

# Moggill News

First Quarter 2026

Body - Paragraph

## Are you looking for your next Challenge?

Why not join us in the challenge of reducing your Inflammatory Markers?

Inflammatory Markers are the measures in your blood which indicate the amount of irritation, heat, swelling and pain in your body. They let us know the activity of your immune system as well as any damage to your connective tissues, such as your cartilage, and the lining of your gastrointestinal, urinary and reproductive tracts.

Even mouth ulcers and urgency to get to the toilet are an indication of inflammation.

So why are inflammatory markers important?

Chronic conditions, those annoying symptoms which get worse over time, are all the result of unchecked inflammation.. Digestive -, metabolic-, auto-immune and cardiovascular-conditions even anxiety and insomnia are closely linked with systemic inflammation..

Inflammation is the source of all pain in your body, which makes sense when you realise how many symptoms we treat with panadol; headache, period pain, lower back pain and post-exercise strain.

Unfortunately, as GPs concur, anti-inflammatory medications do not treat the CAUSE of inflammation. Treating the cause requires a multi-faceted approach best overseen by an experienced Complementary- and Alternative- Medical practitioner, ideally, an Integrative Practitioner -one who actively collaborates across disciplines.

Join the challenge using the QR below, and bring your baseline marker to get started.



NEW

## Naturopath

starting Feb 2<sup>nd</sup>

for alternatives to HRT, anti-inflammatories, anti-depressants & other medications



BioCeuticals Clinical products are a practitioner only range of nutritional supplements and complementary medicines which are intended to be recommended and/or dispensed by a Qualified Healthcare Professional. Only patients who have completed a consultation with our Qualified Healthcare Professional may have access to purchase BioCeuticals Clinical products. Now available by consultation at SmartClinics Pullenvale.

Research shows positive changes are sustained by two things:

1. Your lifestyle, incl. the places you go
2. The people you hang out with.

## WHY JOIN A GYM WHEN YOU COULD JOIN A WELLNESS COMMUNITY?

If you like the way I move you'll LOVE what I do



### Experience the Lab

[www.LexyBurns.Co](http://www.LexyBurns.Co)

*There are three ways to join the Community*

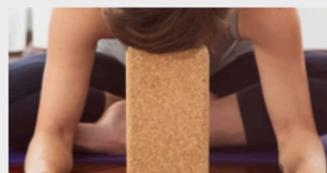


*Volunteers Membership*

**\$ 25**

Every week

Contribute on your terms



*Regulars Membership*

**\$ 35**

Every week

Ritual Immersion



*Professionals Membership*

**\$ 45**

Every week

Belonging Relief

# We're Hiring

Have you got skills in Admin, Massage, Yoga, Music, the Arts or Hosting Experiences?

Then we want to hear from you!

Volunteer Positions  
for the month of February  
leading into full-time and part-time  
contracts starting 2<sup>nd</sup> March

Details at [www.LexyBurns.Co](http://www.LexyBurns.Co)

SomaSutra.Co 

## Trauma-Informed Somatic Teacher Training



Starts April  
2026  
at Minjerribah

Did you know lower back pain is commonly caused by the muscles which wrap around your outer hips?!

When you're sitting, the anterior fibres of your glute med are short. Over time, they are conditioned to stay this way, pulling the rim of your pelvis forward (see image below). If it takes you a while to straighten up after long periods of sitting, then come get your gluteus medius released.

You're months away from relieving what took decades to create. Now THAT'S a good return on your investment.

### Weekly Classes

at Dhamma Gamil  
74 Honeyeater Cres Moggill

Tuesdays:

9-9:45am Seniors Stretch

10-10:45am Mother-Baby Yoga

1-1:45pm Desk Decompression

2 - 2:45pm Tradies Traction

4- 5:30pm Anatomy for Teens

Saturdays:

8:30 - 10:15am Yoga for

Menopause&Beyond

\*Online options for all classes

**NEW  
TERM  
starts  
3 Feb**

"BEST MASSAGE EVER"  
Remedial Massage  
NOW at Moggill



Moggill News is an initiative of LexyBurns.Co. To Co-market your local WellnessCo business, or get fit volunteering, see [www.LexyBurns.Co](http://www.LexyBurns.Co)

