



# MorHealth

Medical Ozone & Wellness Centre

ST BERNARD'S



HOSPICE

MorHealth Pty Ltd  
Since 2016

Practice Number 0115126

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Selborne

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# ST BERNARD'S HOSPICE

The logo for St Bernard's Hospice, featuring a stylized human figure with arms raised, rendered in blue lines.

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In existence for the last 28 years



## Depression

It is a global problem

350 million people

Leading cause of  
disability

Suicide

1 million people die  
annually

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WHO – A common mental disorder

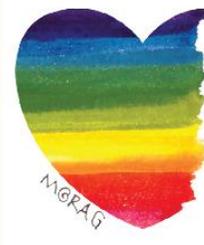
Sadness, loss of interest or pleasure, feelings of guilt, low self worth, disturbed sleep, poor appetite, feelings of tiredness, and poor concentration.

# How to keep your brain fit

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- Healthy heart
- Get plenty of sleep
- Be Social
- Try new things
- Do Ozone therapy
- Add some humour to your life

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## Healthy Heart

A healthy heart will go a long way toward keeping your blood flowing and avoiding neurodegenerative diseases by impeding blood flow to the brain.

When artery walls get thick with plaque a condition called atherosclerosis it is difficult to get blood to the brain, which could cause permanent or temporary brain damage.

# A good nights sleep

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The effects of too little sleep include:

- Heart disease
- Diabetes
- Accidents
- Decreases your brain power.
- Depression and anxiety
- Ages your skin.
- Makes you forgetful.
- Cause weight gain.
- Impairs judgement.

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# Be A social animal

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Spend as much time as you can with friends, when you are socializing the blood Circulates to your brain as you're listening and formulating responses, when you Are connecting with friends you are less likely to get depressed and anxious.

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# Try New Things

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Building new skills throughout your lifetime – learn how to cook, playing an instrument, Learning the rules of a new card game, travelling to exotic destinations, these all keep your brain healthy by constantly creating new connections between brain cells.



# Ozone Therapy

Ozone Therapy can [help improve your sleep](#) as well as your brain function. Ozone Therapy can increase the oxygen levels in your body, increase cellular respiration, strengthen the immune system, relieve stress, fight anxiety, improve blood circulation, fight insomnia, increase brain function, enhance memory and neutralize toxins and impurities in the body.

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# Add a little humour to your life

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# Quote

"How are you?"

Confused; Betrayed  
Useless  
Broken

Never good Enough

Fragile; Anxious

I'm falling apart and  
you don't notice it

Pathetic; Annoying  
Lonely  
Rejected  
Defeated

You need to face death  
fully



Before you are able to live fully



Thank you

Ríccy Durrheim

Clinical Nurse Specialist