

ALCHEMY IN MOTION



SPRING NEWSLETTER

MORE APPOINTMENT AVAILABILITY @ NOOSA

Due to high demand and a growing waitlist, we have extended our Pelvic Floor Physio hours as well as our Sports and Musculoskeletal Physio hours as of mid September. A fundamental part of the Alchemy model of care is availability - we want to be there for our clients when they need us. In opening up more hours we now have the opportunity to see clients **within 1-2 days of them calling** - furthermore enhancing the service offering and quality of care that Alchemy provides.



ALCHEMY ANNIVERSARY

We would like to acknowledge the work anniversary for our gorgeous Kate who has been a part of the Alchemy family for three years! Here's to the next three! xx



NEW TEAM MEMBERS

We are thrilled to welcome TWO new team members into the Alchemy family!

- **Olya Antonio** - joining us in September. She is a physiotherapist with a special interest in women's health, musculoskeletal injuries and yoga. Olya will be working across our Noosa and Buderim practices and will be providing both pelvic floor and musculoskeletal physio services. Olya brings an incredible amount of experience, knowledge and passion in not only physio but yoga and holistic health. We are so excited to welcome Olya into the Alchemy family and can't wait to see her mould this special role into her own.



- **Kelly Rechtin from Milk Supply Noosa** - joining us in October. Kelly is an Internationally Board Certified Lactation Consultant and Child Health Registered Nurse with over 15 years experience in a range of hospital and private practice settings. We have worked with Kelly for many years now as an external referral partner but we're so excited to formally welcome her into the Alchemy Family!



TEAM MEMBER TRAINING

We make it a priority to continue up skilling and learning so that we can always provide our clients with the most up to date, effective care. Here are some of the courses our clinicians have completed recently:

- **Mitch** - Dry needling for Remedial Massage Therapists
- **Olya** - APA Women's Health Physiotherapy

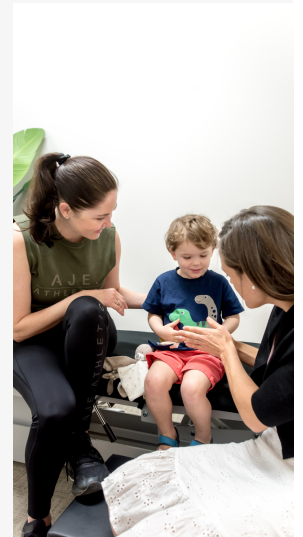
ALCHEMY SERVICES

At our NOOSA clinic we continue to provide:

- Pelvic, Women's & Men's Health Physio
- Sports / Musculoskeletal Physio
- Nutrition & Dietetics
- Occupational Therapy
- Remedial Massage
- Exercise & Rehab Classes
- Sports & Exercise Medicine

At our BUDERIM clinic we provide:

- Pelvic, Women's and Men's Health Physio



TEAM MEMBER NEWS

Caren and Ocean presented at the Australian Endorsed Midwife Conference in August. They both received wonderful feedback and have been accepting various new referrals since this event.



Caren has also recently presented:

- **Human Milk Oligosaccharide profiles and associations with Maternal Nutritional Factors: Findings from a Scoping Review @ ISRHML** (The International Society for Research in Human Milk and Lactation) Biennial Congress, Stockholm, Sweden.
- **Associations between Human Milk Oligosaccharide profiles and Maternal Nutritional Factors @ Sunshine Coast Health Institute (SCHI)** seminar series, Sunshine Coast University Hospital
- **Investigating the associations between maternal nutrition factors and human milk oligosaccharides (HMOs) @ Centre for Bioinnovation 2022 Research Symposium, Queensland**
- **Bioactive components in human milk - nature's most advanced supplement for the most vulnerable infants. Three-minute thesis (3MT) @ Centre for Bioinnovation 2022 Research Symposium, Queensland**
- **Maternal nutrition affects the composition of HMOs in Human Milk @ Dietitians Australia conference, Adelaide**

Caren also has another upcoming presentation: **How does Maternal Nutrition impact bioactive components in Breastmilk? @ ISRHML** (The International Society for Research in Human Milk and Lactation) Biennial Congress, Panama

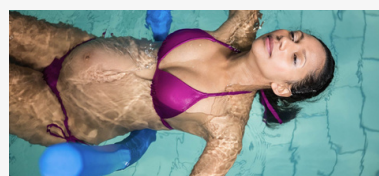
We are so lucky to have such wonderful experienced clinicians at Alchemy who truly share a passion for providing gold-standard, evidence-based care for their clients and the community.

We are also incredibly proud of what our clinicians and team achieve not only in at Alchemy, but in the community and within their respective professional networks.

COMMUNITY ENGAGEMENT

We continue to be actively involved in the Noosa community through:

- Ageing Well classes @ Noosa Leisure Centre
- Pregnancy Aqua @ Noosa Springs
- Trilogy - Alchemy run club



ALCHEMY CLASSES


We continue to offer our clients exercise classes in at our Noosa clinic including:

- **Mindfulness in Motion**
 - Yoga
 - Stretching
 - Breathing
 - Mindfulness
 - Meditation
- **Strength ABC (After Breast Cancer) Class**
- **Physio Exercise Rehab**
** NEW CLASSES AVAILABLE **



ALCHEMY RESOURCES


We are continuously updating and adding to our Alchemy Resources on our website - including blogs, interesting case studies and factsheets to help educate, inform and provide clinical support. Simply visit our website and click on RESOURCES for more information.



BLOG


Clinical information on latest assessment and treatment techniques and evidence based advice, recommendations and clinical updates.

[ALL](#) [DIETETICS](#) [EXERCISE](#) [MASSAGE](#) [PELVIC FLOOR](#) [RESEARCH REVIEWS](#) [SPORTS & MUSCULOSKELETAL](#) [WOMEN'S HEALTH](#)




How to Introduce Allergenic Foods to Your Child

CATEGORY: DIETETICS How to




Cow's Milk Protein Allergy

CATEGORY: DIETETICS Cow's Milk Protein Allergy Cows' milk



Plant Based Diets for Kids

CATEGORY: DIETETICS Plant Based Diets for Kids- Are they a



LUTS & Clinical Anxiety

CATEGORY: PELVIC FLOOR
Research Review: Systematic Review and Meta-analysis

NEW SERVICES

LACTATION & BREASTFEEDING SUPPORT:

Kelly will be offering clients a range of lactation and breastfeeding support services including:

- Breastfeeding advice and support
- Infant feeding & weight concerns
- Bottle feeding & pumping advice and support
- Introduction of solids
- Tongue ties
- Milk supply concerns (over or undersupply)
- Breast / nipple pain
- Mastitis & blocked ducts



NUTRITION & DIETETICS:

Caren is now offering our clients:

- **Microbiome testing** (new service)
- **FREE 10 minute consultation** to discuss their nutrition and lifestyle needs.

Caren's special interest areas include:

- Paediatric & infant allergies (including cow's milk protein allergy)
- Maternal nutrition



PREP FOR BIRTH CLASS (Run by Ocean) included topics:

- Understanding stages of labour, hormonal changes and physiological changes
- Active labour skills
- Coping strategies for pain
- Acute postnatal recovery

**** NOTE: This 3.5hr class is a good adjunct to hospital / other birth education classes ****

