Followed heart to a totally new career

Peter uses mainly acupuncture and herbs

Huge change from fitter to natural therapies practitioner

IT was a major transition from fitter and turner to acupuncture specialist, but one which Peter Gladding has never looked back on.

At 41 Peter is one of the growing group of health enthusiasts who has followed his heart and branched out into another career of healing the natural way.

Peter has made his mark in the growing suburb of Warnbro in Rockingham running the Rockingham Natural Health clinic, which he set up seven years ago.

He uses mainly acupuncture and herbs as part of his treatment regimen, but when the need arises he does massage and provides advice on the importance of good nutrition to aid in the healing process. Peter said his interest in natural healing grew from his interest in sports medicine.

“I played rugby and dislocated my shoulder when I did some skiing.

“Acupuncture seemed to work best to sort out the problem,” he said.

From 1993 to 1998 Peter worked part-time, applying the training he gained while completing a Diploma in Natural Medicine at the institute. He is in process of completing the clinical case study component to complete his studies for the Graduate Diploma in Acupuncture.

“The body has incredible self-adapting powers to heal and quite often you do not need much to stimulate the body to heal with minimal intervention,” he said.

“This in turn cuts out the negative side effects of medication.”

In 1998 Peter switched to full-time, working in his own practice, which he runs with his wife.

Peter said he was heartened by the growing number of people who are more accepting of alternative therapies.

“There is not only a change in demographics in Rockingham, but there is also general consensus that when patients come in to see you, they know they are doing the right thing,” he said. “There is less confrontation and opposition which makes treating patients so much easier.”

He uses acupuncture in his practice to treat many sports injuries but sees patients with a variety of ailsments. The 18 to 30 year olds form about 40 per cent of his client base.

Peter relishes the idea of having more control over his time in running his own business, but it has not always been smooth sailing.

In the early days with a young family and holding down two jobs, he is the first to admit it was not easy.

But the rewards are many.

“There is nothing better than seeing a person smiling because they are feeling better,” he said.

“Being able to help people improve their lives and reduce their suffering is very rewarding.”

Apart from that it provides him and his family with a great lifestyle and a good income.

Peter recommends a career in natural medicine without hesitation, but warns of the limitations in getting clinics willing to give newcomers the experience before you branch out on your own.

The patient clinic at AIHM provides invaluable experience in this area and one which Peter applauds highly.

“The institute’s graduate diploma in acupuncture is excellent,” he said.

“It explains the traditional effects of Chinese medicine very well.”

Bridging courses

IF you would like to follow a career in natural medicine but feel you do not have the necessary skills or academic background to study further, a bridging course is offered.

The course is designed to provide students with a basic knowledge of subjects such as anatomy, physiology, chemistry and other areas required to successfully complete a course in natural medicine.

The next bridging course will be held from March 21, 2006.

Awards night, scholarships

THE special guests at the first scholarship and clinic awards night were clients from the Institute’s clinic together with students, supervisors and staff of the Institute.

Dean of Studies, Dr Sam Jayawardana, said that it was important to receive scholarships from clients, who are a fundamental part of the student’s training and in the practice of natural therapies.

Students who had demonstrated total commitment and excellence in their clinical practice were awarded scholarships worth $500.

The recipients of these scholarships were Anne-Marie Flatman, Ferial Majrouh, Fiona Tannock-Jones, Joanna Macnamara, Kris Kern and Randa Majrouh.

Perpetual trophies were awarded to various students for their exemplary performances in respective areas of their academic achievements.

Transformation seminars

DO you really know your passion, so you can enjoy what you are doing and be self-content? Do you know how to get what you want? Are you really happy with everything you have and the way things are working for you?

If you answered “no” to any one of those questions, please attend a life transforming two-day seminar on Sunday January 29 and Sunday February 19 2006 between 9am and 4pm at the AIHM campus in Jandakot.

These seminars will reveal:

● How to tap in to universal intelligence.

● How to stay happy no matter what happens.

● How to set goals that will work

● And most importantly, how to know your passion, so that you can awaken the genius within you and have a fulfilling life.

You will also learn techniques that will remove emotional blockages. To enrol, call the Institute on 9417 3553.