



The People's Health Alliance

for The People, by The People

Bunbury & the South West

Newsletter December 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.

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 "Let's Talk" 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 with. PHA is FOR THE PEOPLE BY THE PEOPLE. Welcome to our new members, Andrea, Gaye, Sarah, Sherlee, Dvorah, Dani, Karen, Lyn and Gabrielle. Sorry if I have forgotten/missed anyone.



Bunbury Markets

Having a stall at TBM has been a very successful way of promoting what PHA is about and its purpose. In doing this we have also introduced the public to many of our Practitioners and their value in Primary Health care. A big thank you to Ness & Bex from TBM for their wonderful support for our vision. Thanks to everyone who has helped out at the markets, especially Barry who has helped Linda set up on Saturdays. 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!!! Our last market will be on the 16th of December and we will be on break till the 20th January.



Practitioner Presentations

Starting on the 15th of October we invited practitioners who are part of this fantastic initiative to run short seminars to showcase their expertise. The first was Steve Kineez on **Homeopathic Tissue Salts and a Few Other Remedies: A Home Practitioner's Introductory Guide**.



This month we held the first of our practitioner presentations on Energetic Health with Steve Kineez.

The purpose was to provide attendees with an intense yet simplified overview of Homeopathy with a particular focus on tissue salts and the multitude of uses for them.

The presentation at Milligan House had practical information for everyone from a total novice to those with significantly more experience with homeopathic principles and everyone in between.

PHA Bunbury and the South- West would like to extend a huge thank you to Steve who was kind enough to donate his time and material free of charge.

The room was packed and feedback confirmed that everyone enjoyed the afternoon and went away with a much better understanding of homeopathic principles and plenty of practical uses.

A big thank you also to Linda and Janis whose hard work helped to make it all happen.

If you missed the presentation with Steve, be sure to check out his website at <https://stevekineez.health/>

November Practitioner Presentation

The focus for this month's presentation was **"Good GORD! Digestion starts at the Mouth"**

Karen Mazzella and Steve Kineez who were our Practitioners for November, covered digestive issues from the mouth to the duodenum including the pancreas and the gall bladder.

Karen was a Registered Nurse for more than 30 years and worked in surgical, medical, critical care, community and primary care settings. She is also trained as a Kinesiologist with more than 10 years experience. She has now devoted all her time helping people in this area. Karen took us through how to look at one of the official websites that offers detailed information about any medication available in Australia with a focus on Reflux and Heartburn medications. She also shared her family's personal journey through the medical system.

Steve is also a Kinesiologist and has been practicing Synergetic Kinesiology for 10 years. For the last 2 years Steve has included Shamanic techniques in his practice. He took us through some non-medical options he has used to relieve and rectify general digestive issues including gluten intolerance.

He shared his lived experience dealing with digestive issues over a number of years.

In his own words Steve takes a "multi-modal approach to health" and prefers using "non-pharmaceutical / non-surgical methods" for treatment.

We thank both Steve and Karen for sharing their knowledge and expertise with us.

We will be taking a short break for December but be sure to keep your eyes out for the next Practitioner Presentation in the new year.

Nicky Dobrich

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. Stay tuned for more info next year!!!

Epic Weekend



SW Epic, a freedom gathering organized by Jendy, finally came on December 2nd. It was an initiative to gather freedom fighters, to share about their current projects in the community. Joyce represented PHA by sharing the history and current goings on by PHA Bunbury. It fitted in well with Ian and Nat talking about detoxing the body, with Deb sharing about her Energy healing system, Ty and his didgeridoo, as well as with the Peoples Action PACCOWTA panel. It also helped financially as PHA had a cake/sandwich stall to raise funds. Thankfully Deb brought her cakes after the rest had been plated, so her cakes baked in the LOTUS Light Centre were auctioned off for a very, very generous amount. Nat also donated her herbal blends as did Ian from South West Herbs and they too contributed a great amount for PHA. Thanks to everyone who contributed either by making cakes and sandwiches, helping plate up or generously donating. Thank you.

Joyce Van Duyn

Meetings

PHA meetings are held the 2nd Saturday of the month. Our next meeting will be the 9th December 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!!!

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 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 4th December. Just email us for details.

Quiz Night



The PHA Quiz Night will be held Friday Feb 16th 7pm to 10pm at the Waters Edge Cafe/Restaurant. Please keep these dates free. If anyone had any donations or anything that could be used for prizes please call Janis on 0428514791.

We also have drop off points for vouchers or any unwanted gifts that you may have at 6 Carob St in Bunbury, (on the front verandah), 25 Brunswick Rd, Brunswick and 49 Parkfield Way, Australind

[The People's Health Alliance Quiz Night Tickets, The Waters Edge Cafe, Bunbury | TryBooking Australia](#)

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.

Return to Boranup Weekend

Well here we are nearly a year on!!! We will be holding our annual retreat in Boranup on the 27th-28th of April. Thanks again Anatole for providing the venue. As last year there are limited bedrooms, but plenty of mattresses and camping space. There is also plenty of accommodation nearby if you wish to stay for the weekend. More info to follow!!

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.

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**Merry Christmas and Wishing you
everything great in 2024!!!!**