

Total Image... Total Health. Total Care.

Total Image is the Gold Coast's newest cosmetic clinic, providing a holistic suite of personalised health and beauty services unique to South East Queensland. Launched last month, Total Image Cosmetic Clinics' fully accredited medical practices at Parkwood and Mermaid Beach are lead by three highly experienced practitioners; Dr Kellie-Maree Courtney-Eman, Dr Maria Mackey and Dr Jane Chapman, who collectively provide comprehensive health and beauty treatments for clients from the inside - out.

Dr Kellie-Maree Courtney-Eman, Total Image Physician and member of the Australasian Society of Cosmetic Medicine, said, "Today, more than ever, it's so important to find properly trained and qualified practitioners who specialise in their field of medicine. Total Image's team of doctors and therapists have a wealth of health and beauty experience. We understand the importance of quality care when consulting and planning individual treatments, based on years of cosmetic medicine, women's health and integrated medicine experience. So we can advise you on the very best option for your unique needs, to help you save time and money - not to mention avoiding the potential pitfalls of poorly administered cosmetic treatments.

"Total Image has the latest Lumenis IPL Machine, which is exclusive to doctors only, to ensure the optimum safety standards are met in the treatment of Photorejuvenation, Pigmentation and Vascular Removal, and Permanent Hair Reduction.

"While skin allergies can be a common occurrence in inexperienced cosmetic clinics, Total Image has sourced the very best cosmeceuticals available. We recommend and use Environ and ASAP Cosmeceuticals - both developed by Cosmetic Doctors for the best possible skin care. We also stock Jane Iredale Mineral make-up which is gentle and especially suited to sensitive skin," Dr Kellie said.

Dr Kellie is also Total Image's injectables expert and has more than a decade of experience in the treatment of migraines and anti-wrinkles with Botulinum Type A, as well as the dermal fillers, lip and cheek augmentation. Don't leave your health and beauty in just anyone's hands. Contact Total Image on 1300 781 491.



Dr Jane Chapman
MBBS, FRACGP

'Burn Out'... or Adrenal Fatigue

Are we happy because we're not sick, or are we not sick because we're happy? Actually, as body and mind are part of one

being, both should be addressed. However, from a biochemical perspective, 'burn out' is usually a symptom of adrenal fatigue.

ADRENAL gland function allows us to be effective (or not) in all that we do and think. Ultimately, without good adrenal gland function, we end up with 'burn out', which can manifest itself in many ways, including 'busy mind', feeling 'wired and tired', 'brain fog', being reactionary rather than responsible etc...

The HPA AXIS consists of the glandular system of the HYPOTHALAMUS GLAND, which communicates stress to the PITUITARY GLAND, which communicates stress to the ADRENAL GLAND (HPA). The adrenal gland produces Adrenalin, which is a neurotransmitter that 'gets you going', and also Cortisol, which is a hormone that 'keeps you going'. In acute stress both hormones produce the 'Fright or Flight' response. Once resolved, these hormones have no need to be produced in high amounts anymore and biochemical balance should be restored.

21st Century Syndrome is chronic stress where the poor old adrenal gland is in overdrive most of the time and can eventually become so tired that even small everyday events can trigger its response, like work, traffic jams, and the news! Add other stressors of toxins, food allergens, additives, preservatives, heavy metals, pathogens, pollutants, excessive exercise, medicines, and you can get quite overloaded.

If you wonder why you worry, why you can't switch off, why you have a short fuse, why you feel exhausted, why you can no longer make decisions, why you feel vulnerable, fragile, or why you feel trapped in the revolving door of life, seek advice from a holistically minded health practitioner specialising in Adrenal Fatigue - the 21st Century Syndrome. Call Mermaid Beach Medical Centre on 5572 1668.

Your health & beauty is precious.
Your Total Image is unique.

Enhance your natural beauty with gentle, non-invasive medical cosmetic treatments. We provide personalised attention, premium treatments & experienced advice on your Total Image.

Special rates on **IPL Hair Reduction & Photorejuvenation Treatments** until 30 September 2008!

Phone **1300 781 491** total image cosmetic clinic

Subtle changes, lasting impressions...

Face
Acne treatment
Anti-wrinkle treatments
Collagen regeneration
Dermal fillers
Freckle removal
Lip enhancement
Mineral make-up
Non-surgical rhinoplasty
Pore softening
Rosacea reduction

Body
Birthmark removal
Broken capillary repair
Hair reduction
Mole removal
Scar repair
Solar damage treatment