

Love expert shares thoughts on

Meet the coast's intimacy and sex coach



HELPING COUPLES: Sex coach Pauline Ryeland offers intimacy education. PHOTO: CHE CHAPMAN

Tell us about your Coolum connection

I've lived in the area for about 14 years and my daughter went to the local primary and high school at Coolum.

I loved living in Coolum and it became a very social area for me, making friends with other dog owners at Stumer's Creek, as well as the local gym, back well before it became Jetts, and then, of course, the school group.

In my previous career I worked at the Coolum seven-day doctors and left that to kick-start my own administrative business.

At the time, I knew it was a short-term thing and that I was moving into a completely different direction, I just didn't know

where and what.

I never would have imagined that I'd end up doing what I'm doing.

How was your business born?

After completing my training as a Master Practitioner of Neuro-Linguistic Programming (NLP), advanced subconscious reprogramming and Erickson hypnotherapy, and results coach and performance consultant nearly five years ago, I started to contemplate what area I wanted to niche my business in.

I knew I didn't want to be a business coach or consultant, even with my 20-plus years in administration, and I was

with a girlfriend from training going through a specific process to find my niche.

Every time I came up with an idea, all to do with health and emotional wellbeing, she kept saying "boring".

Then out of nowhere the word 'sexuality' came tumbling out of my mouth.

She looked at me and said "that's it; you know more about sex than anyone I know".

What type of people do you see?

I see men and women, singles or couples of all ages who are experiencing challenges in any areas to do with intimacy, relationships,

Continued P11

➤ RELATIONSHIP TIPS

What to do if in a relationship:

- Plan some quality time together
- Do something you both enjoy
- If you are going to celebrate for your partner's benefit, then do it with love and joy for your partner and not half-hearted – fully

commit to celebrate

- Turn off your mobiles and get connected to each other – be fully present
- Tell your partner how you feel about them, tell them you love them
- Remind your partner

Continued P11



Every day is Open Day at Good Shepherd Lutheran College

- Prep - Year 12 College
- Academic, cultural & sporting programs
- State-of-the-art facilities
- All inclusive fee structure
- Laptop for every Year 6 -12 student
- Outside School Hours Care
- College's own private bus service

Call us today on 5455 8600 to arrange a tour of the campus.



Good Shepherd Lutheran College provides quality Christian education in a caring environment.



115 Eumundi Road, Noosaville 5455 8600 gslc.qld.edu.au



CONSTANTLY EXHAUSTED? DIFFICULTY CONCENTRATING? FEELING FAINT OR LIGHTHEADED? RECURRING INFECTIONS?

Are you constantly exhausted, feeling like you're running on empty? Are you having difficulty concentrating on tasks that used to be easy? Are you craving sweet and salty foods, reaching for an extra caffeine hit to get you through your day? These are all signs of your adrenal glands fatiguing.

Your adrenals are small glands that sit above your kidney. They secrete hormones that help manage the ebbs and flow of energy. They're especially well known for their role in the "fight and flight" response, from the days when we needed to run away from wild animals. Now they kick in for everyday stressors, such as traffic jams, arguments, work deadlines, financial commitments, etc. For many of us, these glands are constantly 'ON' and working, never having a chance to recover. Over time they become impaired in their ability to respond appropriately to stress.

What is important to know is they're not only responsible for our ability to cope with stress, they also play a role in regulating blood pressure, blood sugar levels, immune response, and estrogen and testosterone production.

So next time you're needing a caffeine or sugar hit, struggling to recover from another infection, waking from a full night's sleep exhausted, or have no sex drive, remember this could be a result of

your overworked adrenals!

Conventional testing will only detect extreme dysfunction of the adrenals. Specific saliva testing can detect much earlier subtle dysfunction in your adrenal glands.

If you've been burning the candle at both ends for too long, the great news is the adrenals can recover if detected early and with the proper support; and then you can take on life again feeling recharged and ready to go.

If you would like to find out more about your health concerns, call for your free half hour consultation at Coolum Naturopathic where we can discuss all of your options.

Watch free webinar on Adrenal Fatigue at www.coolumnaturopathic.com.au

Margaret Stattman N.D.



Coolum Naturopathic
P. 54716268

info@coolumnaturopathic.com.au
www.coolumnaturopathic.com.au

576-4459-0h