



The People's Health Alliance

for The People, by The People

Bunbury & the South West

Newsletter September 2024

September already, this year is flying by!!!!

As you already know we are a small core group, and we are always looking for volunteers and practitioners to help man the tent at the markets, whether it be for an hour or two hours, one Saturday a month. We need practitioners for our monthly practitioner talks, people to spread the word, write the newsletter, help with web design, take on a fundraising role/idea and make it happen, or anything else YOU think YOU can help us with, we are always open to suggestion. **PHA is for the People, by the People.**

If you think you can help at The People's Health Alliance, Bunbury and the South West either as a practitioner or volunteer, email us at phabunbury@protonmail.com, and we can get together and have a chat. If you are not sure what we are about, email us and we will get back to you, or check out the [website](#)

Bunbury Markets



After a well earned winter break the PHA Team will be starting back at the Markets on 7/9/24 and we look forward to re-connecting with you all. At the markets leading into the winter break we held the last of our Practitioner Treatment raffles, these were popular; however it was surprising the number of people who did not carry cash. Our mini treatments were also popular and an introduction to Spooky 2 frequency treatment options were well received.

Representatives from Flouride Free water and Residents against the 5G installation at Minninup were making the community aware of the health dangers from both of these government initiatives. Sadly we have to report that both of these initiatives have gone ahead, money, once again gazumps health.

We hope to see you all in the Marquee on the 7/9/24.

Practitioner Presentations

Once a month, (usually at the end of the month) we hold a practitioner talk at Milligan House. This gives practitioners a chance to showcase their modality and at the same time gives the public a birds-eye view of what modalities are available. These presentations are a service to the public, we just ask that you donate what you can.

June Practitioner Presentation



Our practitioner for June's Practitioner Presentation was Energy Healer, Cherie Jackson.

Cherie presented her workshop titled "Heal from Within: Raise your Vibration and Unlock your Potential"

The purpose of the workshop was to gain an understanding of emotional energies, connect with your higher self, release negative energies and measure and raise your vibrational level.

Cherie showed us some practical tools for self-healing and different techniques to remove negative energy and replace it with positive energy.

The room was full and people were keen to put the techniques into practice.

Cherie was a very popular practitioner and she has offered to come back and present again in the future so keep an eye out for Part 2 of her Energy Healing workshops.

If you want to know more about what Cherie does or would like to book an appointment with her, check out her website at www.metaphysicalcoding.com

July Practitioner Presentation



Our practitioner for July's Practitioner Presentation was Emma Todd.

Emma is a Reiki Practitioner and teacher and she shared with us some of her "Emotional Healing Techniques".

Participants learned what EFT (Tapping) is, how it works and how it can help you feel more regulated in your day-to-day life.

Emma runs retreats, workshops and 1:1's and can be contacted through her website www.emmatodd.com.au

August Practitioner Presentation

For our Practitioner Presentation in August, we were lucky enough to have Energy Healer Cherie Jackson back with us to present "Heal from Within: Elevate and Transform with Frequency Codes".

Cherie showed participants various muscle testing and grounding techniques

We also learned about the difference between Trigger (Primary) and Response (Secondary) emotions and how to recognise and release them

Can you believe even water can hold negative and positive energy!

To find out more or to book an appointment with Cherie visit her website at

www.metaphysicalcoding.com

Meetings

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

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 you know or have heard of anyone who could help, please let us know. We are presently looking into a venue for perhaps a day a week!!!! Stay tuned

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 at least once a month.

Donations

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

PHA Bunbury Contact Information

Facebook:<https://www.facebook.com/groups/716601906615985>

Telegram:<https://t.me/+RWZSCc25XVixZDRI>

Email:phabunbury@protonmail.com

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.

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.

September Newsletter Showcased Practitioners

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