



Newsletter September 2023

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, we would love to have you.

Bunbury Markets



Well we had our first markets after the August break. Thank you to the SWFM for lending us the marquee. A BIG thank you to Linda for organising the markets and giving up every second, freezing Saturday morning. Also thank you to Karen, Nicky, Barry, Nat, Chelle, Rod, Susan, Joyce, Sarah and Nic. Hopefully I haven't missed anyone. It is all of you that make PHA the great initiative it is!!! Bunbury Markets are on the first and third Saturday of every month. Come down and find out what we are about or just come and say goodbye!!!

We are a small core group, and we are looking for 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, help at the library sessions, 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 can help us. PHA is FOR THE PEOPLE BY THE PEOPLE. Please email: phabunbury@protonmail.com

Meet the Practitioner

Starting on the 15th of October we will be inviting practitioners who are part of this fantastic initiative to run short seminars to showcase their expertise The first will be Steve Kineez on **Homeopathic Tissue Salts and a Few Other Remedies: A Home Practitioner's Introductory Guide**. This will take place on **Sunday 15 October 2023 @ Milligan House from 1.15pm for 1.30 start till 3.30pm**. Please **RSVP Nicky on 0403952972, (text only) by the 13th of October** to ensure appropriate number of handout notes are printed.

Let's Talk

We have created a new initiative, which will take place every 3 weeks at Milligan House. Each meeting will focus on a new health topic which will empower people by giving them the opportunity to talk to people with the same illness and give them different ideas, options and strategies to improve their health. The first one was held on the first of September with Joyce, (a nursing professional) and this is what she had to say:-

Let's Talk about High Blood Pressure

After weeks of figuring out just how and where to run the session, the first Let's Talk session came to fruition. The purpose of the sessions is to gather people of the community together to share their experiences – good and bad – of how they are dealing with a nominated health condition, and in doing so picking up other ideas and options that could perhaps work for them too.

Milligan House was procured for the venue, and we had a small group of ladies gathered together. Each one could share their experiences of their history of High Blood Pressure, how long they had had it, what treatment they had, what has and hadn't worked and what they were planning to do in the future.

From a PHA perspective, although it was a small group, it was a good way to start to see how it will go in future. It also gave us links of others who may be aligned with PHA values. Personally, I felt it a great opportunity to use my nurse's brain again.

Joyce Van Duyn

Let's Talk about Fibromyalgia

I had a lovely discussion with the one attendee who had her own story of what worked and didn't work for her journey with fibromyalgia. I also received one apology.

Pain is one of those things that is experienced differently for everybody and it was informative to hear the different approaches offered to her by mainstream medical practitioners and also through her own research.

I have introduced a handout that will be part of the PHA information sheets that assists the individual to research the medications they are taking and perhaps the medication's role in their pain and inflammation experience. The handout takes you through the nps.org.au search process. The same information may be available through your local pharmacy.

Incredibly, there are pain medications that actually have pain listed as a side effect! Also, medications for other medical conditions can cause pain and inflammation within the list of their side effects or even adverse events. Be aware that some medical practitioners will deny the symptoms of pain and inflammation being attributed to medications. Trust your intuition.

The bottom line is to take responsibility for your health. Be prepared to hear conflicting information – yes, it can be very confusing, but it boils down to what changes you can make in your life to improve your quality of life. Try different therapies and therapists. It is important that you like and are comfortable with the therapist caring for you. Don't accept "there is nothing more we can do for you" as the end of the line. Keep up the search.

I have put a bit more detail in here because I think there were people that couldn't get to the talk but were interested. It didn't matter to me that there was only one – her stories made it totally worthwhile for both of us!

Karen Mazzella

The next "Let's Talk" will be the 13th October at Milligan House and the topic will be ***"Let's Talk Diabetes"***

Meetings

PHA meetings are held the 2nd Saturday of the month. Our next meeting will be the 14th October at the South West Women's Health Information Centre at 10 am SHARP. Please use the entry via Plaze Street. Gold coin donation to cover the cost of the room hire. EVERYONE WELCOME!!!

South West Fluoride Action Group – What's in Your Water

SWFAG is a group of concerned locals and also accommodating those from further afield although Don Punch recently said they are not going to fluoridate Busselton as there is enough natural fluoride in their water (like in Bunbury actually).

There is plenty of research and information about substances which are added to the domestic water supply. There is also plenty of information about other chemicals and additives that make their way into water for instance pesticides and other drugs.

Regulations define the amount that is allowable in our drinking water, there is an Australian standard and a Western Australian state standard also. All the water providers are state owned corporations. Our Bunbury water is acceptable according to the regulations.

Chemicals added to our water without our permission for reasons that are probably questionable like fluoride have been researched by many studies. There is a website devoted to this in Australia www.fluoridefreeaustralia.org that has a page specifically for Bunbury as fluoride has not yet been added to Bunbury water. You are urged to go to the Bunbury page and use the letter templates to send letters to the suggested individuals.

An independent set of tests was performed on the Bunbury area water last month and was submitted to MPL lab in Perth. The results showed that there was a level of fluoride in Bunbury water, calcium chloride a naturally occurring fluoride which is not harmful to human health, that was at least 50% of the fluoride level in nearby areas that already have fluoride obtained from industrial process added, that is proved to be harmful by numerous research. It is therefore unnecessary to add more fluoride to Bunbury water.

Fluoridated areas Burekup and Australind have fluoride around .74 mg/litre but no lead. Donnybrook is free from fluoride and lead.

There was also a level of lead in the Bunbury water varying from 1 to 8 micrograms per litre. This could be from leakage of lead from pipes or connectors. This will be more prevalent if the industrial fluoride is added to the water as fluoride leaches lead. Lead is also interfering with human health in fact the acceptable levels in Australia have been reduced by 80% in 2021 as this is a well-known toxic heavy metal. To remove lead, they could add another chemical, but hopefully they will instead try to upgrade the pipes.

Fluoride and lead are bio accumulative so that means that our body keeps adding these toxins to our internal biological make up, so this is a more dangerous addition to water.

Another additive used to sterilise water is chlorine. This has also been shown to be toxic to humans in certain levels and over many years, but this is not bio accumulative.

Susan Galea

Fundraising

To move forward, we do need money. We are currently working on a quiz night.....watch this space..... If you have any great ideas about fundraising or believe you could help out in some way, please email us at phabunbury@protonmail.com Any and all ideas about fundraising will be gratefully received.

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.

Discord

Practitioners are getting together on Discord on the first Monday of every month at 5pm. Feel free to join them on the 9th October, Just email us for details.

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.

What does PHA support???

PHA supports the use of allopathic and other forms of complementary and alternative-based medicine (CAM) i.e., integrative, functional, energy, herbal, homeopathic, naturopathic, nutritional, ethno-medicine's and environmental. There is now extensive evidence for the safe and effective use of CAM therapies in Australia (Meyers et al.2012)

PHA is obligated to support the Health and Wellbeing of everyone across all sections of society.

Education becomes knowledge and applied knowledge is enacting change. PHA aims to use education to empower people to take responsibility for their health, particularly regarding the contribution of habitual behaviours to chronic disease.



Advanced Diploma Kinesiology
Post Grad Cert - Preventive Medicine (Nursing)

0438 915 841

Email: karen@karenmazzella.com.au
Webpage: www.karenmazzella.com.au

East Bunbury, WA

Next Gen Wellness

Feel Better Move Better Think Better

Pain & Stress Management Using
~ Infrared Therapy
~ Hypnotherapy
~ Life Coaching
~ Health Products



Dani Hewton

0497 20 40 80

www.nextgen-wellness.com.au



HERBAL HIPPIE

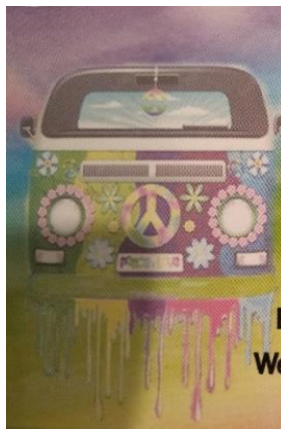
Nat Pascoe

Herbalist

PH: 0423068365

Email: info@herbalhippie.com.au

Website: www.herbalhippie.com.au



Naturally Remedial

Massage with Michelle

0413 715 646

Specialising in:
Remedial, Sports, Relaxation,
Reflexology, Deep Tissue,
Trigger Point & Reiki



Emotional Freedom Techniques (EFT) Practitioner
Reiki Master/Teacher



Emma Todd

0449 553 715

[grounded_soul_energy_healing](https://www.instagram.com/grounded_soul_energy_healing)

www.groundedsoul.com.au



Hypnosynergy Hypnosis

Hypnosis & Reiki for Positive Behavioural change
in Stop-Smoking, Stress & Weight Management
Motivation, Confidence, Balance, Well-Being and ... so much more!



Ph: 0455221679

Reiki Master Hypnotist Gaye McBride

EXCELLENCE in HYPNOSIS HNZ AWARD RECIPIENT

<https://hypnosynergy.co>



DOC
NIC Integrated
Brain
Wellness

Dr. Nicholas Keown

IMD, Ph.D, Psych (Hons)

Integrative Healthcare Practitioner

doc-nic.com • nicholas@doc-nic.com • (+61)437 316 668

Integrative Psychology • Sleep Medicine • Sports Performance Optimisation

A TOUCH OF RESONANCE

CORRECTIVE BODYWORK, MASSAGE,
EMOTION, AND ENERGY CENTER

ROD JONES 0458 970 969



Melia Brent-White
INNER EQUILIBRIUM

ENERGY, SOUND AND VIBRATIONAL HEALING SPECIALIST
BODYTALK, HELIOSOL, SOUND MASSAGE, EQUINE ASSISTED LEARNING

0432 081 935



Sarah Collin

Awaken Your Heart Song

Ayurveda & Yoga Therapy Consultant

0409 955 575 • sarah@sarahcollin.com

sarahcollin.com

Lulu Langford

Build your own family dispensary
Perfect for all your animal care
Self sufficient health care
Suitable for all ages

Herbalist

Homœopath

Acupuncturist

pH Nutrition Advisor

Former Remote Area Nurse

Organic Farming & Gardening

Margaret River - Western Australia

Build your Botikin
chrysalisoriginal.com

Everyday Health Tips
edenichealth.online