emotions are just as important ,if not more important ,than any other single health criteria.

Stress is one of the major components that attributes to unwellness. As the mind affects the body so does the body affect the mind.

HOW DO YOU COPE WITH UNHAPPINESS ?

Do you cry ? Do you release pent up emotions through hard work, dancing, exercise, or even housework ?

Can you harness that emotion and utilise it for the betterment of yourself and others ?

It is the suppression of emotions that cause many diseases and long term chronic stress. Think happy thoughts, you will feel better for it. Even try smiling when you are unhappy and you will find that your mood will lift quickly. Enjoy life that's what its all about. !.

Extract from 'Companion Guide' by Leanne Winner

Book extract 2

Posture and Backcare

Many back problems are often caused purely from incorrect sitting, sleeping and standing and lifting postures.

For the body to function correctly it is important that the body be in positions which put the least amount of strain on joints, muscles and bones. When the body is positioned correctly blood circulates more freely and all of the internal organs can function optimally and nerve messages long the spinal nerves are unimpinged.

With a little practice you can be reeducating your body as to the best way for it to move to maximise health and relieve discomfort.

If you watch a crowd of people you will notice the different postures of each person. There posture is telling you a tale of there muscular skeletal woes.

WATCH YOURSELF

Standing with all your weight on one leg ?

Pushing your pelvis forward when standing still ?

Dropping your ribs onto your abdomen as you lean over your desk at work?

Bending from the waist down to pick things up ?

Slumping into chairs?

Straining neck muscles as you read with a book on your lap ?

If you identify with some of these postural faux pas I suggest that you try to rectify them by

1. being aware-make a mental note to mentally note your posture throughout the day.
2. Stand tall and straight. To feel how straight feel stand a little out from a wall. Now sit against the wall with your back fully against wall, knees bent slightly. Tighten your buttocks and stomach muscles this will straighten your pelvis. Now slowly straighten your legs closer to wall while holding the buttocks and stomach firm. This is the correct posture to prevent lower back strain.

Now take your new posture for a walk. Then retest against wall to see if you have maintained that posture. It may take a little getting used to but the practise as often as possible, your efforts will be rewarded.

o *Extract from "In Practice" by Leanne Winner*

'In Practice'.

This is the first of a two book series written for patients to supplement their private consultations. The book is light motivational and easy to read. Basic down to earth common sense that we all need to be reminded of occasionally. Most of my patients have brought additional copies for friends, colleagues and family.

UPDATE It NEW

If you answer YES to any of the following questions CONSULT YOURSELF IS FOR YOU !

Do you want to consult with a therapist but cant afford it ?

Do you wonder why your therapist has the inside secret to your health ?

Why does it always seem like commonsense after you've seen your therapist?

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Consult yourself E book - learn how to do it yourself comes with symptom charts and reference charts and free mini gift e books **Home treatments you can do** & **women and Libido**

Please check <http://leannesnaturaltherapies.blogspot.com/> for updates .

2000 copies sold through this practice in 1996.Now revised ,expanded and more comprehensive. This book was written for you !

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- o **Get well and stay well with simple techniques .**
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- o **To find out more about Consult Yourself the new revised book by Leanne Winner**

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net.au**

Updates @ <http://leannesnaturaltherapies.blogspot.com/>

Music courtesy "Owl in the mind" from Sorcerers Daughter by Medwyn Goodall MG MUSIC

Location and Directions

From the Hume highway turn into Hoxton Park road Continue along HOXTON PARK RD, LIVERPOOL Turn left at WEBSTER RD, LURNEA

From Hinchinbrook / Hoxton Park Continue along HOXTON PARK RD towards LIVERPOOL Turn right at WEBSTER RD, LURNEA

From Hume highway from Campbelltown direction turn left into Reilly street at set of lights, follow down 1 kilometre to second round about, turn left into Webster road

From the M5 .Take the Liverpool Hume Highway turn off.Follow directions as above.

Public Transport option

From Liverpool station please catch a bus to the corner of Webster road and Graham avenue,Lurnea .

I am 5 houses from this corner