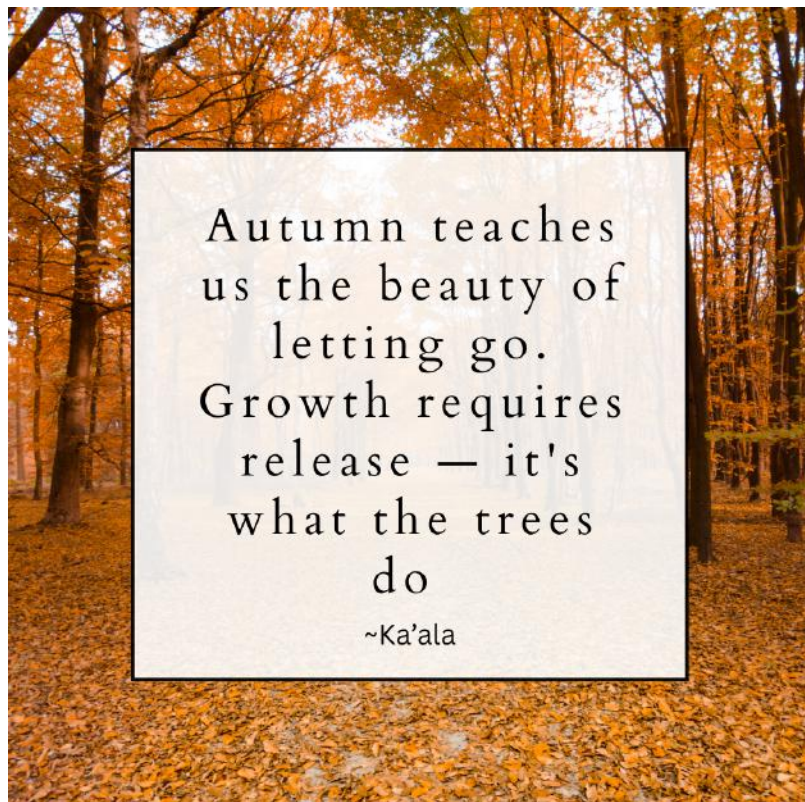


Darling Corner Osteopathy

Autumn 2025 Newsletter



Welcome Autumn!

As the crisp air of autumn settles in, now is the perfect time to support your immune system and prepare for the cooler months ahead. In this edition of our autumn e-newsletter, we're focusing on immunity—sharing tips to help keep you feeling your best before winter arrives.

One simple yet effective way to boost your immune function is through lymphatic drainage, which can help stimulate circulation, detoxify the body, and support overall well-being. Read below information on the Perrin Technique, an osteopathic technique that has been featured recently in the Age to help with post-viral symptoms. To help you incorporate this into your routine, we've included a link to a guided at-home massage technique designed by osteopath Dr Raymond Perrin, which aims at enhancing lymphatic flow and strengthening your body's natural defenses.

Also included in this newsletter:

An article from Simon on selecting proper footwear and things to look out for when buying a running shoe

Ineke, our Chinese Medicine practitioner, will guide you through an at home Gua Sha, Jade roller and cupping routine you can do at home to help with sinus and lymphatic drainage- TCM style.

Happy Autumn!

The Team at Darling Corner Osteopathy

In the news: *The Perrin Technique* Chronic Fatigue Syndrome and Osteopathy

In late December **The Age** and **Sydney Morning Herald** featured an article on *the Perrin Technique*, a technique developed by UK osteopath, Dr Raymond Perrin, designed for treating Chronic Fatigue Syndrome (CFS), Fibromyalgia and more recently Long Covid. Dr Perrin incorporates common osteopathic treatments for draining the lymphatic system that have been shown to help improve overall immune response in those suffering from immunocompromised conditions or post viral symptoms. ([Click here](#) to read more about how osteopathy can assist with CFS and post viral symptoms)

In addition to our regular clinical discussions, on Thursday 27th February we hosted an extended clinical supervision session, where Timothy, led a team of osteopaths through treatment protocols and techniques to assist the immunocompromised. It was a great session full of discussion and hands on practical.

All our team of osteopaths at Darling Corner are trained in specific lymphatic drainage and visceral techniques to assist with post viral symptoms. If you suffer from post viral symptoms, CSF or fibromyalgia you may want to consider having a discussion with one of our friendly and approachable osteos about how they can assist you.



[Click here for the link to the article featured in Telegraph \(and The Age\)](#)



[Click on this link](#) to discover self-help guide videos on easy Lymphatic techniques that can be performed at home.

Selecting the right athletic footwear

Runners worn from all the summer activity? Need to get new ones? This article by our very own, Simon Blair, shares his knowledge as both an athlete and experience in the footwear industry. A must read before hitting those shoe shops!



Book in with Simon to get further advice on suitable footwear and exercises for your individual needs.

[Click here to read information on selecting the perfect footwear](#)

[Make an appointment with Simon](#)

[Using Facial Jade Roller, Gua Sha and Cupping to help with lymphatic and sinus drainage](#)

In this video, Ineke Lam, our Chinese Medicine Practitioner, will be demonstrating simple and effective at-home techniques for lymphatic drainage of the face using cupping, gua sha, and facial cupping. These gentle techniques not only support overall facial rejuvenation but are particularly beneficial for sinusitis relief and can assist with easing TMJ tension.

Acupuncture and traditional Chinese medicine (TCM) offer wonderful holistic approaches to managing sinus congestion and discomfort. By promoting the circulation and encouraging lymphatic drainage, these methods can help reduce sinus pressure, relieve facial puffiness, and support a clearer, more balanced system.

If you have any questions on the video please direct any queries to info@ctcm-clinic.com.



Short video describing lymphatic drainage techniques using the gua sha, jade roller or facial cupping.

Meet our Naturopath, Lisa from GLOW HEALTH and WEIGHT LOSS

With over 24 years of experience, Lisa is a highly skilled naturopath who brings a wealth of knowledge and personal insight to her practice. Specializing in the treatment of autoimmune conditions, Lisa has helped countless clients manage and improve their health with conditions such as Hashimoto's, Crohn's disease, Rheumatoid Arthritis, and neurodegenerative disorders like Parkinson's.

Lisa's own experience living medication-free and in good health with an autoimmune condition fuels her passion for guiding others on their wellness journey. She also has a keen interest in supporting women through perimenopause, menopause, and weight loss, particularly when inflammation and insulin resistance are impacting overall well-being.

If you're ready to boost your immunity, reduce inflammation, and reclaim your vitality, Lisa is here to help you live the vibrant, healthy life you deserve.

[Click Here to Book an Appointment with Lisa](#)

REGISTER FOR GLOW HEALTH AND WEIGHT LOSS ONLINE STORE

You may have seen the multitude of supplements on our shelves at the clinic. Did you know you can order online which gives you more time to learn about each supplement, see alternatives, prices and more options?

We also have **discounted bundles** for stress, gut health, acne, menopause

and more which are not available in the clinic.

You can select Click & Collect and have your items ready to grab and go at the clinic OR you can opt to have them delivered to you.

Register Here for the GLOW Online Store

Our Allied Health Services:

Osteopathy
Clinical Pilates
Chinese Medicine and Acupuncture
Remedial Massage
Naturopathy

Are you following us on Instagram?

Click these links to follow our Instagram [@darlingcornerosteopathy](#) and [@glowhealth](#) to keep up to date with announcements!

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