

Mosgiel Holistic Centre

Home to practitioners who hold a holistic view to health and wellbeing



February 2019

“Approach the New Year with resolve to find the opportunities hidden in each new day.” Michael Josephson

This month:

- ❖ **Our Services – What is Deep Tissue Massage?**
- ❖ **6 Science-Based Benefits of Meditation**
- ❖ **“New Year, New You” – A Holistic View**
- ❖ **The Year 2019 by John Mills**
- ❖ **Youngevity Minerals**
- ❖ **Temenos Astrological Counselling**
- ❖ **Yoga and Tai Chi Classes**
- ❖ **Meditation; The Healing Group; Our Rooms**
- ❖ **TRE – Trauma & Tension Releasing Exercises**

Our Services

We offer numerous therapeutic services to our clients, including:

Specialist Massage: Sports, Remedial, Deep Tissue, Lymphatic Drainage, Indian Head Massage, Thermal Hot Stone Therapy, Reflexology and Deep Therapeutic/Relaxation Massage.

Other Therapies: Specific Pain Relief, Ortho-Bionomy, Reiki, Aromatherapy, Cranio Sacral Therapy and Body Talk/Kinesiology.

Emotional Balance: EFT - Emotional Freedom Technique

Trauma Therapy: TRE - Trauma/Stress Release Exercise

Some of these therapies may be familiar to you, but some may make you wonder, "What on earth is that?"; So.....

What is Deep Tissue Massage?

The deeper pressure of Deep Tissue Massage compared to other massage therapies is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints). Studies have found that a recipient's blood pressure will fall after a single 45-60 minute Deep Tissue Massage, and that it reduces stress hormone levels whilst boosting mood and relaxation.



How much do our therapies cost?

½ Hour Treatment \$ 45.00

¾ Hour Treatment \$ 65.00

1 Hour Treatment \$ 80.00

1 ¼ Hour Treatment \$ 95.00

1 ½ Hour Treatment \$110.00

1 Hour Ortho-Bionomy \$ 80.00

1 Hour Aromatherapy \$ 85.00

1 ½ Hour Aromatherapy \$120.00

1 Hour Hot Stone \$ 95.00

1 ½ Hour Hot Stone \$125.00

2 Hour Hot Stone \$155.00

GIFT VOUCHERS

are available to purchase for all of our therapies

(03) 4893677

12 Church Street, Mosgiel, 9024

Email: info@mosgielholisticcentre.co.nz



TRE (Trauma & Tension Releasing Exercises)

TRE is a technique that uses exercises to release stress or tension from the body that accumulate from everyday circumstances of life, from difficult situations, immediate or prolonged stressful or traumatic life experiences.

Lynette will help you discover how to release stress & tension for the rest of your life using your body's own innate shaking & tremor mechanism in order to:

- Feel more peaceful, centred & grounded
 - Improve sleep
- Resolve trauma (without having to recall or talk about it)
 - Improve relationships
 - Improve flexibility and core stability
 - Improve creativity
 - Enhance sports recovery
- Deepen meditation and relaxation

TRE can benefit people from all walks of life including meditators, sports people, soldiers, emergency services personnel, students and anybody who would like to live with less stress and more freedom in their lives.

Lynette conducts one-on-one or group consultations.
Please phone Lynette on 03 4893677

**@ The Mosgiel Holistic Centre
12 Church Street, Mosgiel**

**Lynette Mills
Accredited TRE Practitioner**

Telephone: 03-4893677 or 0277223118



www.mosgielholisticcentre.co.nz

MEDITATION

Monday Evenings 6pm - 7pm

There are many things in life that are beyond our control. However, it is possible to take responsibility for our own states of mind – and to change them for the better. Meditation is a means of transforming the mind. Meditation encourages and develops concentration, clarity, emotional positivity, and a calm seeing of the true nature of things. Such experiences can have a transformative effect and can lead to a new understanding of life.

Join us to learn about meditation and be guided through a meditation or two.

Charge is by way of a \$5 Koha / Donation per person to cover costs

THE HEALING GROUP

Monday Evenings from 7:30pm

The Healing Group brings together healers to facilitate your body's capacity to heal itself – both physically and emotionally.

When you join the Healing Group you will lie comfortably on a massage table whilst the Group gently rest their hands either on you or alongside you. The only thing you need to do is relax! The healing energy helps with physical ailments along with emotional imbalances caused by stress, grief, anxiety – the possibilities are literally endless.

The Healers volunteer their time free of charge out of their desire to use their abilities to continue to help others.

Should you wish to experience this please phone The Mosgiel Holistic Centre on 489 3677 to book.

Booking is essential as numbers are strictly limited.

Charge is by way of a \$10 Koha / Donation per person to cover costs

OUR ROOMS

Did you know that our rooms are available to rent for likeminded therapists?

Our rooms can be rented by the hour, the day or over the weekend.

Totara: Totara is our largest room, and is the room utilised for the Yoga, Tai Chi and Qigong Classes.

Rates: First Hour \$57.50; Consecutive Hours \$28.75;
Per Day \$172.45; Weekend Rate \$345.00

Azalea and Driftwood: Set up as massage / complementary therapy rooms, these rooms are suitable for one-on-one therapies. They are furnished with a massage table and heated for you and your client's comfort

Rates: Hourly Rate \$12.65; Day Rate \$86.25

Rhododendron: Larger than Azalea and Driftwood, Rhododendron is suitable for one-on-one therapies, or small group (4 persons) therapies. Rhododendron is furnished with a massage table (additional tables can be provided for a fee) and heater for you and your client's comfort.

Rates: First Hour \$23.00, Consecutive Hours \$17.25
Per Day \$109.25; Weekend Rate \$218.50

(All Rates quoted above are inclusive of GST)

Please contact The Mosgiel Holistic Centre on (03) 489 3677 to book

6 Science-Based Benefits of Meditation

by Matthew Thorpe, MD, PhD

1. Reduces Stress

Stress Reduction is one of the most common reasons people try meditation.

One study including over 3,500 adults showed that it lives up to its reputation for stress reduction.

Normally, mental and physical stress cause increased levels of the stress hormone cortisol. This produces many of the harmful effects of stress, such as the release of inflammation-promoting chemicals called cytokines.

These effects can disrupt sleep, promote depression and anxiety, increase blood pressure and contribute to fatigue and cloudy thinking.

In an eight-week study, a meditation style called "mindfulness meditation" reduced the inflammation response caused by stress.

Another study in nearly 1,300 adults demonstrated that meditation may decrease stress.

Notably, this effect was strongest in individuals with the highest levels of stress.

Research has shown that meditation may also improve symptoms of stress-related conditions, including irritable bowel syndrome, post-traumatic stress disorder and fibromyalgia.

2. Controls Anxiety

Less stress translates to less anxiety.

For example, an eight-week study of mindfulness meditation helped participants reduce their anxiety.

It also reduced symptoms of anxiety disorders, such as phobias, social anxiety, paranoid thoughts, obsessive-compulsive behaviors and panic attacks.

Another study followed up with 18 volunteers three years after they had completed an eight-week meditation program. Most volunteers had continued practicing regular meditation and maintained lower anxiety levels over the long term (10).

A larger study in 2,466 participants also showed that a variety of different meditation strategies may reduce anxiety levels.

For example, yoga has been shown to help people reduce anxiety. This is likely due to benefits from both meditative practice and physical activity.

Meditation may also help control job-related anxiety in high-pressure work environments.

One study found that a meditation program reduced anxiety in a group of nurses.

3. Promotes Emotional Health

Some forms of meditation can also lead to an improved self-image and more positive outlook on life.

Two studies of mindfulness meditation found decreased depression in over 4,600 adults.

One study followed 18 volunteers as they practiced meditation over three years. The study found that participants experienced long-term decreases in depression.

Inflammatory chemicals called cytokines, which are released in response to stress, can affect mood, leading to depression. A review of several studies suggests meditation may reduce depression by decreasing these inflammatory chemicals.

Another controlled study compared electrical activity between the brains of people who practiced mindfulness meditation and the brains of others who did not.

Those who meditated showed measurable changes in activity in areas related to positive thinking and optimism.

4. Enhances Self-Awareness

Some forms of meditation may help you develop a stronger understanding of yourself, helping you grow into your best self.

For example, self-inquiry meditation explicitly aims to help you develop a greater understanding of yourself and how you relate to those around you.

Other forms teach you to recognize thoughts that may be harmful or self-defeating. The idea is that as you gain greater awareness of your thought habits, you can steer them toward more constructive patterns.

A study of 21 women fighting breast cancer found that when they took part in a tai chi program, their self-esteem improved more than it did than in those who received social support sessions.

In another study, 40 senior men and women who took a mindfulness meditation program experienced reduced feelings of loneliness, compared to a control group that had been placed on a wait list for the program.

Also, experience in meditation may cultivate more creative problem solving.

5. Lengthens Attention Span

Focused-attention meditation is like weight lifting for your attention span. It helps increase the strength and endurance of your attention.

For example, a study looked at the effects of an eight-week mindfulness meditation course and found it improved participants' ability to reorient and maintain their attention.

A similar study showed that human resource workers who regularly practiced mindfulness meditation stayed focused on a task for longer.

These workers also remembered details of their tasks better than their peers who did not practice meditation.

Moreover, one review concluded that meditation may even reverse patterns in the brain that contribute to mind-wandering, worrying and poor attention.

Even meditating for a short period may benefit you. One study found that four days of practicing meditation may be enough to increase attention span.

6. May Reduce Age-Related Memory Loss

Improvements in attention and clarity of thinking may help keep your mind young.

Kirtan Kriya is a method of meditation that combines a mantra or chant with repetitive motion of the fingers to focus thoughts. It improved participants' ability to perform memory tasks in multiple studies of age-related memory loss.

Furthermore, a review of 12 studies found that multiple meditation styles increased attention, memory and mental quickness in older volunteers.

In addition to fighting normal age-related memory loss, meditation can at least partially improve memory in patients with dementia. It can also help control stress and improve coping in those caring for family members with dementia.



Yoga4Life

At The Mosgiel Holistic Centre

Spring 2018 Timetable

Monday 6.45-7.45am (12 weeks by booking only)

Tuesday 6.00-7.30pm

Thursday 10.00-11.30am

Class numbers limited to 14

Regulars - please text your absence; Casuals - text to check availability

Casual price: \$15.00 per class

10-class concessions: \$120 (to be used within 3 months)

CONTACT:

Lisa Morrison (Yoga Aotearoa-IYTA NZ, Inc.)

0274370779 or lisa@ocw.co.nz



Taichi Classes

At The Mosgiel Holistic Centre

Thursdays 5.15 - 6.30pm

Suitable for beginners to advanced. Maximum 6 people

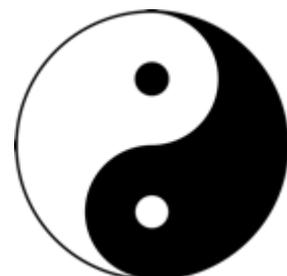
Donation of \$10 for each Class

Please wear loose comfortable clothing and arrive 5 to 10 minutes prior to class. Please bring your own water with you

Please Contact Keiko Imagi for any further information and to sign up:

Phone: 021 032 8544 or 453 0624

Email: threedragon17@gmail.com



Thai Acupressure Workshop Presented by Kiam Frohlich
based on Noam Tyroler's Book

Friday 1st March to Sunday 3rd March 2019

8.30am to 6pm everyday.

At Mosgiel Holistic Centre

12 Church Street, Mosgiel, Dunedin, 9024 New Zealand

General admission price: 450\$

Secure you booking-

Kiam971@hotmail.fr

Contact: 02102279345

Facebook : Quentin Kiam Frohlich

Thai Acupressure based on Noam Tyroler's Book

is based on acupressure protocols composed of line and point formulas. These acupressure protocols are used in most of Thailand's Hospitals and you can learn how to use them in your practice to effectively treat your clients pain.

You will use series of compressions and presses (deep slow pressure) along specific lines and points following a protocol to bring relief to many common ailments and orthopedic disorders (Anything that is concerned with muscles, ligaments and joints)

We will learn during this Training to treat six disorders:

- Sprained outer ankle,
- Stiff knee with pain when bending and strengthening
- Hip pain in Flexion Abduction and Outer Rotation
- Lower back pain when bowing face down
- Shoulder pain when raising the arm
- Tension Headache

We will also view: THAI YOGA MASSAGE; Combine dynamic movements, various massage hands techniques, basics and advanced stretches.

BASIC OSTEOPATHIC AND CRANIOSACRAL (Light Touch Therapy) MOVEMENT

- WESTERN THEORY BASE ON ANATOMY

The most important muscles and learn their actions, attachment and insertions to be able to locate them accurately and treat them more efficiently.

- QIGONG OF LONGEVITY / SHAOLIN

Simple movements aligned with the breath. It is designed to improve and restore health, dredge the meridians, remove disease, prolong life.

The Year 2019- By John Mills

If you are reading this you have survived 2018 – well done. I mean it! The energy of 2018 was turbulent to say the least. The statement that would best describe 2018 -No more secrets.

One of the most prominent features of last year was revelation after revelation of secrets being exposed. For the word secrets try 'lies', people from all spectrums of society were literally getting caught with their proverbial and not so proverbial 'pants' down.

Why am I talking about 2018 in an article about 2019; expect more of the same.

2019 will be a year of even greater exposure of the lies we try and hide behind. The increased rate of universal vibration and the fifth dimensional pull moves us ever closer to being able to distinguish fact from fiction. A word of advice to everyone especially all those in positions of authority – try telling the truth! The people, us, are tired of the corruption and lies, we are taking back our power. If you are in any doubt watch the news, what do you see?

We as a species are being challenged this year to open our hearts, to connect with our fellow human beings no matter what race, colour or creed. We need to become inclusive of everyone.

The mass migration of people on this planet is unprecedented. You may cite post WWII, however that was orchestrated by the redrawing of boundaries by authority. This mass migration is being forced by the exposure of corruption and greed (not that corruption and greed did not have some influence after WWII) and the people have had enough. There is enough land, food and shelter for everyone, what is in very short supply is love.

I am not talking about intimate love, I am talking about a true opening of our hearts, recognising that no matter where we are born or what culture you are you are me and I am you.

Whatever happens to you is happening to me and we have a responsibility to open our hearts enough to make sure everyone is safe and loved.

We need to stop being frightened of others.

Fear is the opposite of love; not hate.

This is not a prediction, I do not do predictions I point out the obvious.

So do you have to give up your Kiwi 1/8th acre unit and head off to Venezuela with a food parcel. You can if you want to, but you will be as giving if each day you literally took a moment to open your heart for those in need. Visualize and feel your love going out to the now literally millions around the globe struggling against their regimes.

They are being forced to stand up and be counted why can't the nearly five million of us stand up and be counted as the five million who brought the vibration of love to the world.

Welcome to 2019.



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Reiki Sharing, Meditation and Attunements

With Lynette Mills, Reiki MasterTeacher

Saturday 16th February 2019

12:30 - 4:30pm

\$50 (includes a nourishing, delicious afternoon tea)

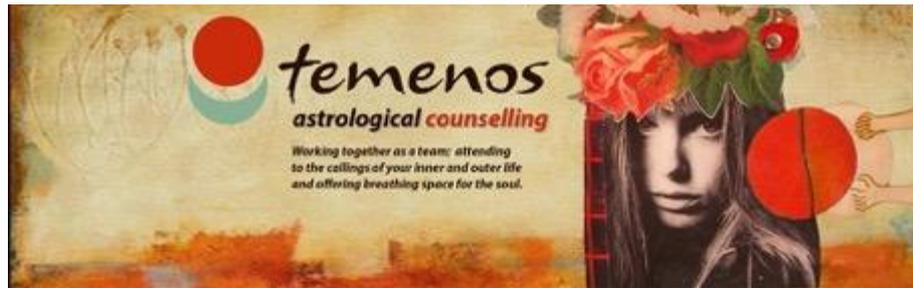
To start the New Year I thought we would extend our Reiki sharing time together to incorporate a deeper connection through meditation including sound Reiki healing and a special time for re attunement to Reiki.

Each of you will receive an attunement to help increase your connection to Reiki,
the Universal Energy and yourselves.

This is open to anyone who has been attuned to Reiki no matter how long ago or who with.

Please come and join us for this beautiful afternoon of healing and sharing.
Please call or email if you would like to attend.

Mosgiel Holistic Centre
12 Church Street, Mosgiel
ph: 03-4893677 or 0277223118
lynette@mosgielholisticcentre.co.nz



Psychological Astrology

Traditional Astrology viewed the birth chart as a set of fixed character traits and as a tool for predicting the future. Psychological Astrology looks at the birth chart as a map of our inner self and our life journey. It can help us get a clearer picture of who we really are and what makes us tick. It offers incredibly helpful insight into such areas as:

Career choices, Recurring patterns and challenges in life, relationship issues, low self- confidence and depression, health and well-being and much more.

Astrological Consultation

A consultation with a Psychological Astrologer is useful at any time to gain a clearer picture of who we really are. It is helpful when you feel at a crossroads in life or have a specific issue you are needing insight into.

1 and half hours - \$140 – includes preparation time

Astrological Counselling/ Coaching

The application of psychological astrology makes a powerful tool for counselling and life management. Regular sessions enable an in-depth approach and are the best way to use astrology to help individual development.

Sessions are 1 hour - \$75

Psychological Astrology Classes

Cheska's workshops and classes have a strong experiential component. She uses stories, myth, image, the natural world, artistic expression and guided imagery to enhance learning and discovery. This offers a more direct and personal experience of the planetary energies. Suitable for complete beginners.

For more information or to make an appointment

Please phone Cheska – 0212535445

cheska.w@gmail.com

www.temenosastrology.co.nz

The Birth Chart Demystified

This introductory workshop provides the grounding and overview for a series of classes exploring the core components of the Astrological birth chart in a personal meaningful way.

You will receive a complimentary copy of your own birth chart and a handout to help make sense of it.

We will decipher the symbols and glyphs contained in the birth chart and understand how they work together.

You will learn the essential meaning of these symbols in understandable everyday language.

This 3 - hour workshop is run regularly, if you would like to be informed of the next date please register your interest by contacting Cheska on cheska.w@gmail.com or 0212535445

THE BIRTH CHART DEMYSTIFIED

Sunday 24th February

1:00pm – 4:00pm Caversham \$60

This introductory workshop provides the grounding and overview for a series of classes exploring the core components of the Astrological birth chart in a personal meaningful way.

You will receive a complimentary copy of your own birth chart and a handout to help make sense of it.

We will decipher the symbols and glyphs contained in the birth chart and understand how they work together.

You will learn the essential meaning of these symbols in understandable everyday language

For more information or to register your interest please contact Cheska on cheska.w@gmail.com or 0212535445

THE FOUR ELEMENTS

The building blocks of the zodiac

Mondays March 4th, 11th, 18th, 25th

6:00pm – 8:00pm Caversham

\$120

The four elements of Astrology (fire, air, earth and water) are the basic building blocks of the zodiac and describe the core energy patterns in each person's horoscope.

In these interactive classes you will gain a deeper understanding of their meaning from the perspective of Psychological Astrology.

You will learn how to recharge, refuel and replenish your own energy field in simple, practical ways.

You will gain insight into your fundamental needs, core values and behavioural tendencies.

We will draw inspiration from alchemy, the natural world, art and poetry.

Astrological Consultation

A consultation with a Psychological Astrologer is useful at any time to gain a clearer picture of who we really are. It is helpful when you feel at a crossroads in life or have a specific issue you are needing insight into.

A minimum of 2 sessions is recommended.

First session - 1 and half hours - \$140 - includes preparation time

Second session – 1 hour - \$80

Astrological Counselling/ Coaching

The astrological birth chart is a powerful tool and ally for counselling and life management. Regular sessions offer an in-depth approach and is the best way to use astrology to help individual development in a practical manner.

Sessions are 1 hour - \$80

Time to say "I Love You"

The middle of February is the time when every retailer tries to have you believe that the only way to "love" someone is through diamonds, chocolates, red roses, fancy dinners and the all-important champagne. But why wait for Valentine's Day?? And don't just say it to others, it is vitally important to love yourself. Say "I Love You" every day.

The Importance of Saying I Love You'

by Samantha Smith

Maybe it's just my family, but I tell my mom and dad that I love them at least once a day. Whenever I'm leaving the house, whether for a few minutes or a few hours, I'll always make sure I say "I love you."

It started when I was young. My mom and dad would always tell me they loved me whenever we were leaving one another and sometimes just randomly. It'll always be something I'll do unconsciously, but I know I mean it every time.

Whenever I leave someone I love, I make sure to tell them. I don't want to sound morbid, but you honestly never know if that'll be the last time you'll be able to see them or say it to them. Accidents happen all the time, and we're never fully prepared for them. I always make sure I say it even if we're not leaving one another on good terms or after an argument. It just makes me feel better knowing that no matter what, I love them and that they know I love them.

I truly believe telling people you love them can make their day and boost relationships. Even on people's worst days, hearing "I love you" can really have a positive impact, no matter how small. Overall, it can make them happier and more loving people. A reminder of your feelings is always a positive and will remain with the people you love.

I'm not embarrassed to tell people I love them. You shouldn't be either. So, if you haven't told the people in your life that you love them recently, you definitely should. Who knows, it may make their day. Sooner or later, it may become a habit, which wouldn't be a bad thing at all.

To all my loved ones: I love you.

Loving Yourself is Important

by Alysha Malone

Loving yourself is something every person needs at least at some point in their lives. I believe that loving yourself is one of the joyous things in your life. If you're happy with who you are then it's easier to love and be loved by someone else. It helps ease the mind and there are not stresses on your shoulders worrying about what others think of you. You must love yourself before you can love another. By accepting yourself and fully being what you are, your simple presence can make others happy. When I'm feeling good about myself my day goes by so much better. I am a humble person and love to have a good time, for example when I get a new outfit I feel confident and want to go out and socialize with others. It could be something as simple as clothes, or even getting your hair done. But it doesn't have to be something to do with accessorizing or getting new clothes. It can come from within maybe a hobby you like to do, writing, reading anything that makes you happy will give you the ambition to respect yourself. Love is not breathlessness, it is not excitement, it is not promises of eternal passion. That is just being "in love" which any of us can convince ourselves we are. Above all be true to yourself, and if you cannot put your heart in it, take yourself out.

Yoga4Life

Summer 2019 Timetable

@ Mosgiel Holistic Centre

With Lisa Morrison

RYT: Yoga Aotearoa (IYTA NZ, Inc.)

Monday 6.45-7.45am (9 weeks *book only)

Tuesday 6.00-7.30pm

Wednesday 6.30-8pm

Thursday 10.00-11.30am

Beginners classes held in blocks throughout the year.

Please contact Lisa to add your name to waitlist or if you are new to Yoga4Life classes

Class numbers limited to 14 – regulars text your absence, occasionals text to check availability

Practising & sharing yoga for over 18 years, I have developed a deep understanding of the body's energies: how to activate and balance them, bringing a sense of strength, ease & confidence to one's whole being. A strong emphasis is placed on the refinement of natural and universal movement principles that underlie safe and sustainable Yoga, using the breath to create pathways of alignment from the inside out, while also sharing the therapeutic, anatomical & physiological benefits, ensuring that students become their 'own best teacher' through listening & responding to their innate body's wisdom. *Yoga4Life* grew from a desire to share Yoga that ALL could access & benefit from, at every stage of their life. I am continually challenged & inspired to meet my students' unique & ever-changing needs, whether they are 18 or 88 years young!

Casual price: \$15

10-class concessions: \$120

(To be used within 3 months)

My life & teachings are based on Patanjali's 8-limbed system of Yoga

Enquiries to: Lisa

lisa@ocw.co.nz or 0274370779



Plant Derived Minerals

Only 8-12% of the typical nutritional supplements available today are actually absorbed by your body. The rest, approximately 90% of typical supplements, are flushed down the drain.

Youngevity's supplements are 90-98% absorbable! The secret is an exclusive source of plant-derived minerals that dramatically increase bioavailability (absorbability).

We combine superior raw materials with state-of-the-art processing and production, so it's no wonder that Youngevity products get you results.

Your body needs 90 essential nutrients

There is a core group of 90 essential nutrients that has the greatest positive effect in bringing vibrant health to the human body's complex and multi-dimensional systems. Minerals have a role in nearly every human bodily function from building healthy bones and teeth, to energy production, to immune support.

Benefits of Liquid Colloidal Form minerals

Liquid Colloidal Form

Plants absorb minerals from soil and then convert those minerals into colloids. Colloids are tiny particles that retain their identity even while suspended in liquid. This makes them highly bioavailable, or absorbable.



Ultimate™ Selenium

46ml
bottle =
\$40.00

Youngevity's Ultimate™ Selenium is referred to by many as the '**wonder nutrient**'. And it's no wonder since selenium has been shown to shield against some cancers, up to 69%, strengthen the heart muscle, increase some immune factors by 79%, help prevent and treat cystic fibrosis and can lift mood and reduce anxiety and act as a powerful anti-oxidant!!

Selenium is one of the most documented and widely studied trace elements known. Numerous studies have shown its importance to the body. Selenium is an essential nutrient to the human body, which humans require, but cannot make. These nutrients must be provided in the diet or in supplement form.

The human body needs trace amounts of selenium to perform a variety of functions, including synthesizing antioxidants shown to protect against cell-damaging free radicals.

Besides selenium Dr. Wallach's Ultimate™ Selenium contains copper, vanadium and chromium and zinc, all phenomenal nutrients in their own right:

COPPER deficiency can cause white or gray hair, wrinkles, sagging skin, varicose veins, hemorrhoids, stroke and aortic aneurism (each of which has as its origin the break down of the elastic fibers in the arteries, skin and other tissues);

CHROMIUM AND VANADIUM deficiency can lead to sugar cravings and any type of condition brought on by blood sugar instability, including hypoglycemia and diabetes;

ZINC deficiency can set the stage for acne, depression, anorexia, fatigue, impotence and infertility.

90 Capsules = \$50.00

Available at The Mosgiel Holistic Centre

Contact Details:

**12 Church Street, Mosgiel, 9024
(03) 4893677**

www.mosgielholisticcentre.co.nz

