



AIAS Newsletter

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Getting fit with AIAS

AIAS physiotherapy and personal training gym and clinic

AIAS Sport and Fitness students, and those who are studying Physiotherapy Assistance, now have the opportunity to work with real clients at a brand new gym and clinic facility.

According to Faculty Head, Sebby Balsamo, a physiotherapist with post graduate qualifications, the hands on experience will be invaluable. "Students now have the opportunity to work directly with clients under the supervision of qualified lecturers, which can only enhance their employment prospects."

The gym is well equipped and close to the college. Furthermore, all AIAS students and staff can now receive treatments at discounted rates.

So come along to get fitter and support our students. For more information phone 07-3397.7816.

Clinic Opening Hours

Wednesdays: 12noon – 4pm

Fridays: 8.30am – 3pm

326 Old Cleveland Road, Coorparoo.



Natural medicine factoid

The World Health Organization estimates that about 70–80% of people on the planet rely on traditional (natural) medicine for their health care needs. This amounts to more than about three billion people.

Add to this the number of people who use natural medicine in countries where this is not the primary health care that is supported by government, and the proportion of people using natural medicine becomes very high indeed!

No wonder many universities now teach natural medicine.

Did you know?

If you use iTunes to sync your iPod, iPad or other device you can access an area known as iTunesU. This is a part of the iTunes store through which you can download a wide range of educational podcasts and vodcasts (video podcasts).

This gives you access to diverse and mostly quality educational materials that can help you in your studies.

And the real bonus? You can listen to these materials while jogging, commuting to lectures, or while your parents think you are listening to them.



natural medicine



massage



beauty therapy



hairdressing



fitness



professional services



hospitality

For your diary

26 June – 4 July 2010

Mid-semester break

27 August 2010

Semester 2 concludes

3 September 2010

Assessment finalised

6 September 2010

Semester 3 commences

18–26 September 2010

Mid-semester break

3 December 2010

Semester 3 concludes

10 December 2010

Assessment finalised

18 December 2010

Graduation 2010

6 December 2010

Summer School commences

24 Dec – 3 January 2010

Summer School break

18 February 2011

Summer School concludes

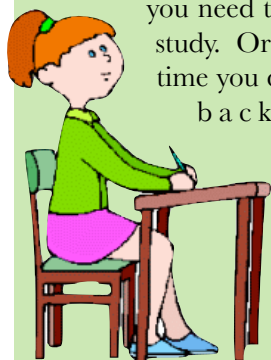
Study tip

The ability to be self-motivated is one of the most important things to have if you are a student. In fact, it is essential.

Being self motivated means that you do not wait for someone to tell you that you need to do more study. Or that it is time you did a bit of background reading on a topic. It also means that you don't wait for an imminent exam before you do any work on a subject.

It means that you are in control of your study program. And this increases your chances of success.

How do you rate for self motivation?



Herb corner: Breast feeding and the new mum

Being a first time dad some years ago opened my eyes to the world of lactation woes. During the recovery time, and speaking to other new mums and dads, I learnt that some babies took longer to learn the skill of breast feeding I was also surprised that every nurse in the maternity ward had a different suggestion on how to breast feed.

One thing that was not talked about though, was poor or insufficient lactation. Education about colostrum and breast milk seemed to be lacking.

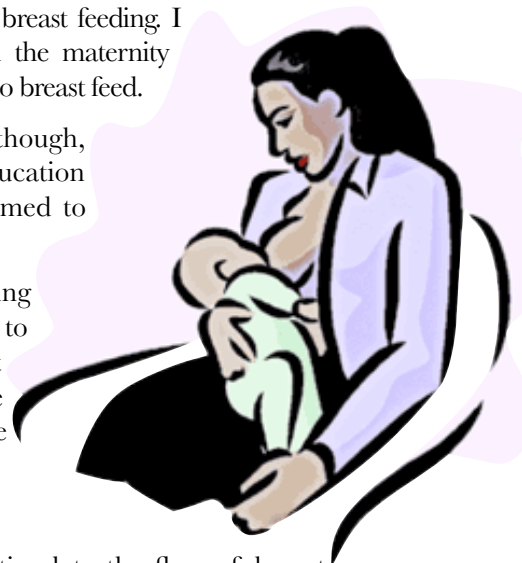
While sufficient water intake, being calm and having a nice quiet place to feed are important, I still heard about new mums who were having trouble getting adequate breast milk after the colostrum had finished.

Fennel seeds to the rescue!

They are a well known remedy to stimulate the flow of breast milk. Just a teaspoon of fennel seeds as an infusion 1–3 times each day can make a difference. As a bonus, the carminative action of fennel passed on through the breast milk also helps any baby that gets a gassy belly.

So, if you know of anyone having issues with breast feeding and who has been advised to use formula, maybe a suggestion of fennel seed tea could be an alternative?

Herb corner is written by Dale Deanshaw, a lecturer at AIAS



Student profile



For this Newsletter we interviewed AIAS student **Marisa Wayne**.

- * **What's the worst part about being a student?** The time it takes up which can affect your social life!
- * **What's your favourite subject?** Flower Essences: it's so different to anything I've done before.
- * **What do you plan on doing after you graduate?** Work for myself but share premises with other graduates so we all have individual specialisations under the one roof.
- * **Have you any tips for fellow students?** A date planner on the wall showing when assignments are due is really helpful.
- * **If you were an animal, what would you be?** A migratory bird as you're always moving to warmer climates and seeing new places.
- * **What's your favourite pastime?** Travel. I plan to visit Haiti because I've started a charity raising money for the earthquake victims.