

NEWS & EVENTS



Circles of Learning

To be fully aware - feel more, taste more, smell more, see more and hear more. Lessons in how to 'feel'

We can't let this article in Sunday Telegraph, December 26, go by without comment as it relates so strongly to why we developed the Clever Kid Health & Play program, and its importance in improving children's learning abilities and overcoming symptoms of ADD/ADHD.



"Reading, writing and arithmetic are important but schools are also being urged to teach young children about emotions.

US research psychologist Marc Brackett says "emotional literacy" should be part of the curriculum from as early as kindergarten.

His theory has been supported by improved performance in US schools.

Research by Dr. Brackett at Yale, a leading US university, shows children at schools with an emotional literacy program raised their grades by an average of 11 per cent." (*Clever Kid also improves reading and writing*)

[Click here](#) to read more.

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Healthy Snacks on the Run

Snack Bars—are they all Healthy? The answer is that most of them **are not**, and you need to take a very close look at the ingredients and what is being offered.

There is one healthy Snack Bar we feel **we want to share with you**. Healthelicious snack bars contain 55 healthy ingredients to really boost your energy, they have high nutritional value, and really are delicious. Tom Grimshaw from Healthelicious says, "The purpose behind my Healthy Snacks is to boost your energy, vitality, intelligence, health and longevity by delivering the most nutrition I possibly can from mostly natural, raw, healthy food in a convenient format so you can eat it at any time". All are Gluten Free and most are Dairy Free. There are 6 varieties - to learn more and order on line order [click here](#).

I have personally felt more energised and alert after eating these Snack Bars.

Be healthy, happy and energised...Welcome to 2011

Happy New Year, Judith

Discover Balance

HOLIDAY WORKSHOPS

Develop children 7yrs + & teenagers life skills by

nurturing creative abilities.

Children and teenagers and learning coping skills esp. if anxious, depressed, confused or angry.

Programme Information

Harmony intro workshops:

Options 2 sessions per workshop –

1 day or 2 half days

Times: 10-12noon & 1-3pm.

Jan 8/9th, 15/16th & 22/23rd

Cost: \$125

Balance workshops:

8 x am sessions 10-11.15 or

8 x pm sessions 4-5.15

1st series: Jan 4th, 5th, 6th, 7th & 11th, 12th, 13th, 14th,

2nd series: 17th, 18th, 19th, 20th & 24th, 25th 27th 28th.

Cost: \$345

Bliss workshops:

3 days 1-2.20pm

Jan 28th, 29th & 30th .

Cost: \$150

Venue: Coogee, TBA

Materials included. 10% discount when you participate in the series - Introduction Harmony, Balance, Bliss.

www.circlesoflearning.org.au/programs/childrens/discover-balance/p/99



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Boost your child's health naturally

A child's mind is wide-open. All one has to do is walk through the local supermarket to see the abundance of products that are making big money pandering to this fact. This open mind that functions in a perfectly integrated way is susceptible to stress (nutritional, emotional or just an overload of the senses).

As a child grows, he or she will adapt to stress and develop coping skills to help them thrive within their environment. These adaptations may show as a range of things such as behaviour, food sensitivities, learning difficulties, difficulty fitting in, or just failure to thrive.

The classic example is the birth of a sibling, which can be a great thing for a child as they grow, but feels like the literal end of the world for a two-year-old. These emotional stresses can actually change the way electricity and energy move within the brain and can affect learning and behaviour later on in life.

It doesn't mean that they have "bad" parents; just that children are incredibly self-centred when small, so even tiny shifts of a parent's attention to something else can feel traumatic.

Radiance Healthcare have created programs with you and your child in mind, using a mix of kinesiology and naturopathy, we address the underlying stress of your child's current state (nutritional, structural and emotional). Our treatments are designed for success and easy implementation as well as being fun and exciting for your child.



**Special Introductory Offer
30% off Initial consultation
for paediatric naturopathy
and kinesiology consultations**

Was \$140 Now \$99

**To find more about our children's
programs**

Please call 9247 4633



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