



The People's Health Alliance

for The People, by The People

Bunbury & the South West

Newsletter June 2024

PHA is FOR THE PEOPLE BY THE PEOPLE. We are a small core group, and we are looking for committed volunteers and practitioners to help man the tent at the markets, whether it be for an hour, two hours, one Saturday a month, or to help set up or help pack away. We need people to spread the word, write the newsletter, help with web design, update the database, take on a fundraising role/idea and make it happen, or anything else YOU think you can help us with. Our aim is to educate and hopefully have our own premises in the near future, but we cannot make that happen unless we have volunteers. If you would like to join us at The People's Health Alliance, Bunbury and the South West either as a practitioner or volunteer, please check out the [website](#) or email us at phabunbury@protonmail.com for more information.

Bunbury Markets



From the Team in the Marquee at The Bunbury Markets, welcome to our followers both regular and new. We continue to experience good exposure by being at the markets and would like to thank Ness and Bex for being very accommodating to any requests or assistance. There has been a noticeable increase in interest from the general public regarding integrative therapies which means we are now referring them to our Practitioners, who are benefiting from this, which is what PHA is designed to do.

Interestingly we have noticed an increase in new Practitioners, having the conversation and proceeding to join our organization, welcome aboard. Fluoride Free Bunbury were in the Marquee this month. There was a lot of interest regarding this issue which showed that people are not only aware but also concerned about this, thanks Susan and Cedric. Thanks for reading and stay well.

Linda

Meetings



PHA meetings are held the 2nd Saturday of the month. Our next meeting will be the 8th June at the South West Women's Health Information Centre at 10 am SHARP. If you have any questions, or would like any information about PHA, come along or alternatively email us at

phabunbury@protonmail.com

Please use the entry via Plaze Street. **Gold coin donation to cover the cost of the room hire.**

EVERYONE WELCOME!!!

Practitioner Presentations



Our Practitioner Presentation for March was presented by Gaye McBride – Reiki Master Hypnotist.

Gaye has had over 20 years of experience in her craft and is a wealth of knowledge. She is able to help people with weight and stress management, addiction and a multitude of other challenges we face in life. Her modalities can be used in combination or as standalone treatments.

Last Sunday Gaye shared with us her interesting and colourful background including the 18 years she spent living and working in New Zealand.

We were able to watch as she

performed some Reiki on one lucky participant and then all those who chose to could participate in a group meditation aimed at leaving everyone really relaxed and refreshed. Mission Accomplished there Gaye! We all felt great!

For those who couldn't make it to the presentation, fear not. You can find Gaye at www.hypnosynergy.co

A Note From Gaye

Hi,

Just want to give a BIG shout out to the PHA.

Thank you so much for the opportunity to be part of the amazing group of people dedicated to promoting Optimum Health and Wellbeing!

Promotion at the Bunbury Markets and being invited to speak at practitioner talks on well-ness has brought an abundance of work, which brought more work from client recommendations, so thank you PHA.

Hypnosynergy Hypnosis and Gaye McBride

Reiki Master Hypnotist

April

For the month of April we welcomed back Natural Health Practitioner, Steve Kineez.

Steve challenged our beliefs of what is a good and healthy diet and showed us what he believes is the natural way of "sustenance-eating".

With weight and gastrointestinal-related health issues common place in the western world many are looking to the western diet as a possible cause as it encourages the over-consumption of mainly highly processed and/or a relatively wide variety of foods.

We were shown how and when to consume and what food is normally required to naturally sustain one's body, along with the raised probability of achieving and maintaining a natural better-fit-for-frame body shape, and the positive health benefits associated with such.

Steve shared with us his personal journey of discovering how eating the right way can have a huge impact on the body's ability to heal itself.

May

For our Practitioner Presentation this month we welcomed Ian Gardiner from South West Herbs who presented - **Cannabis 101 & Then Some**.

Ian took us through the history of cannabis from ancient times until now. The number of medicinal uses for this plant are incredible to say the least.

Ian has completed years of research looking at scientific studies that prove time after time how conditions such as Cancer and Epilepsy can be controlled and even cured by this amazing plant.

There were plenty of questions for Ian from attendees and others who gave personal testimonies about the benefits they had experienced.

Ian is helping literally hundreds of people in the south west area through his knowledge and products.

For anyone interested in knowing more, drop in and see Ian at his shop "South West Herbs" in Princep Street Bunbury.

Nicky 😊

"WE ARE READY TOUR" with Monica Smit



With only 6 days' notice, we managed to host Monica Smit, the freedom fighter most famously known for being thrown into jail for 22 days.

We gathered in the Dardanup Hall, with great thanks to Matt from 241 who procured the place. He also organized the sound system, which worked splendidly.

Monica, who is travelling around Australia with her parents, presented her talk on her experience in jail, how she got to Cell 22 and her advice for moving forward. She was warmly welcomed and enjoyed by over 70 people, from all around the area. Part of plan is to use her platform to highlight the different groups that exist in the area.

Susan introduced briefly the fluoride group, council and wind farm proposal. Aligned council of Australia biggest letterbox drive was promoted, which resulted in around 3500 flyers being promised to get into letterboxes in the wider Bunbury area as well as Bunbury itself. An opportunity also arose for PHA to be introduced, and this was used as well to promote what we have done, are doing and hope to recruit more people to help us move forward. It was a great night and big thanks to Matt for jumping in to find and secure the venue. Thanks for the PHA girls for also enthusiastically contributing to making the evening a great success. Monica has a video on her page with a brief reflection.

<https://www.monicasmit.com/community-groups/dardanup-wa/>

Joyce Van Duyen

Venue

We are looking for a stand alone building which we could use as a base. Perhaps a room somewhere to start off with, which could be used on a regular basis. If anyone knows of anywhere or could help with this, please let us know.

Practitioners and Volunteers

If you are a practitioner or would like to volunteer, please [email us](#). Practitioners that would like to be advertised on the PHA website (www.pha-bunbury.org), please email a photo and bio, (check out those that have already done so under Practitioners). We can send you the link to Discord also as we are starting up a database of practitioners who align with the PHA's ethos. In return it would be expected that you volunteer or help out in some way.

Donations

At present we are only taking cash donations, so if you would like to donate, please contact us on phabunbury@protonmail.com or come and see us at the Bunbury Markets every 2nd week.

Who is PHA????

"Good health care is a right not a privilege – We will inspire, teach, motivate and empower people to take control of their own health" PHA.

PHA stands for Peoples Health Alliance. After launching in the UK in 2022, PHA has already attracted the attention of more than 28 countries across six continents, including Australia, NZ, Canada and USA! *"People want and need good healthcare on a global level".*

PHA is a people-led initiative, a growing group who are passionate about bringing power back to the people. The organization is community and society focused and a major part of our role is to support the community development of PHA health hubs. PHA strives to facilitate the creation of a network of independent, integrative health hubs that can support their local communities as well as being part of a wider network that supports people globally. Volunteers and Practitioners of PHA aim to awaken a passion in people to take control of their health and their families.



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