

byron healing

Volume 7 ~ 2024 ~ byronhealing.com.au



Your free guide to the flourishing
health and wellbeing industry of Byron
and the Northern Rivers



**Southern
Cross
University**



Find your purpose with a career in counselling

If you enjoy working with people and creating positive change, counselling offers both a meaningful career and excellent employment prospects.

Our Bachelor of Counselling program is accredited by the Australian Counselling Association (ACA), ensuring that you receive a high-quality education that meets industry standards. Students will build skills in counselling practice with extensive placement experiences

Dive into a rewarding career in counselling with Southern Cross University's Bachelor of Counselling.



[Learn more](#)

Transforming > Tomorrow

Shaping our lives with our bodies and minds

There are many elements that make up our lives: from family, work, and community; to health and wellbeing. Bringing all these elements together is how we create a positive and healthy existence.

The world throws a range of experiences at us and how we approach them, how we respond to them, can ensure the best outcomes through a range of approaches. For different people different approaches work.

What we eat, and how we manage mental health and anxiety can impact on how effectively we respond to both positive and negative events in our lives. In the Northern Rivers Rainbow Region there are many ways that we can find to help our approach to life and how we cope with our existence.

Throughout *Byron Healing* there are a range of ways to

help people approach life and wellbeing to have positive outcomes. A key part of a balanced life and positive wellbeing is how we treat our hearts, bodies and minds. For some it is about looking to the science of wellbeing, while for others the esoteric brings them the peace and understanding to live a positive and fulfilling life.

‘Taking care of our mental health when we are feeling well is key. It is unavoidable that we will experience life events that can tip us over,’ explains Mandy Nolan as she gives us some tips on how to improve and manage our mental health.

From eating well for a healthy gut microbiome and reducing alcohol, getting good physical exercise to kinesiology, massage and acupuncture; *Byron Healing* has brought together a full range of options for people to explore and experience as they look to their future health.

Aslan Shand



byron healing

Volume 7 ~ 2024 ~ byronhealing.com.au

**Welcome: Shaping our lives
with our bodies and minds**

3

Glossary of Terms

6

Medical & Allied Health

8

The Allergy Clinic, Byron Bay – Dr Ann-Mary Amber and Lorelei Berriman

Byron Bay Equine Therapy & Psychology

Wahini Health – Women’s Clinic

Graeme James, Counsellor, Therapist, Supervisor

Coastal Counselling Walk & Talk Therapy

Ananda Clinics, Endocannabinoid Medicine

Dental

9

Oasis Dental Studio, Pottsville

Massage

10

Artemis – Unique & Unusual Bodywork & Massage

Byron Massage Centre

Byron Massage Clinic

Thai Sabai Traditional Thai Massage & Foot Spa

House of Shemana

Exercise & Movement

11

Body Language Byron Bay

Bodyworkz / Bodyhealz

Shirsha Marie – Tai Chi, Qigong & Body Psychotherapy

**Article: Your gut is so much
more than just a stomach**

12

Education & Training

14

Judith Asal, NLP and Hypnosis Trainings

Byron Community College – Study Massage Therapy

Study Bachelor of Counselling and Psychotherapy or Arts Therapy at Ikon Institute

Ambassador for the Avatar Course – Moni Jowsey

Mind Medicine Australia: Psychedelic-Assisted Therapies

**Article: Keeping it physical
with a little self-care**

16



Healing Practitioners

15–21

Lin Bell, Kinesiologist, Trauma Counsellor, Somatic Healer

The Way Of Healing – Herbal Apothecary, Energy Medicine

Ancestral Bio Decoding

Dr Jon Veranese, Conscious Dental Solutions

Vicki Veranese the Oracle

Natwah Petruszka, Holographic Kinetics

Liza Atherton Kinesiology – Neuro-energetic Kinesiology for Families

Kate Messenger, Crystal Healing & Kinesiology

My Gut Store – Belle Eder, Gut Specialist, Herbalist

Trevor Wills, Pioneer of BioEnergetic DeArmouring

Blue Mind Health – Hypnosis & Neurofeedback

Jacinta McEwen ND – Om Healing, Naturopathic and Ayurvedic

Dean Benson: Shamanic Practitioner, Family & Soul Constellations, Empowerment Courses

Joanne Farrell – Quantum Wellbeing, Kinesiology & Energy Medicine

Dr Adam Osborne, Japanese Acupuncture and JAB Cosmetic Clinic

Selin Ebeci, Hypnotherapist, NLP – Authentic Self Hypnotherapy

Wildforest Folk – Transformative Forest and Nature Therapy

Jake Gallon, Certified Detoxification Practitioner

**Article: Peer-to-peer
mental health solutions**

20

Retreats, Spas & Venues

22

Byron Bay Detox Retreats

Sweet Retreats at Sugar Beach Ranch – Play, Laugh, Nourish

Retreats Byron Bay – the Mind Body Spirit Experience

Gaia Retreat & Spa

Healing & Wellness Centres

23

White Feathers Holistic Therapies

The Rainbow Health Centre, Lismore – Naturopathic Health Clinic

Bluefern Osteopathy and Holistic Health – Lismore and Byron Shire

Bangalow Wellness Hub – Aesthetic Medicine, Infrared Sauna,

IV Vitamin Infusions & Hair Restoration

Health Food & Wellness Products

24

Go Vita Byron Bay

Mullum Herbals & Bruns River Herbals

Life Cykel – The World’s Most Trusted Mushroom Extracts

The Remedy Room – Naturopathic Dispensary, Byron Bay

Flannerys Organic Wholefood Wellness Market, Murwillumbah

Nimbin Herbs

Online Practitioners

25

Andreas – LGBTQ+ Men’s Tantra & Sacred Sexuality

Rob Sanasi – Lion Tamers ADHD Coaching

**Article: Alternative modalities
to heal the whole person**

26



NORTH COAST TMS

TRANSCRANIAL MAGNETIC STIMULATION

MANAGE YOUR DEPRESSION MEDICATION FREE

Transcranial Magnetic Stimulation (TMS) is a clinically-proven, non-invasive therapy that employs targeted magnetic pulses to stimulate specific regions of the brain, with the goal of alleviating depression.

Medicare rebates available.
Suitability and eligibility requirements apply.



Suite 61, 1 Porter Street, Byron Bay, NSW. northcoasttms.com.au phone 0430393636

byron healing

The Byron Healing magazine and website
are proudly produced by

Echo Publications
www.echo.net.au

© 2024 Echo Publications Pty Ltd – ABN 86 004 000 239

64 McGoughans Lane, Mullumbimby NSW 2482 02 6684 1777

Editor: Aslan Shand

Contributors: Eve Jeffery, Mandy Nolan

Advertising team: Crystal Appo, Kim Beaver, Anna Coelho,
Jacki Coward, Lesley Hannaford, Kate Messenger,
Katie Thompson

Design & production: Tirza Abb, Ziggi Browning, Tamsin Smyth

Printed by IVE Group

Byron Healing online: www.byronhealing.com.au

If you like what you see in this magazine, be sure to check out the Byron Healing website.
A comprehensive website including articles and detailed listing of all of the healing practitioners,
businesses and services in this magazine.

Follow us online: [f byronhealing](https://www.facebook.com/byronhealing) [@byronhealing_healthbyron](https://www.instagram.com/byronhealing_healthbyron)



If you would like a free hard copy of Byron Healing sent to you, or you would like to be on the mailing list for next year's edition, email byronhealing@echo.net.au with your name and address.

Offers and services listed in this directory are current at the time of publication but are subject to change.
The views expressed in this publication are those of the respective contributors and are not necessarily endorsed by the publisher.

Please note: Numerous dictionaries and websites have been consulted in compiling this glossary. While not a comprehensive list, we have included most of the major healing terms and some of the trademarked techniques utilised by *Byron Healing* practitioners.

Acupuncture

A system within complementary medicine in which fine needles are inserted through the skin at specific points along what are considered to be lines of energy (meridians) – used in the treatment of various physical and mental conditions.

ADHD

Stands for attention deficit hyperactivity disorder. A condition characterised by difficulties with executive function, lack of focus, hyperactivity, and/or impulsiveness. The three subtypes of ADHD are inattentive, hyperactive-impulsive, and combined.

Alchemy

The medieval forerunner of chemistry, concerned with the transmutation of matter, in particular with attempts to convert base metals into gold or find a universal elixir.

Apothecary

An archaic English term for a medical professional who formulates and dispenses *materia medica* (medicine) to physicians, surgeons and patients.

Aromatherapy

The practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical wellbeing. The inhaled aroma from these oils is believed to stimulate brain function.

Art therapy

A form of psychotherapy involving the encouragement of free self-expression through painting, drawing, or modelling, used as a remedial or diagnostic activity.

Attunement therapy

A healing modality based on child brain development neuroscience. You may be held, in a healing meditation, listening to the practitioner's heartbeat for up to 90 minutes.

Ayurvedic medicine

A system of medicine with historical roots in the Indian subcontinent. Modernised practices derived from Ayurvedic traditions are a type of complementary or alternative medicine. Ayurvedic therapies and practices have been integrated in general wellness applications and as well in some cases in medical use.

Biological decoding

This is about understanding what biological conflicts we experience when we're under stress and how these conflicts affect our body if we're unable to release the accumulated stress.

Biomimetic

Using the structure and function of biological systems as models for the design and engineering of materials and machines.

Bowen therapy

The Bowen technique is a type of physical manipulation named after Australian Thomas Ambrose Bowen (1916–1982). Bowen therapy has been used to treat musculoskeletal or related neurological problems including sports injuries and chronic conditions.

Calisthenics

Exercise using a person's body weight requiring little to no equipment.

Chiropractic

A therapeutic system based primarily upon the interactions of the spine and nervous system, the method of treatment usually being to adjust the segments of the spinal column.

Clinical psychology

An integration of science, theory and clinical knowledge for the purpose of understanding, preventing, and relieving psychologically-based distress or dysfunction and to promote subjective wellbeing and personal development.

Colonic

Irrigation of the colon for cleansing purposes.

Counselling

Professional activities that utilise an interpersonal relationship to enable people to develop self-understanding and to make changes in their lives, focusing on specific problems and fostering clients' wellbeing. At advanced levels of training, counselling has a greater overlap with psychotherapy than at foundation levels.

Craniosacral therapy

A system of alternative medicine intended to relieve pain and tension by gentle manipulations of the skull regarded as harmonising with a natural rhythm in the central nervous system.

Crystal healing

A holistic, non-invasive, vibrational energy-based system of healing. The technique uses precisely placed crystals either on and/or around the physical body. Crystals may also be laid in precise geometric patterns (grids) within the environment.

Cupping

A Chinese medicine therapy in which heated glass cups are applied to the skin along the meridians of the body, creating suction and believed to stimulate the flow of energy.

Dry needling

A physical therapist uses a thin filiform needle to penetrate the skin and stimulate underlying neural, muscular and connective tissues for the evaluation and management of neuromusculoskeletal pain and movement impairments.

Electrodermal screening (EDS)

A form of computerised information gathering and analysis based on physics, not chemistry.

Elixir

A magical or medicinal potion or solution.

Endocannabinoid

Any of several chemical compounds (as anandamide) that are naturally produced within the body and bind to the same brain receptors as compounds (e.g. THC) derived from cannabis.

Equine-assisted therapy (EAT)

EAT encompasses a range of treatments that involve activities with horses and other equines to promote human physical and mental health.

Esoteric

The word esoteric in its ancient meaning, means 'inner-most'. A place that is found equally in every human being, irrespective of age, gender or race. One who 'lives the esoteric' lives deeply connected to their soul and the one soul that unifies us all.

Flower essences

Remedies made from the dew or essences of flowers. There are flower essences produced in almost every country from native flowers. A prominent practitioner was Dr Edward Bach (1886–1936).

GAPS

Stands for Gut and Psychology Syndrome. GAPS treatments were created by Dr Natasha Campbell-McBride in 2004 after working with neurological and psychiatric conditions such as autism, ADHD, and psychiatric problems. GAPS practitioners work on diets suitable for treating the syndrome.

Gestalt therapy

A psychotherapeutic approach developed by Fritz Perls. It focuses on insight into gestalts ('shape' or 'form') in patients and their relations to the world, and often uses role-playing to aid the resolution of past conflicts.

Herbalism

The study or use of the medicinal properties of plants. The herbalist prepares and uses herbs for medicinal purposes or to supplement a person's diet.

Holistic

Emphasising the importance of the whole and the interdependence of its parts.

Homeopathy

A system of alternative medicine created in 1796 by Samuel Hahnemann, based on his doctrine of 'like cures like' (*similia similibus curentur*), a claim that a substance that causes the symptoms of a disease in healthy people would cure similar symptoms in sick people.

Hypnotherapy

A form of psychotherapy that facilitates suggestion, re-education, or analysis by hypnosis, which is generally defined as a trance-like state that resembles sleep but is induced by a person whose suggestions are readily accepted by the subject.

Infrared sauna therapy

A sauna that emits heat and light to penetrate deep within the muscles, tissues and cells for detoxification of the body, improvement of circulation, pain relief, weight loss, skin purification and healing and relaxation.

Integrative medicine

Defined as healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. It emphasises the therapeutic relationship between practitioner and patient.

Kahuna bodywork/ massage

Originated in the South Pacific as a transformational massage and healing system. Long flowing strokes are applied to the body to enhance the flow and release of energy flow through the body.

Kinergetics

A branch of Kinesiology that is a non-invasive, simple, versatile and comprehensive healing method that enables the identification of emotional, mental and physical imbalances. The use of bio-feedback muscle testing identifies areas of stress, imbalance, or dysfunction of the body's energy to be cleared.

Kinesiology

A complementary therapy that encompasses holistic health disciplines (as defined by the Australian Kinesiology Association). Through the art of gentle muscle monitoring, kinesiologists communicate with the body's innate intelligence to identify and clear underlying stresses to facilitate and promote health and wellbeing.

Lymphatic drainage massage

A form of gentle massage that encourages the drainage of lymph nodes and the movement of lymph fluids around the body. It can help relieve symptoms of lymphedema.

Massage

The art of treating the body by rubbing, kneading, patting, or the like, to stimulate circulation, increase suppleness, relieve tension, etc. There are many different types of massage therapies.

Meditation

A method of religious contemplation or spiritual introspection, cultivating a sense of awareness of self without daily distractions. There are many different types of meditation, from concentrating on one's own breath to walking mindfully.

Medium (psychic)

Uses psychic or intuitive abilities to see the past, present and future events of a person by tuning in to the spirit energy surrounding that person.

Mesotherapy

A technique which involves intradermal or subcutaneous injections of pharmaceutical preparations, enzymes, hormones, plant extracts, vitamins, and/or other ingredients.

Metaphysical healing

Based on the belief that negative mental patterns can result in physical disease or illness, and that the reversing of those negative mental patterns into positive patterns can in turn lead to healing.

Microbiome testing

Measures the different levels of microorganisms present in the GI tract.

Mindfulness

A technique in which one focuses one's full attention only on the present, experiencing thoughts, feelings, and sensations but not judging them.

Naturopathy

An holistic approach to wellness based on the principle that the body has the inherent ability to heal itself. Using the healing power of nature and gentle therapeutic techniques, the body, mind and emotions are supported during the healing process.

Neuro-linguistic Programming (NLP)

An approach to communication, personal development, and psychotherapy created by Richard Bandler and John Grinder in California in the 1970s. Proponents say there is a connection between neurological processes (neuro-),

language (linguistic) and behavioural patterns learned through experience (programming), and that these can be changed to achieve specific goals in life.

Neuro-training

Using the advances in neuroscience as a primary reference neuro-training reconditions how you view your life experience. It retrains the patterns of how your subconscious thinks your life should be and allows you to move beyond those challenges. It helps you develop new habits so that your unsupportive habits don't have you responding in a predictable way.

Neurofeedback

A method that assists subjects to control their brain waves consciously.

Nutritional medicine

Based on the principle that nutrients, including essential micronutrients, are required for the proper functioning of all the biochemical processes on which our bodies depend. When treating symptoms or diseases, practitioners look for underlying causes which, although often partly genetic, are tied up with nutritional and environmental factors.

Osteopathy

Emphasises massage and other physical manipulation of muscle tissue and bones to treat dysfunction. Osteopaths focus on how the skeleton, joints, muscles, nerves and circulation work together to improve health and wellbeing.

Physiotherapy

The treatment of disease, injury, or deformity by physical methods such as massage, heat treatment, and exercise rather than by drugs or surgery.

Pilates

A physical-fitness system developed in the early 20th century by Joseph Pilates. Often using various apparatus, Pilates classes build strength, flexibility and lean muscle tone with an emphasis on lengthening the body and aligning the spine.

Post-traumatic stress disorder (PTSD)

A psychiatric disorder that may occur in people who have experienced or witnessed a traumatic event, series of events or set of circumstances. An individual may experience this as emotionally or physically harmful or life-threatening, affecting their mental, physical, social, and/or spiritual wellbeing.

Pranic healing

The word pranic stems from the Sanskrit word prana meaning 'vital life force'. It involves a healing practice that utilises prana or ki energy.

Psychedelic therapies

Sometimes referred to as psychedelic-assisted psychotherapy (PAP) is a type of psychiatric practice that involves ingesting a psychedelic substance as part of a psychotherapeutic process.

Psychotherapy

Psychotherapy uses psychological theories and interpersonal relationships to enable individuals to obtain assistance in exploring and resolving issues of an interpersonal, intrapsychic, or personal nature.

Qigong

A system using coordinated body-posture and movement, breathing, and meditation, said to be useful for the purposes of health, spirituality, and martial arts training.

Raindrop Technique®

The Raindrop Technique® combines targeted massage and energy approaches with authentic essential oils for a harmonizing, rejuvenating, and relaxing massage.

Reflexology

A system of massage used to relieve tension and treat illness, based on the theory that there are reflex points on the feet, hands, and head linked to every part of the body.

Reformer Pilates

Combines the traditional principles and movements of mat Pilates with a Reformer machine. This machine contains a foot bar, carriage, pulleys, and five springs of varying tension that can be adjusted to suit your fitness level or needs.

Reiki

A healing technique based on the principle that the therapist can channel energy into the patient to activate the natural healing processes of the patient's body and restore physical and emotional wellbeing.

Shamanism

According to shamanism.com, shamanism is an ancient healing tradition and way of life. Shamanic teachings focus on our connection to nature and all of creation.

SIBO breath test

The small intestinal bacterial overgrowth (SIBO) breath test is a noninvasive test that measures the amount of gases produced by bacteria in the small intestine.

Somatic experiencing / somatic psychology

Somatic psychology is a form of alternative medicine that focuses on somatic experience, and the embodied

self, including therapeutic and holistic approaches to body. Body psychotherapy is a general branch of this subject, while somatherapy, eco-somatics and dance therapy, for example, are specific branches of the subject.

Somatics

Somatics is a field within bodywork and movement studies which emphasises internal physical perception and experience.

Sound healing

Sound has been utilised in various cultures as a tool for healing. The intention is to alter a brainwave state positively by using rhythm and frequency generated by drumming, tuning forks, singing bowls, and so on.

Tai chi

An internal Chinese martial art practiced for self-defence and health. Known for its slow, intentional movements, tai chi has practitioners worldwide and is particularly popular as a form of gentle exercise and moving meditation, with benefits to mental and physical health.

Tantra

The overarching name, meaning 'to weave', for a number of esoteric disciplines in Hinduism and Buddhism. Tantra utilises practices such as visualisation and meditation. Much of its modern practice in the West is do with linking sexuality to spirituality in an ecstatic and healing fashion.

Tarot

Set of playing cards, traditionally a pack of 78 with five suits, used for fortune-telling and (especially in Europe) in certain games.

Temporomandibular joint (TMJ)

Acts like a sliding hinge, connecting your jawbone to your skull. Dysfunction can lead to pain and discomfort.

Theta healing

Works with clients in the theta state to remove a person's subconscious self-limited beliefs. (The theta wave is the dominant brain wave during very deep meditation, when drifting off to sleep or while under hypnosis.)

Yoga

Originally a school of Hindu philosophy and mental disciplines creating a union between body, mind and spirit, as well as between the individual self and universal consciousness. It can incorporate a series of postures and breathing exercises practised for fitness, and to achieve control of the body and mind, and a state of tranquillity. Disciplines include hatha yoga, yin yoga and kundalini yoga, all dealing with different aspects of the body, mind and spirit.



The Allergy Clinic, Byron Bay Dr Ann-Mary Amber, Integrative Medical Doctor Lorelei Berriman, Integrative Health Nurse

Dr Ann-Mary Amber and Lorelei Berriman perform testing and treatment for environmental inhalant allergies caused by pollens, grasses, house dust mite, animal dander (cat, dog, horse) and mould. They apply a holistic approach to allergy desensitisation using a pharmaceutical remedy compounded to your individual needs, combined with reducing your environmental exposure and diet and life-style education.

The Health Lodge, 78 Bangalow Road, Byron Bay • 02 6685 6445

healing.echo.net.au/listing/the-allergy-clinic-byron-bay



Byron Bay Equine Therapy & Psychology – Mental Health & Disability Support

A farm-based clinic offering psychology and equine-assisted therapy sessions, with fully qualified and experienced psychologists. Their nature-based program is ideal for clients of all ages and presentations who thrive in a tranquil, supportive environment. They have a special focus on neurodivergent support (autism, ADHD), complex trauma, and anxiety, and welcome members of LGBTIA+ communities. Medicare rebates and NDIS participants supported.

236 Nashua Road, Fernleigh
info@byronbayequinetherapy.com.au • 0493 878 408
www.byronbayequinetherapy.com.au

healing.echo.net.au/listing/byron-bay-equine-therapy-psychology



Wahini Health – Women’s Clinic

At Wahini Health, they believe in the profound connection between body, mind and spirit, especially when it comes to women’s health. Bridging the wisdom of holistic healing with cutting-edge medical practices in obstetrics and gynaecology, they offer a comprehensive range of services including specialised pelvic floor healthcare and dedicated programs for mature women’s health.

6B Fred McKay House, John Flynn Hospital, 42 Inland Drive, Tugun
Ballina Day Surgery Suite 1, 46 Tamar Street, Ballina
07 5619 3010 • hello@wahinihealth.com
www.wahinihealth.com

healing.echo.net.au/listing/wahini-health-womens-clinic



Graeme James, Counsellor, Therapist, Supervisor

Graeme James offers you space to explore your life. ‘Together, we try and understand your problems better so you can learn from your experience, grow as a person and feel more comfortable being yourself amid life’s tensions.’

As an integrative therapist, Graeme tailors his approach to your specific needs. He works with adult individuals and couples online and face-to-face.

Byron Bay, Bangalow and online
0412 518 024 • graeme@graemejames.com.au
www.byrontherapist.com.au

healing.echo.net.au/listing/graeme-james-counsellor



Coastal Counselling Walk & Talk Therapy

Discover compassionate counselling with Sahra at Coastal Counselling Walk and Talk Therapy. She specialises in empowering teens and adults facing low self-esteem, anxiety, grief and loss through courageous conversations and movement, walking towards emotional resilience and self-discovery.

Sessions take place around the Northern Rivers, harnessing nature's healing power. Book now online and unlock your potential today.

www.ccwalktalk.com.au
0415 165 264
coastalcounselling@outlook.com.au

healing.echo.net.au/listing/coastal-counselling-walk-talk-therapy



Oasis Dental Studio, Pottsville

A family-friendly clinic offering advanced dental services in a soothing environment in the heart of Pottsville. Husband and wife Dr Trevor Pinchin and Dr Natalia Trisna prioritise patient comfort and wellbeing. Their personalised approach ensures each patient receives tailored treatment plans focused on holistic care. From routine dentistry to transformative smile makeovers and orthodontics, the studio utilises cutting-edge techniques and technologies to deliver exceptional results. Catering to children's dental needs are options like sleep dentistry for anxious patients. New patient offer: \$249 including X-rays. Health funds welcome!

12 Coronation Avenue, Pottsville • 02 5644 0004
www.oasisdentalstudio.com.au/dentist-pottsville
healing.echo.net.au/listing/oasis-dental-studio-pottsville



Ananda Clinics, Endocannabinoid Medicine

Specialising in a scientific approach to health and vitality through plant-based medicine.

Ananda Clinics is a medical practice specialising in treatment of the endocannabinoid system that exists within us all and plays a vital role in our overall wellbeing. Patients are offered a science-based approach to modern medicine combined with plant-based treatment options.

02 5624 5024
Suite 56/1 Porter Street, Byron Bay
hello@anandaclinics.com.au
www.anandaclinics.com.au

healing.echo.net.au/listing/ananda-clinics



*Make positive
choices for your
wellness.*



Artemis – Unique & Unusual Bodywork & Massage Infused with Essential Oils

Experience ancient healing traditions combined with massage and essential oils, as a unique and powerful way to reconnect, indulge, pamper and ignite your senses. Offerings include: Aroma Stone massage, Hot Stone massage, Ayurvedic massage, Raindrop Technique massage, Sound Healing, Psychic/Tarot readings and spiritual guidance, Ancient Egyptian rituals (Egyptian Emotional Clearing Technique, AromaBliss, ParaSET Technique), Ancient Tibetan reflexology, and essential oil classes.

McGettigans Lane, Byron Bay • 0432 788 843
www.aromatica.au • www.theoiltemple.com.au

healing.echo.net.au/listing/artemis



Byron Massage Centre

A holistic clinic offering relaxation, remedial/ deep tissue and pregnancy massage as well as energy healing. Formerly a massage teacher, Brigid has 30 years' experience, has practiced meditation for three decades, and owns another clinic in Sydney.

Treat yourself, revitalise your body, heart and mind, manage your stress and reconnect with your inner calm and wellbeing.

HICAPS for health fund rebates, online booking through the website.

69 Jonson Street, Byron Bay (inside Go Vita)
0450 770 240

www.byronmassagecentre.com.au

healing.echo.net.au/listing/byron-massage-centre



Byron Massage Clinic

An integrative clinic offering osteopathy, remedial massage, acupuncture, sports/deep tissue massage, lymphatic drainage, Swedish massage and many other modalities including aromatherapy, cupping, dry-needling, reiki and reflexology.

Byron Massage Clinic's therapists are a collective of experienced practitioners who have a holistic approach to health, are client-focused and offer health fund rebates/HICAPS, so you only pay the gap on your treatments.

6/4 Bay Lane, Byron Bay
02 6685 6107
www.byronmassageclinic.com.au

www.healing.echo.net.au/listing/byron-massage-clinic



Thai Sabai Traditional Thai Massage & Foot Spa

Byron Bay's Jonson Street has been the home of Thai Sabai Massage for the past 13 years. Here ancient Eastern techniques are practised daily. Take time out to de-stress, relax, rejuvenate and re-align your life force, maintaining your health and vitality through massage and therapeutic manipulation. A quality experience!

84 Jonson Street, Byron Bay
relax@thaisabai.com.au • 02 6680 7373
www.thaisabai.com.au

healing.echo.net.au/listing/thai-sabai



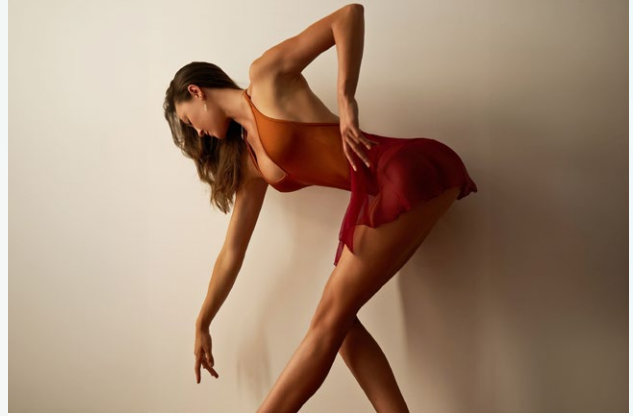
House of Shemana

Above the Shemana Elixirs alchemy lab, you will find a luxurious temple space for exquisite rituals of massage and healing arts. From their own Signature Shemana Massage, to craniosacral massage fusions and acupuncture, this space hosts masterful practitioners offering elixir-infused 5-star sessions. The Equilibrium Meditation Room provides integration time, hosted meditation rituals and sacred events.

“Shemana is a very real leader in wellness, you can feel the wisdom and years of dedication to the craft in every word, touch and engagement...” – Stacey, owner Little Co.

10 Towers Drive, Mullumbimby • 0422 234 259
www.houseofshemana.com

healing.echo.net.au/listing/house-of-shemana



Body Language Byron Bay

A mixed-modality studio for the community to come together through movement, form deeper connections, and *experience the freedom of their fullest expression*. Qualified and experienced teachers provide integrative and evidenced practices to engage the whole person (physically, mentally, emotionally, spiritually) through:

- Pole • Calisthenics • Strength and Conditioning • Heels • Latin • Barre
- Yoga • Pilates • Mobility • Personal Training • Shibari • Somatics
- Breathwork • Recovery • Meditation • Workshops

3/12 Tasman Way, Byron Bay Arts & Industry Estate
Private lessons available at Brunswick Heads studio
0432 780 655 • www.bodylanguagebyronbay.com

healing.echo.net.au/listing/body-language-byron-bay



Bodyworkz / Bodyhealz

Bodyworkz and Bodyhealz are here to help you excel with your individual fitness goals in one great location. They provide you with the best environment, state-of-the-art equipment, and a wide variety of workout options in their Bodyworkz gym, as well as a range of recovery options in their purpose-built recovery and wellness studio, Bodyhealz. Bodyworkz offers 30+ weekly group classes of 10+ types, across four studios, under the guidance of their friendly, expert team. Bodyhealz has Pilates and Reformer Pilates, yoga, an infrared sauna, and hydroxy sessions to support your optimal health and wellbeing.

46-48 Centennial Circuit, Byron Bay • 0466 433 161
www.byronbodyhealz.com.au • www.byronbodyworkz.com.au

healing.echo.net.au/listing/bodyworkz-bodyhealz



Shirsha Marie – Tai Chi, Qigong & Body Psychotherapy

Cultivate vital life energy, mindful awareness, inner strength and natural self-expression with the embodied wisdom practices of Tai Chi – moving meditation art, Qigong – healing exercise art, or Body Psychotherapy – somatic approach to emotional wellbeing. Shirsha Marie offers classes, individual sessions and residential retreats in the Byron Shire, as well as Qigong instructional videos and online classes.

shirsha@heartmindcentre.com.au
www.heartmindcentre.com.au

healing.echo.net.au/listing/shirsha-marie-tai-chi-qigong

Your gut is so much more

Aslan Shand

Research is increasingly focused on the importance of the gut in relation to a person's health, to the point that it is often referred to as a 'second brain'. Researchers are discovering that the gut has important links to our brains (and vice versa) and as a result this has direct, and indirect, impacts on our health from chronic illnesses to mental health.

Many people think of the gut as just the stomach but the CSIRO tells us the gut is 'the entire gastrointestinal (GI) tract from start to end. On average this entire tract stretches out to around nine metres and includes the oesophagus and stomach as well as the small and large intestines'.

An important part of understanding the gut is the 'microbiome'; that is the bacteria, viruses and fungi that inhabit the gut. Each part of the body has its own microbiome including the skin, mouth, throat, stomach, colon, uterus, ovarian follicles, prostate, lungs, ears and eyes and our microbiome makes up to 50 per cent of the cells in our bodies.

'Gut health is important because the health and robustness of the gut has a direct impact on our mental, physical and emotional wellbeing,' Belle Eder who runs My Gut Store told *Byron Healing*.

'By prioritising and repairing our gut health we are setting up the foundations for the overall health of the entire human, that is why gut health is important. It is the infrastructure that we rely on for happiness and ease, it is essential to living a fulfilled and healthy life.'

Gut health has been linked to 'a variety of conditions including anxiety, stress, as well as chronic diseases such as obesity and diabetes,' says the CSIRO.

It turns out that with 100 trillion microbes bouncing around inside us there are options for improving our gut health.

'The gut-brain connection is no joke; it can link anxiety to stomach problems and vice versa,' according to a recent

Ninety-five per cent of serotonin (our feel-good neurotransmitter), and fifty per cent of dopamine (plays a role in pleasure and motivation) is made in the gut.

article from the Harvard Medical School *The gut-brain connection*.

'The gastrointestinal tract is sensitive to emotion. Anger, anxiety, sadness, elation – all of these feelings (and others) can trigger symptoms in the gut.

'The brain has a direct effect on the stomach and intestines. A troubled intestine can send signals to the brain, just as a troubled brain can send signals to the gut. Therefore, a person's stomach or intestinal distress can be the cause or the product of anxiety, stress, or depression.'

An unhealthy diet, antibiotics, alcohol, smoking, stress and anxiety are just some elements that can contribute to a bad gut.

'Because the health of the gut impacts the health of every aspect of your life, really any ongoing health concern should prompt you to look into the health of your gut, and whether the food you are consuming is nourishing and supporting you,' explains Belle.

'Some key symptoms that could indicate your gut might need some attention are: reflux, bloating, loose stools or constipation, and gut pain.

'Any systemic inflammation or chronic health symptoms can be a reflection of a gut not working optimally. As well as signs of your nervous system struggling, such as: anxiety, depression, and panic attacks.

'95 per cent of serotonin (our feel-good neurotransmitter), and 50 per cent of dopamine (plays a role in pleasure and motivation) is made in the gut. If your gut isn't producing enough of these hormones, this will directly impact your mental health, relationships and quality of life.

'We know that the gut is where we take up nutrition from our food, meaning it is our body's fuel system. If your gut isn't healthy and working as it should, that means that your fuel system is substandard. We also know that the gut



than just a stomach

is responsible for the manufacture of several key hormones, neurotransmitters and vitamins for the body. It communicates with our immune system and is directly linked to the brain, both physically and biochemically – this is now being referred to as the “gut-brain axis”.

A healthy microbiome for your gut

There are key things you can do to help maintain a diverse microbiome in your guts and maintain a healthy mind and

body. But it is important to recognise that there is no miracle cure. But building a diverse microbiome is a good start.

Eating a range of vegetables, herbs and spices is an effective way to support good gut microbiomes, along with exercise and reducing anxiety and stress.

‘There are many healthful foods naturally containing prebiotics,’ according to the Harvard School of Medical Health.

‘The highest amounts are found in raw versions of the following: garlic, onions, leeks, asparagus,

Jerusalem artichokes, dandelion greens, bananas, and seaweed. In general, fruits, vegetables, beans, and whole grains like wheat, oats, and barley are all good sources of prebiotic fibres.

‘Be aware that a high intake of prebiotic foods, especially if introduced suddenly, can increase gas production (flatulence) and bloating. Individuals with gastrointestinal sensitivities such as irritable bowel syndrome should introduce these foods in small amounts to first assess tolerance. With continued use, tolerance may improve with fewer side effects.’

Belle agrees, telling *Byron Healing* that, ‘from a food point of view, get back into cooking, prioritising making things from scratch when you have the time. Choose wholesome, fresh local ingredients, include local ferments in your daily meals, and cut out highly-manufactured, non-organic food items as much as possible.’

Fermented foods including yogurt, kefir, sauerkraut and cheese all contain healthy microbes; lactic acid bacteria are good to consume; as are omega-3 fats; along with polyphenol-rich foods that include cocoa, green tea, olive oil and coffee. Tryptophan-rich foods such as turkey, eggs and cheese are also effective at supporting a diverse microbiome, according to Healthline.

‘The gut is the “headquarters” of our bacterial colony, an integral part of our whole system,’ says Belle.

‘We humans require a healthy, diverse, robust, bacterial colony to experience a happy, healthy and fulfilled life. The connection between mental health, inflammatory disease, auto-immunity, good gut health and nutrition is thoroughly backed by modern research, stressing the importance of gut health in our overall wellbeing.’





Judith Asal, NLP and Hypnosis Trainings

With a training in NLP and hypnosis, you can awaken your potentials and abilities – for a successful and self-determined life. You can not only sharpen your own self-worth, but this method is also established in the professional world to improve interpersonal communication, strengthen self-confidence, and transform fears and doubts into positive beliefs.

Judith offers sessions for weight loss and to quit smoking.

Online training and coaching
contact@judith-asal.de
www.judith-asal.de/en

healing.echo.net.au/listing/judith-asal-nlp-and-hypnosis-trainings



Byron Community College – Study Massage Therapy

Achieve your potential and create new opportunities at Byron Community College. The nationally accredited HLT42015 Certificate IV in Massage Therapy is your pathway to a career in a range of settings, including private practice, spa, aged care or sports facility. This training is subsidised by the NSW government. Places are limited so contact the college for more details. RTO 90013.

Campuses in Mullumbimby and Byron Bay
02 6684 3374 • www.byroncollege.org.au

www.healing.echo.net.au/listing/byron-community-college



Study Bachelor of Counselling and Psychotherapy or Arts Therapy at Ikon Institute

Offering Diplomas and Bachelors. Study Arts Therapy or Counselling and Psychotherapy with the best therapists in the business.

Fee help is available.

courseadvisor@ikon.edu.au
1300 613 801 (Ext 1)
www.ikon.edu.au

healing.echo.net.au/listing/study-bachelor-of-counselling-and-psychotherapy-or-arts-therapy-at-ikon-institute



Ambassador for the Avatar® Course – Moni Jowsey

Avatar® is a powerful and speedily effective course based on the simple truth that your beliefs will cause you to create or attract situations and events that you experience as your life. The goal of the three-section course is to guide you in an exploration of your own belief system and to equip you with the tools to modify those things that you wish to change. The Avatar Course opens a window on the inner workings of your own consciousness.

Avatar® is a registered trademark of Star's Edge Inc, all rights reserved.

Book a personal session to experience Avatar by emailing moniquej@avataroceania.com. Online and Byron Shire.

healing.echo.net.au/listing/the-avatar-course-learn-to-live-deliberately



Mind Medicine Australia: Psychedelic-Assisted Therapies

Mind Medicine Australia is a charity that seeks to alleviate the suffering caused by mental illness in Australia through expanding the treatment options available to medical practitioners and their patients. They focus on the development of safe and effective psychedelic-assisted therapies to cure a range of mental illnesses. They train psychiatrists, GPs, physicians, counsellors, nurses, psychologists, psychotherapists, social workers, occupational therapists and others. Apply now for the upcoming intakes of the world-leading Certificate in Psychedelic-Assisted Therapies (CPAT).

03 8679 6015 • CPAT@mindmedicineaustralia.org
mindmedicineaustralia.org.au

healing.echo.net.au/listing/mind-medicine-australia-psychedelic-assisted-therapies



Lin Bell, Kinesiologist, Trauma Counsellor, Somatic Healer, Kinesiology Training

Lin Bell is one of Byron Bay's most experienced kinesiologists. She specialises in trauma counselling, somatic, spiritual and shamanic healing, and past lives. With over 40 years practising in a wealth of healing modalities, Lin is also a creator of Self Guidance cards and is a Vidafy Curcumin Golden Drops authorised distributor. She specialises in working somatically with underlying emotional psychologies. Lin supports you to recognise emotional patterns and abandoned aspects that are causing distress. You are guided into acceptance, understanding comes, and balance is restored.

0404 066 707 • linbell0@gmail.com
www.byronbaykinesiology-healings-readings.com.au

healing.echo.net.au/listing/lin-bell-kinesiologist



The Way Of Healing Herbal Apothecary, Energy Medicine

A place to retreat when the weight of the world becomes too heavy. Embracing traditional natural medicine practices, energy work and idolising holism as best practice.

Herbalist and Reiki Master, Alexandra Quirk offers herbal medicine, nutrition, reiki healing and workshops.

Ayupotheca, 59/1 Porter Street, Habitat precinct, Byron Bay
0431 190 309

aqherbalist@gmail.com
www.thewayofhealing.net

healing.echo.net.au/listing/the-way-of-healing



Ancestral Bio Decoding

Lisa Mei offers a transformative journey through Ancestral Bio Decoding. In one-on-one sessions, Lisa integrates ancient wisdom and contemporary insight to address a wide range of physical and emotional challenges. Uncover ancestral patterns, reprogram at the unconscious level and align with your true purpose. Experience healing on personal, familial, and collective levels. Providing coherence and wellbeing across mind, body, and spirit.

0480 443 833
lisameiyee@gmail.com
www.ancestralbiodecoding.com

healing.echo.net.au/listing/ancestral-bio-decoding

Keeping it physical with a little self-care

Eve Jeffery

My father's 'self-care' was to go for a walk most days. He didn't fuss, he didn't change into his joggers or his sweats, in fact, he often went in his work clothes – a business shirt (sans tie), neat trousers and leather shoes.

He didn't think of it as self-care, he just knew as he was getting older he needed to do something every day to keep healthy.

That stuck with me and though I have struggled with exercise and self-care because of my health issues, I did impress upon my children the importance of getting off your butt.

One of my children turned her exercise – dance – into a career, and my other daughter, who when she was 15 or so got tired of ballet and hip-hop, said she wanted to be in charge of her own activities. At the time she told me she would take a long walk on the beach every day. I thought that would last about three days, but left to her own devices, she pretty much walked to the

North Wall and back to New Brighton every day until she finished school, and beyond. To this day she still tries to get some sort of activity in on a regular basis and when she is on the coast, she tries to go for a long stroll on the beach.

For myself, I have a chronic and debilitating health condition that precludes me from doing anything very physical but when I can, I walk. When I feel up to it, sometimes my partner and I take out a canoe. Gliding across the water, there are not many things better.

My absolute favourite self-care is treating myself to a massage. Having someone else care for you is wonderful.

Byron Massage Centre massage therapist Brigid Carroll says that children definitely learn how to self-care from their parents, and some of those habits begin with feeding them healthy food to strengthen their bodies.

'Teaching them how to regulate and release their emotions, to avoid physical burnout from pent-up feelings is also really good for kids,' she explained.

'Creating structure around discipline and setting and achieving goals – as well as embracing a meditation practice, where it is natural to allow silence to inform them of their inner world, and keeping the physical healthy within a holistic framework – is very good for kids.'

Joining a yoga group or regular visits to a physiotherapist are going to help keep your body in tune, and joining a sport or dance group will lift your spirits as well as keep you fit. Just as important is sharing your experiences of these activities with your kids, as it gets them used to the idea of self-care.

Brigid says that teaching young people listening and communication skills, to keep them in touch with their hearts, will be part of their self-care.

'Giving them a love of nature, with outings and adventures to fuel the soul and connect with the earth, and minimising screen time, to get them back into the physical realm, works wonders. Get them to play outdoors!'





Dr Jon Veranese, Conscious Dental Solutions

- A truly holistic approach to the health of the mouth, teeth and gums reflected in the balance of body mind and spirit
- Dental kinesiology integrating left / right brain consciousness and healing with Dr Jon's whole health and wellbeing
- Holistic assessments and second opinions
- Ozone therapy
- Personalised nutrition and supplement protocols
- Dr Jon Dental Oral Health products

Byron hinterland and online

Text: 0411 031 301 • drjondental@icloud.com

healing.echo.net.au/listing/dr-jon-veranese-conscious-dental-solutions



Vicki Veranese the Oracle

Vicki uses the deck and runes she created to bring you unique insight and clarity, as well as giving you an experience in consciousness that will connect you with your intuition, desires, and authenticity.

Byron hinterland and online

CasaVeras, 60A Kingsvale Road, Myocum

Text: 0412 400 085

connecting@i-of-ra.com

www.i-of-ra.com

healing.echo.net.au/listing/vicki-veranese-the-oracle



Natwah Petruszka, Holographic Kinetics

Holographic Kinetics is an advanced Aboriginal healing modality based in the laws of Lore. Elder Steve Richards teaches that most people are stuck in moments of time with the patterns, thoughts and cycles of similarity repeating over and over. Dreamtime Healing using Holographic Kinetics can assist you and your spirit to integrate, to find any cause of the effect of those repeating patterns and change time so you are no longer stuck.

Natwah has been practising Holographic Kinetics in the Byron area for five years. Give her a call to have yarn about Holographic Kinetics or book in for a session.

www.holographickinetics.com

beautifulspiritsong@gmail.com • 0434 223 756

healing.echo.net.au/listing/natwah-petruszka



Liza Atherton Kinesiology Neuro-energetic Kinesiology for Families

Embarking on a voyage alongside families, from the dawn of pregnancy to the embrace of parenthood, Liza specialises in navigating the delicate tapestry of challenges each member encounters. From the sacred womb to tender newborns, playful children, blossoming teens, and nurturing parents, she explores the depths of stress, unearths subtle triggers, unravels behavioural intricacies, soothes emotional turmoils and illuminates pathways through learning struggles.

Mullumbimby

0499 588 971 • lizaatherton.kinesiology@gmail.com

www.lizaathertonkinesiology.com • [@liza_atherton_kinesiology](https://www.instagram.com/liza_atherton_kinesiology)

healing.echo.net.au/listing/liza-atherton-kinesiology



Kate Messenger, Crystal Healing & Kinesiology

Kate Messenger offers kinesiology and crystal healing sessions and readings. Your body stores memories of past experiences, emotional responses and genetic patterns at cellular and energetic levels. Using muscle testing and a wide range of healing tools and techniques, Kate assists you to release stuck energy and move forward with new awareness, clearing issues creating pain, stress and imbalance on all levels.

Mullumbimby and online

0413 003 301 • kate@crystalsanddreaming.com.au
www.crystalsanddreaming.com.au

healing.echo.net.au/listing/kate-messenger-crystal-healing



My Gut Store – Belle Eder, Gut Specialist, Herbalist

Belle has a passion for health. She has taken her expertise as a qualified herbalist and gut specialist (GAPS™ practitioner), and combined it with her love of good food to create a truly unique practice. She helps patients take charge of their health using good food, herbs and supplements. Belle works with digestive disorders, inflammatory conditions, auto-immunity, mental health issues and much more.

0405 337 433 • belle@mygutstore.com
www.mygutstore.com

healing.echo.net.au/listing/my-gut-store



Trevor Wills, Pioneer of BioEnergetic DeArmouring

Utilising a rare capacity to listen to the intelligence of the body-mind, with precision touch and unwavering guidance, Trevor assists you to find genuine healing and release states.

Strong benefits for PTSD, depression, addiction, pain, suppressed emotion, chronic fatigue, anxiety, detox, cancer support, meditation and embodiment practices.

One-on-one and group sessions.

Myocum / online • dearmour@pm.me
bioenergeticrelease.net • facebook.com/BioEnergeticRelease

healing.echo.net.au/listing/trevor-wills-pioneer-of-bioenergetic-dearmouring



Blue Mind Health – Hypnosis & Neurofeedback

Hypnosis and Neurofeedback in your own home or at sea.

- Clinical Hypnotherapy • Psychotherapy
- Neuro Linguistic Programming (NLP) • Neurofeedback

Blue Mind Health can help you with: sleep, smoking, tinnitus, addictions, anxiety, weight loss, sports performance, PTSD and more. Can you imagine living your life with greater ease from today? Activate that journey now.

Northern NSW and Gold Coast regions and online
07 5608 9844 • 0407 871 341 • bluemindhealth@gmail.com
www.bluemindhealth.com.au

healing.echo.net.au/listing/blue-mind-health



Dean Benson: Shamanic Practitioner, Family & Soul Constellations, Empowerment Courses

Specialising in one-to-one Clearing Sessions with Spirit, Entity and Energy Removal, and Family & Soul Constellations. Wide range of programmes on Men's Inner Alchemy, Qigong, Inner Child Work for avoidant and addiction support. Passionate about Womb Clearing and Pre-Conception Preparation for both women and men, Dreaming Conscious Soul Aligned Families.

Remote sessions and Byron Shire in person
connect@deanbenson.com • www.instagram.com/deanbenson
www.deanbenson.com

healing.echo.net.au/listing/dean-benson-shamanic-practitioner



Jacinta McEwen ND – Om Healing, Naturopathic and Ayurvedic

From her healing centre, Om Healing, close to Mullumbimby, Jacinta offers a variety of workshops, naturopathic and Ayurvedic consultations, balances, Pranic healing, Ayurvedic treatments, and massage therapy. In her consultations Jacinta uses pulse reading, iridology, and kinesiology for diagnosis and a treatment plan. Jacinta also presents lectures and workshops on a range of health-related topics including women's health, Ayurveda, Ayurvedic massage, bush medicines, natural first aid, and mother and baby health care.

Goonengerry, in person and online
0422 387 370 • www.omhealing.com.au

healing.echo.net.au/listing/jacinta-mcewen-nd-omhealing



Joanne Farrell – Quantum Wellbeing, Kinesiology & Energy Medicine

A complete holistic makeover from body to mind and spirit. Using kinesiology, energetic and healing techniques, you can access hidden unconscious thoughts and beliefs that cause illness in the body, and break free from negative behaviours that keep you stuck. Breath techniques and coaching bring calm and clarity. Neural rewiring creates positive thoughts and better conscious choices for life transformation. Individual and group sessions.

Byron Bay and online
hello@joanne-farrell.com • 0403 637 156
www.joanne-farrell.com

healing.echo.net.au/listing/joanne-farrell-quantum-wellbeing

Peer-to-peer mental health solutions

Mandy Nolan

We talk a lot about mental health, and the need to be aware of what to do when you or a loved one is experiencing mental distress. But the reality is, when it happens it can be overwhelming, and it's not always easy to do the things that you know might help.

For anyone who has been depressed, leaving the house and going for a walk to get 'exercise', which is apparently good for your mental health, is the last thing you feel capable of doing. When one of my kids who experienced anxiety and OCD was having panic attacks, and obsessing that they couldn't breathe, a doctor recommended a mindfulness app that had a breathing meditation. It made it worse.

Taking care of our mental health when we are feeling well is key. It is unavoidable that we will experience life events that can tip us over. Grief and loss, financial hardship, pain and trauma, loneliness and disconnection are all big experiences that can cause us to experience poor mental health. So here are a few things you can do if you or someone you know is feeling mentally unwell. It comes from my personal experience as someone who has experienced periods of mental unwellness and who has supported and loved others going through it. I am not a doctor. This is not medical advice. It's lived experience.

1 Speak to someone who has had a similar lived experience.

In mental health it's called peer support. No one understands like someone who has been through it. And the positive thing is, that person gives hope and a pathway to recovery. Because they did it.

2 Cut back or stop your drinking.

If you can. If you have a serious alcohol problem, you will need medical treatment. Sometimes we drink because we think it helps us cope with the hard stuff, but usually it amplifies everything and makes us feel worse. Stopping drinking will help you sleep better, and sleep is nature's great healer.

3 Sleep! Make sure you or the person experiencing mental distress are getting enough sleep. It's about sleep quality. There are sleep experts you can see to address this if it's a problem. Poor sleep and lack of sleep can have significant impacts and negative impacts on your mental health.

4 Try not to isolate. Be in nature. This is hard, because for many people the last thing they want to do is socialise or be in public. In the UK they have this wonderful thing called social prescribing. You can go to the doctor and along with a referral to a psychologist they will literally prescribe a few hours a week at a community garden. It's been shown that getting your hands in the soil, being in sunshine, and being outside in a community of people engaging in an activity like gardening is hugely beneficial for mental health.

5 The beach. It's here. Go to it. It's my teacher. I walk the beach most mornings. There is a gentle meditation in walking the shore. You don't have to swim, but that is a bonus. It's free. Doing something regularly is an important part of any recovery or restoration. It's gentle exercise. And it's a kind of meditation.

6 Go to your doctor and get honest about how you are feeling. Make sure you have a doctor who you trust. Building a relationship with a doctor who understands you is really important. Get your mental health plan in place.

7 Chat with a psychologist or mental health practitioner. Like any relationship, you sometimes need to try a few to find someone who you resonate with. Someone who you feel comfortable with and who you want to work with. When I was going through a rough patch in my early 30s I found the most wonderful woman. I saw her every week for 18 months. It changed my life. She taught me to be kind to myself.

8 Listen to music. Dance. Paint. Use clay. Creativity is powerful. It's not talking. Sometimes being in a non-verbal space is transformative. I don't know why, but it's just good medicine.

9 Surround yourself with people who are kind and care for you.

10 Be there for other people. Mental health care is circular. We can support and care for each other. It's how we care for ourselves.



Dr Adam Osborne, Japanese Acupuncture and JAB Cosmetic Clinic

Dr Osborne specialises in cosmetic injections, bio-remodelling and Japanese acupuncture. These modalities may seem contradictory, however they complement each other. Utilising principles from Western medical training, and integrating ancient, Eastern techniques, Adam has great success in moving energy, not only in the body, but also in the face and jaw. He creates an organic experience befitting of our Byron Bay lifestyle – refreshing body and soul, to look great, feel better.

JAB Cosmetic Clinic, 69 Bangalow Road, Byron Bay
www.dradosborne.com.au
jodi@adamosborne.com.au • 02 6658 7366 • 0439 857 366
www.healing.echo.net.au/listing/dr-adam-osborne



Selin Ebeci, Hypnotherapist, NLP Practitioner – Authentic Self Hypnotherapy

Selin helps you to become your most authentic self and live the life you want. Hypnosis is a powerful tool that is essentially a very deep guided interactive meditation intentionally crafted to achieve a goal. Selin specialises in procrastination and recurring life patterns, and she also helps people with a range of other issues.

Byron Bay and online
info@authenticselfhypnotherapy.com.au • 0466 480 926
www.authenticselfhypnotherapy.com.au
healing.echo.net.au/listing/selin-ebeci-hypnotherapist-nlp-practitioner



Wildforest Folk – Transformative Forest and Nature Therapy

Wildforest Folk, led by ecotherapist and researcher Claudia Grati, offers transformative workshops and individual sessions in forest and nature therapies combined with deep ecology practices, tending to eco-grief, nature disconnection, and emotional healing. Sessions are held in beautiful rainforest and beachside locations across the Northern Rivers, and are focused on building deep ecological awareness through experiential, nature-based approaches in a nurturing environment.

claudia@wildforestfolk.earth • [@wildforest.folk](https://www.instagram.com/wildforest.folk)
www.wildforestfolk.earth
healing.echo.net.au/listing/wildforest-folk



Jake Gallon, Certified Detoxification Practitioner

Jake Gallon helps people heal from any dis-ease without drugs or supplements. He specialises in the full regeneration of the human body, from digestive issues, constipation, skin problems, depression, organ failure, and inoperable tumours. He has helped people reverse balding, diabetes, endometrial tumours, paralysis of the stomach, and poor eye sight. This is all achieved with a species-specific diet of fruits and herbs.

0401 997 964
www.rawgenerate.com
healing.echo.net.au/listing/jake-gallon-certified-detoxification-practitioner



Byron Bay Detox Retreats

Byron Bay Detox Retreats is a leader in wellness and a beachfront sanctuary to purify, reconnect and rejuvenate. Experience a life-changing transformation on one of their exclusive group retreats, rejuvenate during a personalised one-on-one retreat, escape for a weekend reset or book into the beachside clinic for a range of wellness treatments.

Suffolk Park, Byron Bay
0458 633 869 • info@byronbaydetoxretreats.com.au
www.byronbaydetoxgreens.com.au
www.byronbaydetoxretreats.com.au

healing.echo.net.au/listing/byron-bay-detox-retreats



Sweet Retreats at Sugar Beach Ranch Play | Laugh | Nourish

Sweet Retreats are remarkable three-day retreats where you can ground yourself without compromising on luxury. Take part in equine wellness, yoga, meditation, gourmet dinners on the beach, painting, fire ceremonies and sound bowl healing – all in the presence of beautiful horses. Relax and unwind each day around the magnesium pool, in nature's playground.

259 Keith Hall Lane, South Ballina
info@sugarbeachranch.com
www.sugarbeachranch.com

healing.echo.net.au/listing/sugar-beach-ranch



Retreats Byron Bay the Mind Body Spirit Experience

Come for a few hours or a few days:

- Uplevel your MINDset with I of RA consciousness experientials.
- Worship the BODY temple with the Sacred Samadhi Mbodi Yoga + Wellness Experience.
- Ignite your SPIRIT with their signature consciousness retreat, Claim Embody Radiate.

Studio hire, onsite catering and accommodation – create a unique experience for your next gathering, team building, class or workshop.

Myocum, Byron hinterland • www.retreatsbyronbay.com

healing.echo.net.au/listing/retreats-byron-bay



Gaia Retreat & Spa

Surrender to the beauty and healing power of Australia's most awarded boutique wellness retreat, situated on 25 acres in the Bundjalung Country hinterland of Byron Bay. Majestically nestled in the healing heartland of Australia, Gaia, meaning Spirit of Mother Earth, will seduce you to drift into a deep state of solitude with its endless vistas and unsurpassed sustainable design. Drawing on holistic wellness, Gaia Retreat & Spa has curated deeply grounding and restorative experiences that continue to inspire guests.

Check out Gaia's online listing for an exclusive 25% discount for the Byron Bay community at the Gaia Day Spa.

www.gaiaretreat.com.au • 02 6687 1670

healing.echo.net.au/listing/gaia-retreat



White Feathers Holistic Therapies

A holistic counsellor, Nicole offers Angelic Reiki, sound healing, energy clearing, meditation, and flower and crystal therapy, as well as Covid-19 injection removal, repair and soul reconnection healing. Sessions via distance, at local markets or in person for day appointments or weekend stays at Angels Rest Retreat. An infrared sauna, Japanese mineral shower and Kangen Water also available. 'High Vibes' self-care range also available to purchase.

78 Cecil Street, Nimbin / Northern Rivers markets / Psychic distance
0438 408 183 • nicolefeathers@gmail.com
www.whitefeathersholistictherapies.com

healing.echo.net.au/listing/white-feathers-holistic-therapies



The Rainbow Health Centre, Lismore – Naturopathic Health Clinic

A naturopathic health clinic offering comprehensive naturopathic consultations utilising homeopathy, herbal medicine, nutritional supplements, Bach flower remedies as well as nutritional and lifestyle advice. Electrodermal screening is a feature of all consultations and microbiome testing, SIBO testing and other functional assessments are utilised as required. Lee Vassella, Anna Lusty and Claire Patterson, who all hold a Bachelor of Naturopathy from SCU, are on hand to support you on your health journey.

02 6621 5121 • 0484 076 120 • info@rainbowhealthcentre.com
www.rainbowhealthcentre.com

www.healing.echo.net.au/listing/the-rainbow-health-centre



Bluefern Osteopathy and Holistic Health – Lismore and Byron Shire

Caring for your health and the health of your family!

Bluefern is an osteopathy and allied health clinic providing care for individuals of all ages, including adults, seniors, infants, and children. With a focus on Osteopathy in the Cranial Field, also referred to as craniosacral or cranial osteopathy, they also offer expertise in Visceral and Paediatric Osteopathy.

See their website for more information and to make an appointment.

0425 178 800 • info@bluefernoosteopathy.com.au
www.bluefernoosteopathy.com.au

healing.echo.net.au/listing/bluefern-osteopathy-and-holistic-health



Bangalow Wellness Hub – Aesthetic Medicine, Infrared Sauna, IV Vitamin Infusions & Hair Restoration

Locally-owned and doctor-led Bangalow Wellness Hub specialises in skin and body rejuvenation. Founder Dr Meera Perumalpilla-McGarry (local GP) and her husband Dr Ifraan Jetha (local Emergency Doctor) provide evidence-based treatments in a safe, tranquil and luxurious space where your privacy is paramount. Consultations available with Dr Meera for TMJ pain, skin rejuvenation, hair restoration, IV infusions and more.

96 Byron Street, Bangalow • 0477 287 112
www.bangalowwellnesshub.com.au

healing.echo.net.au/listing/bangalow-wellness-hub

Health Food & Wellness Products



Go Vita Byron Bay

At Go Vita Byron Bay, they have a wide range of natural health products including herbal medicine, supplements, beauty products, super foods, filtered water, aromatherapy oils, first aid and so much more to help you unlock life's energy. They are locally owned and have qualified naturopaths and nutritionists that are available to answer your questions, offer expert advice and guide your health solutions either in the shop or via consultation for lifelong wellness.

Shop 2, 69 Jonson Street, Byron Bay
02 6680 7464
www.govitabyronbay.com.au

healing.echo.net.au/listing/go-vita-byron-bay



Mullum Herbals & Bruns River Herbals

An over-the-counter natural health service that has been serving the local community for 24 years. The staff are all qualified Naturopaths offering professional health care and product advice. The business manufactures an extensive range of tinctures, creams and oils from quality raw materials, organic where possible. They also stock high quality affordable essential oils and the famous Mullum Herbals Easy Cleanse.

Mullum Herbals:
79 Stuart Street, Mullumbimby, 02 6684 3002
Bruns River Herbals:
2/28 Mullumbimbi Street, Brunswick Heads, 02 6608 2661
www.mullumherbals.com.au

healing.echo.net.au/listing/mullum-herbals



Life Cykel® – The World's Most Trusted Mushroom Extracts

Over 15,000 5-star reviews. Leading the planet on quality.

Life Cykel is a high ethos mycelium biotechnology company that engineers positive solutions to real-world problems. Based in Byron Bay, and with facilities across Australia and one in Wisconsin, USA. Producing products from spore to bottle, and with the expertise of in-house biotechnologies, they are passionate about producing the highest quality, full spectrum mushroom extracts on the planet.

Byron Bay based, stockists Australia-wide.
www.lifecykel.com • info@lifecykel.com

healing.echo.net.au/listing/life-cykel



The Remedy Room – Naturopathic Dispensary, Byron Bay

The Remedy Room provides a holistic approach to wellness, with their integrative team of certified naturopaths and clinical nutritionists available online and in-store to assist you with a comprehensive range of evidence-based, high quality herbal and nutritional medicines. Free 15-minute drop-in or phone consultations are available with their team to help you to assess and address your healthcare needs.

78 Bangalow Road, Byron Bay
info@theremedyroom.com.au • 02 6685 6445
www.theremedyroom.com.au

healing.echo.net.au/listing/the-remedy-room

Health Food & Wellness Products / Online



Flannerys Organic Wholefood Wellness Market, Murwillumbah

Real people with a real commitment to better health and wellbeing. Flannerys offer certified organic produce, wholefoods, chemical-free household products and skin care, local organic meats, fresh eggs, milk and bread – with gluten-free and plant-based options. They have free in-store naturopathic advice, quality supplements and herbal tonics.

Flannerys members receive 20% off vitamins and supplements on the first Friday and Saturday of each month!

66 Murwillumbah Street, Murwillumbah • 02 6678 2284
www.flannerys.com.au

healing.echo.net.au/listing/flannerys-organic-wholefood-wellness



Nimbin Herbs

Servicing the Northern Rivers for more than 25 years.

Nimbin Herbs is dedicated to transforming health and consciousness through medicinal herbs, plants, and mushrooms. Connected with both local and global communities of gardeners, educators, ethnobotanists and regular folk, they promote an Earth-centred life, celebrating the radical yet simple wisdom of natural healing. Join Nimbin Herbs to explore and embrace a more life-affirming culture through quality herbal products and educational workshops.

60A Cullen Street, Nimbin
0466 988 829

www.nimbinherbs.com.au

healing.echo.net.au/listing/nimbin-herbs



Andreas – LGBTQ+ Men's Tantra & Sacred Sexuality

"I specialise in supporting men who love men experience meaningful, loving, intimate connection to themselves, like-minded guys, and their spirit."

- Men's retreats • Nude Yoga • Tantric-Mentoring
- Connect to love • Gain sexual confidence • Learn and explore tantra, sacred sexuality and kundalini • Heal sexual shame, guilt and body-confidence • Improve relationships and communication

info@andreasembodiment.com • 0448 174 194
www.andreasembodiment.com

healing.echo.net.au/listing/andreas-lgbtq-mens-tantra-and-sacred-sexuality



Rob Sanasi – Lion Tamers ADHD Coaching

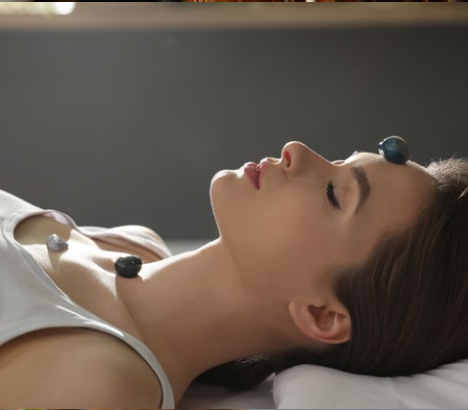
ADHD can be a superpower, but you have to tame the lion.

With decades of experience living and managing ADHD, Rob Sanasi can help you: Understand your brain, focus your attention, control emotions, set priorities, manage time, plan activities, stay organised, improve memory, get more done, AND help you try not to screw up things too badly!

ADHD coaching with The Lion Tamers – life can be so much better.

Sydney and online
0412 165 916 • rob@liontamers.com.au • [@adhd_liontamers](https://www.instagram.com/adhd_liontamers)
www.liontamers.com.au

healing.echo.net.au/listing/rob-sanasi-lion-tamers



Alternative modalities to heal the whole person

Aslan Shand

There are a range of complementary medicines and health practices that are available that can support the overall health of people including their physical health as well as their inner wellbeing. These practices include traditional, complementary or alternative medicines and herbal medicines.

Traditional medicines are ‘the sum total of the knowledge, skill, and practices based on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness,’ according to the World Health Organisation.

Complementary or alternative medicines are not fully integrated into the primary health-care system and can include traditional medicines. Herbal medicines are plant-based and can either directly use plants or use plants as a base to create remedies.

When looking to use traditional medicines it is important that people seek out authorised practitioners who have the authority to use these medicines and practices. Some people have taken traditional medicines and appropriated them without the cultural authority to do so.

There are a range of complementary or alternative medicines in the Northern Rivers that people can access, from kinesiology and acupuncture to naturopathy, spiritual healing, Bach flower remedies and homoeopathy.

The Rainbow Health Centre in Lismore, for example, draws on ancient, as well as modern understandings of the human body and how it operates in health and dis-ease. Many other practitioners and wellness centres also use a whole-of-health approach to health and wellbeing. This allows the practitioner to look at

more than just the body in terms of health and look to the spiritual and mental wellbeing of their clients.

‘The aim at the Rainbow Health Centre is to provide clients with insights and tools to help them on their way to achieving and maintaining optimal wellness,’ explains the Rainbow Centre.

The Byron Remedy Room and Mullum Herbals are also centres for providing naturopathic and herbal remedies, and look at a whole health approach to people’s health. They have extensive experience and provide qualified naturopaths that can assist you with complimentary consultations as well as dispense and provide guidance on the best evidence-based, high-quality herbal and nutritional medicines for your health journey.

Crystal healing, reiki and kinesiology are all modalities that look at balancing and healing the body and mind.

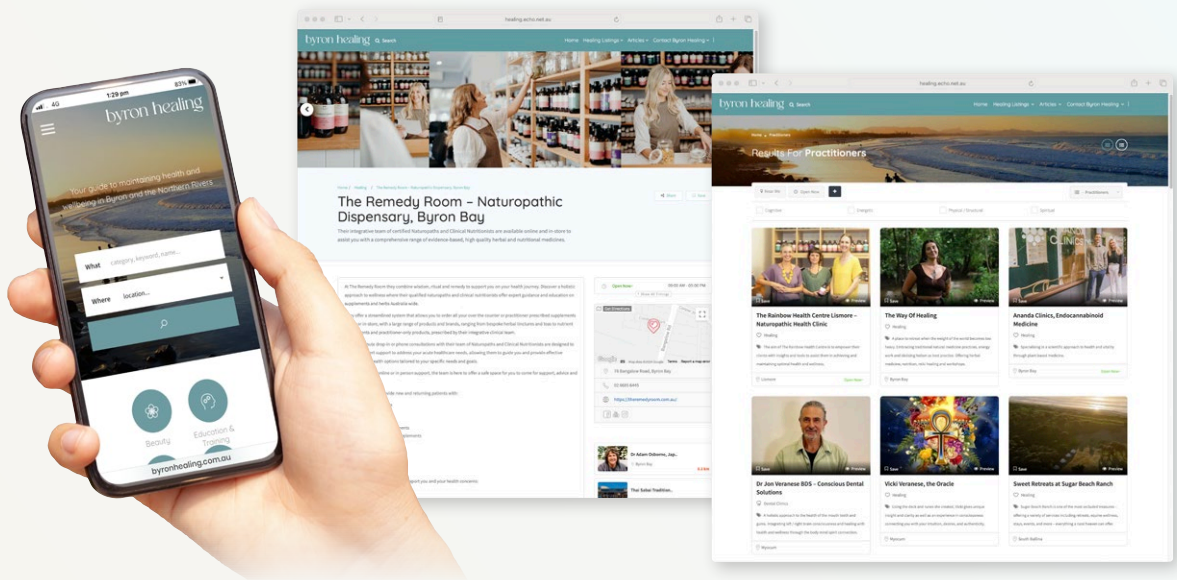
‘We are so much more than just physical and emotional bodies,’ explains practitioner Kate Messenger. ‘Kinesiology, crystal healing and other vibrational healing modalities enable us to tap into the incredibly complex biocomputer and energy systems of each individual and access a huge database of information. Using a variety of tools and techniques, such as crystals, flower essences, homeopathics, sound healing, nutrition, acupressure points, massage and more, we can release blocked energy, reprogram old filters and patterns at a deep cellular level and bring our systems back into balance.’

Taking a whole-of-health approach to wellbeing and health is an effective way for people to seek out the practices and modalities that suit them and provide the most effective outcomes. This way an individual can seek specific and wholistic exercises, understanding and practices that allow them to get the right mix of healing, spiritual, and health benefits from the people they chose to trust with their health and wellbeing.

Are you looking to promote your health or healing business?

Natural remedies, retreats, massage therapy, yoga and Pilates classes, health and healing practitioners, local GPs and physios, or anything in between... Byron Healing can offer your business a platform for advertising and promotion. With a dedicated and detailed listing page just for you!

Book now to have your own page on the website, social media inclusion, a space to list your events, and to be a part of the Byron Healing community!



www.byronhealing.com.au

A hub of information for practitioners and businesses, and a go-to for people searching therapies, activities and treatments, with active social media pages to support it.

Featuring informative articles curated by *The Echo's* editorial team, Byron Healing covers a wide range of health and healing topics from many authors, including some of our listed practitioners.

Contact the Byron Healing team now to discuss how to become a part of the Byron Healing community and feature on the website.

Contact: byronhealing@echo.net.au or 02 6684 1777

byron healing

byron healing

The NSW Far North Coast and Northern Rivers region is well known for its alternative lifestyles, and the different methods of finding inner harmony and health practiced here. This colourful community is blessed with an abundance of healing practitioners of all kinds, as well as medical professionals grounded in modern Western medicine. Whether you are looking for natural remedies, a yoga class, healing of a spiritual nature, for allied health treatments, or anything in between, we hope that Byron Healing helps inform you of the different modalities and experiences available for you on your health and healing journey.

If you like what you see in this magazine, be sure to check out the Byron Healing website. The comprehensive website includes articles and detailed listings of all of the healing practitioners, businesses and services in this magazine.

byronhealing.com.au



Proudly produced by
Echo Publications