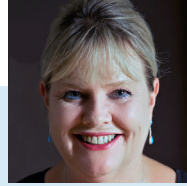




**EMMA FLETT**  
Naturopath and  
Acupuncturist



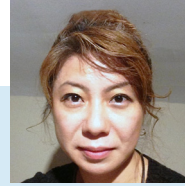
**MIRJAM DURR**  
Shiatsu Massage  
Therapist  
Reiki Master



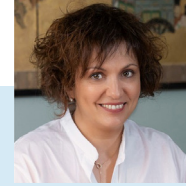
**LEE BURNS**  
Clinical  
Psychotherapist



**JOHANNA FORSYTH**  
Clinical Reflexologist



**CHEIKO KINOSHITA**  
RN, RM (Endorsed)  
TCM Practitioner  
Laser Technician



**DR AGELIKI MAKRI**  
Clinical Dietitian  
MSC, PhD



**DR KENT LIN**  
Obstetrics and  
Gynaecology

## Hello Everyone

Life is not so easy for many in 2025. Not only are there the usual duties and responsibilities for work and family, as carers for our grandchildren and seniors, there are nowadays the added worries around the increased cost of living and the state of our globe. In these troubling times, good sleep may be difficult to achieve and finding enough time for regular walks / gym / pilates / yoga / sports is a struggle. Yes, the old work-life balance issues again... and now we are all a year older!!

### OUR WELLNESS SERVICES

Make use of our many access points to wellness: our monthly Spa Saturdays; our acupuncturists, Emma and Chieko; our talented Shiatsu massage therapist, Mirjam and reflexologist, Johanna! Lee Burns, our consultant clinical psychologist, is also ready to help.

Our team of laser technicians is here to aid recovery from injuries, support your management of osteopenia and osteoporosis, treat osteoarthritis and, last but not least, provide facial refresh sessions (tone facial muscle groups etc). We welcome back Minami who looks forward to looking after you with laser therapeutics on the Saturdays we are open. Emma Flett, Naturopath and Acupuncturist, is now accepting patients on both Fridays and Saturdays, and Chieko for acupuncture on Tuesdays and Wednesdays.

**Day Spa**  
**Book Now**

- ♥ Reflexology  
for Happy Feet
- ♥ Shiatsu Massage
- ♥ Transdermal Laser
- ♥ Laser for Facial  
muscle tone and skin refresh.

Our therapeutic lasers help manage inflammation, arthritis, lymph drainage, trauma and immune support.

**Bookings: 02 9417 4772**

*Make our Spa Day  
your Special Day*

### THE IMPORTANCE OF SELF-CARE

It's time to make the important effort for self-care. You have to help yourself. Better quality sleep (are you on the right dose of melatonin?), some daily exercise (minimum 30-40 mins), drinking enough water, more protein and vegetables at meal times and a lot less carbohydrates. With winter coming on, check you are taking enough prebiotic or pre and probiotic, as well as Vitamin D as they make your mucosa (microbiome) robust against all insults.



## EARLY INTERVENTION



Always have our CNF (ChinaMed Cold and Flu capsules) on hand as a reliable early intervention for respiratory infections. With the slightest sticky throat or snuffle, get onto CNF as directed - always take with very warm water on an empty stomach and get to bed early! I find taking 3 CNF capsules for long haul flights - before the airport, mid-flight and on the first day at your destination - helps reduce respiratory infection ruining your time away.



**DR AGELIKI MAKRI**  
Clinical Dietitian  
MSC, PhD

## METABOLIC RECOVERY PROGRAMME

To all our Metabolic Recovery Programme (MRP) patients - keep up the good work! Your brain and body will love you for it. Chronic inflammation (from continuing stressors, lingering infections, vaccine injuries) drives everything from poor sleep and brain fog to musculoskeletal stiffness and aches, poor lymphatic drainage to bowel dysfunction. Our 2024 biostatistics showed all the above symptomatology improved significantly with the Balance Oil and Zinobiotic regime. Our DBTs (dried blood tests) assessing chronic inflammation are analysed by Vitas Laboratories in Oslo. Vitas is running a Global Project on chronic inflammation.

**Direct enquiries to Naomi, our MRP Director.**



**DR KENT LIN**  
Obstetrics and  
Gynaecology

## WELCOME DR KENT LIN

Dr Kent comes from an illustrious medical family and was brought up with integrative medicine being discussed daily at the dinner table. His father, Professor Jaung-Geng Lin, pioneered Taiwan's first

hospital, and then first university, dedicated to the integration of Eastern and Western concepts in patient diagnostics and management. During his semester breaks whilst studying medicine at the University of New South Wales, Professor Lin encouraged and honed Dr Kent's love for clinical research. His enthusiasm for integrative medicine continues today. During his residency years in Sydney, he considered general practice but was encouraged to do Obstetrics and Gynaecology by his mentors.

Dr Kent has a Master of Medicine in Reproductive Health Sciences and Human Genetics from the University of Sydney and continues there as a Senior Clinical Lecturer. He is a consultant Obstetrician & Gynaecologist at Royal North Shore Hospital. In his practice of OBG, he realised many of his patients were not being helped by standard medicine alone (e.g., severe pregnancy related nausea, Polycystic Ovary Syndrome (PCOS), sub-fertility, and menopause) and decided to study acupuncture to widen his skills. His expertise in acupuncture and chronic pelvic pain is well-known internationally. Dr Kent is a Fellow of the Australian Medical Acupuncture College. His acupuncture expertise extends beyond women's health to general acupuncture today.

***Dr Kent is available at RWG Tuesday mornings and Thursday afternoons.***

**Stay positive and be kind to yourself!**

*Dr Im*

