



HEALTHWISE

Healthy Living

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Healing your headaches

Most people have suffered from a headache at least once in their life, however many people suffer from headaches regularly. This significantly reduces their quality of life. There are many factors that can trigger or cause headaches including dehydration, food allergies and sensitivities, low blood sugar, poor liver and kidney function, chemical exposure, hangovers, worry, bad posture, arthritis in the neck, whiplash injuries, grinding teeth or an uneven bite, sinusitis, eyestrain and wearing ill fitting glasses. Hormonal fluctuations prior to the onset of menstrual periods, during pregnancy and at menopause often trigger headaches in women.

The dietary link

Many people who suffer from recurrent headaches find that simple changes to their diet can offer fast and effective relief. Eating small regular meals and avoiding sweet snack foods is often a good preventative measure, as skipping meals results in a drop in blood sugar levels, which can trigger a headache. People that wake up with headaches often suffer from low blood sugar and should attempt to maintain their sugar levels by eating a snack last thing at night and again on waking in the morning. The excessive consumption of sugar and sweets results in broad swings of blood sugar which can also produce headaches.

The caffeine connection

Consuming excessive amounts of caffeine which is present in coffee, tea and cola drinks can trigger headaches by altering the blood flow to the brain. Cutting down on caffeine consumption often helps people who suffer recurrent headaches, however it may produce withdrawal headaches over the first three or four days. Caffeine may also be a factor in people who wake with a headache. These people are suffering from caffeine withdrawal and they solve the problem with their morning cup of coffee. Coffee and tea can contribute to another

type of headache – the dehydration headache.

Keeping up your fluids

Dehydration is a common cause of headaches, particularly in hot weather, following sport or after the excessive consumption of alcohol, coffee or tea. The solution is simple, ensure an adequate consumption of water, particularly during sporting activities or when drinking alcohol.

Allergy triggers

Food allergies or sensitivities often cause headaches. Chinese foods prepared in restaurants can trigger short lived headaches in some people. This is thought to be due to the mono sodium glutamate (MSG) and fermented soy and fish sauces that are often used in Chinese cuisine.

Feeling tense?

Many headaches are caused by tension. If your head is throbbing and you feel there is pressure behind your eyes and a tight band around your head, you probably have a tension headache. One of the best solutions to this type of headache is regular massage or acupuncture to the back and neck. Relaxation exercises can also be a beneficial preventative measure for tension headaches.

Office work

A study in Western Australia revealed that up to 90% of people who regularly used computers suffered from increased numbers of headaches and other injuries. This was attributed to poor posture and eyestrain.

How to prevent your headaches

Medical studies have demonstrated that rubbing peppermint oil or liniments on the nape of the neck and on the temples can be as effective as some painkillers in relieving headaches.



People who suffer from regular headaches should:

- eat regular meals to prevent low blood sugar levels;
- eat foods that are rich in antioxidant nutrients including fruit and vegetables, avocados, nuts and seeds;
- eat foods that are rich in magnesium including nuts, seeds and green leafy vegetables;
- drink plenty of water each day to avoid dehydration;
- practice relaxation exercises to help reduce tension and stress; and
- book a regular massage or acupuncture session to loosen tight muscles in the neck and back.

They should also avoid:

- excessive caffeine in coffee, tea and cola drinks;
- alcohol;
- foods that are known to trigger their headaches; and
- eyestrain and bad posture, particularly when using computers.

Most general and tension headaches respond well to rest, relaxation and drinking plenty of liquid. Frequent or severe headaches or migraines may be the result of a more complex condition and are best treated by a practitioner. If you have any questions about headaches of migraines and their treatment, please contact HealthWise.

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OUR NEW ACUPUNCTURIST



We at HealthWise are pleased to announce the addition of a new acupuncturist to our team – Sarah George Adv.Dip.Acup. BBus.(Man). Sarah is a qualified practitioner of acupuncture, Chinese herbal medicine

and traditional Chinese remedial massage (tui na).

Sarah has been involved in writing, speaking and training within the natural health industry for several years and incorporates this knowledge into each of her treatments. She has treated a range of different health conditions and her clients have included members of The Queensland Orchestra, Brisbane Broncos players, motor racing crew and stressed, busy people from all walks of life.

Sarah applies Traditional Chinese Medicine principles to each of her

clients, tailoring a specific treatment to suit the presenting and, if necessary, underlying problems to achieve the maximum results. Her treatments may involve a selection of acupuncture, acupressure, massage, herbal medicine, relaxation techniques, cupping, dietary recommendations and lifestyle advice. Through this personalised approach you will enjoy less stress and pain, and more energy and vitality.

To make an appointment with Sarah contact HealthWise on 07 3839 1077.

Thankyou for your referrals

This practice grows because you care enough about your family and friends to refer them to us for their health needs and assistance. Our commitment to you is to provide the highest quality and most genuine care that we can give. So to all of you who have sent people to our clinic – thankyou!

Acupuncture – Naturopathy – Herbal Medicine – Massage – Nutrition – Counselling
– Bowen Therapy – Homeopathy – Weight loss – Iridology – Live blood analysis

Tui Na: an ancient massage style

FOR MODERN PEOPLE

Tui na, or traditional Chinese remedial massage, is a therapy that dates back two thousand years ago to ancient China. The words 'tui na' translate to 'push grasp' which describes this style of massage with its assorted techniques including kneading, tapping, rubbing and pressing. The pressure used can be light on the skin to firm for deep tissue techniques. It is common to use pressure on the acupuncture points to stimulate them for specific conditions.

This form of massage is ideal for most musculoskeletal pain but may also be beneficial for other health conditions, particularly when combined with acupuncture and/or other techniques such as cupping. People who can benefit from tui na include those with specific pains such as stiff neck, tight shoulders, lower back pain or sciatica, although anyone who suffers from chronic stress or general muscle tension can benefit.

HealthWise has now added traditional Chinese remedial massage (tui na) to our services. Call us to book your appointment.



"To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life."

William Londen

Are you wasting your money on inferior quality herbs?

Every wine connoisseur knows that if you wish to experience the true characteristics of a wine variety, you need a wine that is grown, harvested, blended and stored under the right conditions. Generally, a good quality bottle of wine will exhibit the right flavours, aromas and body that are typical of the varietal.

Well, herbal medicine is just the same – they are both sourced from plants after all. Like a cheap bottle of wine, an inferior quality herbal preparation does not exhibit the same active chemical constituents in the same quantities as a high quality preparation. This results in the herbal preparation being less effective than it claims to be. Often the research that is used to make claims on a low quality preparation label is actually based on the results of a high quality herbal preparation

rather than the herb that has ended up in the product you are buying.

So how does this affect you? Perhaps you have heard that Milk Thistle is good for your liver function. Research shows that it is a particular part of the Milk Thistle extract that is beneficial for liver function and this part of the plant is also very difficult for you to absorb. A good quality herbal preparation will isolate this part of the plant breaking it down to a level that is more easily absorbed. A poor quality supplement, liquid or tablet preparation may only contain a small amount of this component or only in its poorly absorbable form so that you would need to take up to 5 times as much to have the same effect – and that's based on whether the initial quality of the raw herb was the same.

Just like the bottle of wine, the characteristics of a single herb will change depending on where it is grown, the soil, the climate, how and when it is harvested, how long it is stored, the extraction method and how it finally ends up in the form you take it in. All of these factors will determine whether the herb you take will have a therapeutic effect or not. At HealthWise we stock reputable, well-researched brands that have systems in place to ensure that the herb you are taking is in its most therapeutic form to help you feel better.



Yes! You can have your supplements delivered to you for free

Any orders for the Brisbane area of over \$60 will be sent freight free if paid by credit card at time of ordering. For Brisbane orders under \$60 our low freight charge of \$4.70 will apply. Orders over \$100 to be sent outside of the Brisbane area will attract subsidised freight. So, if you are too busy to come in and pick up your herbs, don't let them run out – just call our reception and we will dispatch them to you the same day if ordered before 1pm.

**One of the secrets to good health is being consistent with your medication.
Call us to order: 07 3839 1077**

Do you need Detoxification tea?

Did you enjoy yourself a little too much over the silly season and are now feeling the consequences? Perhaps instead of reaching for another cup of coffee it's a cup of Detoxification tea that you need to boost your energy, clear your skin and get rid of that sluggish feeling.

HealthWise Detoxification tea contains a perfect blend of burdock root, nettle, oregon grape, baical skullcap, peppermint and licorice which support your over-worked liver.

This herbaceous, tasty and feel-good tea is only available from HealthWise – pop in or call us to place your order.

Other tea formulations available: Digestive, Cold & Flu, Kidney tonic, Relax/Sleep.



The danger of 'hidden' stress

It never fails to amaze us at HealthWise how often stress creeps into people's lives without them knowing. Anything from worries about your work targets, financial pressure, sitting in traffic each day or relationship issues can place stress on your body and you may be too busy to notice it happening. When the cause of the stress is out of your control and unresolved, it can be carried in the body contributing to ill health.

Research tells us that prolonged stress does play a major part in illness. Lowered immunity leading to colds and flus, slow healing wounds, poor memory, disturbed sleep, headaches, muscular pain, digestive disorders and high blood pressure are just some of the signs associated with chronic stress.

Learning to manage the inevitable stresses in your life is a must for good health. Here are some essential tips for maintaining a more relaxed, healthful lifestyle:

- Magnesium – this mineral is deficient in most people's diets. Magnesium calms nerve function; harmonises mental and emotional imbalances including irritability, depression, sleep disorders and PMS; relaxes tight muscles; supports digestive elimination and a lot more. Food sources of magnesium include raw nuts, whole grains, vegetable greens, legumes and sea vegetables.
- Herbal medicine – There are a number of herbs that assist you to cope with stress.
- Diet – Recent research has shown that stress actually makes us crave junk food. However, by supporting yourself with a diet rich in whole grains, vegetables, fruits and good quality proteins and fats you will be in a position for dealing with stress more easily without needing to reach for the double coated Tim-tams.
- Exercise – A short walk at lunchtime, playing squash after work, or a martial arts class might be just what you need to get your body moving and shifting that tension that has accumulated in your neck, shoulders and the rest of your body.
- 'You' time – this may be one of the most important and hardest things to do. Make time each week for peaceful, relaxing time just for you. This is often difficult to do at home with partners, children or even the housework vying for your time. If this is the case, book yourself a weekly treatment to help yourself unwind – it could be massage, acupuncture or counselling. Yoga, tai chi and meditation classes are also good 'you' time.

Withania is one of the ginsengs which also has a calming effect. St John's Wort has been popularised for depression but is also a superior nervine tonic. Lavender dates back centuries to the Romans and has a long history in calming those under stress. As stress affects us all individually, David and Zam can tailor a herbal formula specifically for you.

Ask us:

Q: Is acupuncture useful for stroke rehabilitation?

A: Acupuncture has been shown to be beneficial in assisting in stroke rehabilitation. Muscular pain, numbness, flaccidity and weakness are aspects that may improve through acupuncture treatment. The best results are achieved when treatment is started as soon as possible. Often electro-acupuncture is used effectively to increase mobility. This therapy enhances acupuncture's effect of stimulating the affected nerve pathways. Combining acupuncture with additional therapy including herbal medicine, supplementation and physiotherapy may help to achieve greater results.

FREE HealthWise e-newsletter

Stay up to date with the latest research in natural medicine, health tips and special offers by subscribing to the new HealthWise e-newsletter.

Send an email to info@healthwiseclinic.com.au with "SUBSCRIBE E-NEWSLETTER and your full name" in the subject field.

Herbal repeats? – Phone first!

If you need a repeat for a herbal formula please phone us first. Some of your formulae are very complicated and take time to make up. Advising us in advance may save you waiting up to 20 minutes.

Reception and dispensary is open 5 days a week.

Have you got a question you would like to ask the HealthWise practitioners?

Email your question to info@healthwiseclinic.com.au with 'Newsletter Question' in the subject line.

Win a Tuí Na Massage

Would you like to go in the draw to win a 1 hour traditional Chinese remedial massage at HealthWise?

To enter, tell us the name of our new practitioner and the therapies she provides.

Email your answer, along with your name, address and telephone number to info@healthwiseclinic.com.au with 'COMPETITION' in the subject line.

Entries close on Friday 21st March 2008.

Latest research

IVF CHANCES INCREASED BY 65% WITH ACUPUNCTURE

A review of past research into acupuncture and IVF shows that acupuncture increases the chance of having an ongoing pregnancy by 87% and nearly doubles the chance of a successful live birth. The studies involved the women having acupuncture within 24 hours of the embryo transfer to the women's wombs. The review was published in the British Medical Journal and is being welcomed by Australian IVF experts as convincing evidence in support of acupuncture.

MAJOR CANCER RISK FACTORS IDENTIFIED

Researchers from nine universities, in four countries have studied the risk factors contributing to cancer and reported their findings in 'Food, nutrition, physical activity and the prevention of cancer'. As very few cancers are inherited, they suggest there is a lot we can do to reduce our risk of cancer with changes to our lifestyle. The key factors the researchers highlighted are:

- **Obesity** – Ensure your Body Mass Index is between 21-25. Australians average 27 which is too high.
- **Exercise** – Apart from the weight loss benefits, regular exercise has an anti-cancer effect in itself. Aim for 30 min/day and increase to 60 min/day as your fitness improves.
- **Alcohol** – Men should drink no more than 2 standard drinks/day and women no more than 1 standard drink/day
- **Fruit & vegies** – Include 5 serves per day. The Australian dietary guidelines recommend 5 serves of vegetables and 2 serves of fruit.
- **Red & processed meat** – Red meat is convincingly linked to colon cancer. Whilst it is a good protein source, limit red meat to

no more than 300g/week. Most Australians exceed this limit. Other protein sources include fish or legumes.

LESS POST-SURGERY PAIN

New research from Duke University Medical Center has shown that acupuncture can significantly reduce surgical patients' post-operative pain, and their need for powerful opioids to treat pain. Using acupuncture both before and after surgery produced the best results for patients, who reported lower levels of post-operative pain and a significantly reduced need for painkillers. In addition, acupuncture mitigated the effects of opioids when they were needed. The researcher pointed out that acupuncture is a relatively inexpensive therapy that has virtually no side effects when practiced by trained professionals.

ANTIOXIDANTS & CAROTENOIDS LINKED TO MACULAR DEGENERATION IMPROVEMENTS

Supplements of antioxidants and carotenoids may improve retinal health in people with age-related macular degeneration (AMD), suggesting a role beyond prevention, suggests a new study from Italy.

A combination of vitamins C and E, zinc, copper, lutein, zeaxanthin, and astaxanthin was found to improve the function of the central retina among 27 people with non-advanced AMD scientists report in the journal Ophthalmology.

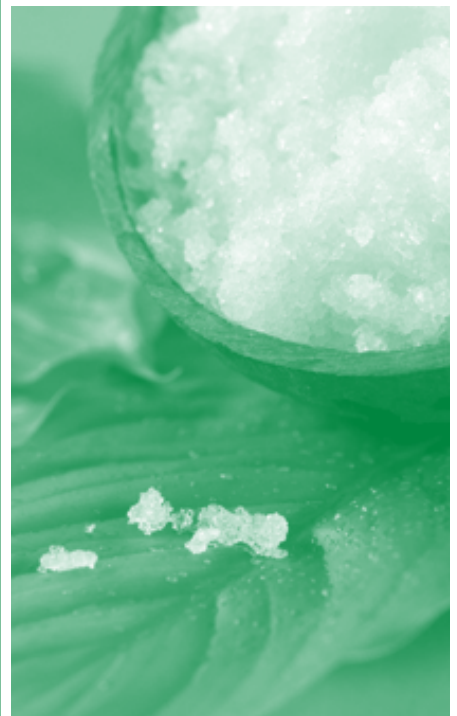
ACUPUNCTURE INCLUDED IN LUNG CANCER GUIDELINES

Evidence-based guidelines published by the American College of Chest Physicians in September recommend acupuncture for lung cancer patients experiencing fatigue, dyspnea, chemotherapy-induced neuropathy, or to soothe symptoms of pain or nausea and vomiting. Massage therapy is recommended for patients experiencing anxiety or pain.

Health tip for glowing skin

Here is a quick treatment for anyone with skin that is prone to pimples, roughness and poor tone.

Combine 2 tablespoons of celtic sea salt with enough vegetable oil to create a grainy paste. You can mix in a drop of lavender or tea tree oil for an added antibacterial quality. Massage this paste over dry skin with small circular movements, avoiding any delicate skin and the face. Rinse the body and wash with a good quality natural soap. Your skin will be left soft, silky and smooth. Use this treatment 1-3 times per week.



A personal note from us

Welcome to our first issue of Healthy Living for 2008. We hope you enjoy it and look forward to your feedback.

David and Zam are continuing to bring the best in acupuncture, naturopathy, herbal medicine and complementary therapies to their patients as well as bringing some new services to the clinic.

Our new acupuncturist, Sarah George, is working with us now, allowing us to open more appointment space for you. She also adds the traditional Chinese massage service to our offering – great for muscular tension and stress.

Our newsletter service will reach you several times during the year helping to motivate you to keep on track with your health plan and updating you on clinic news and the latest research.

We continue to offer our free product delivery service within the Brisbane area for orders over \$60. Remember this service enables you to be consistent with your medications and ensure you are only taking the best quality medicines – this means a better health result for you.

We hope you embrace the content of this newsletter and make 2008 your best year yet. Find ways to reduce your pain, manage your stress and reduce your cancer risk factors to start the year off on the right foot. Remember, we are always here to provide the guidance and motivation for you to achieve your particular health goals.

Yours in good health,

David, Zam, Sarah and
the HealthWise team

Finished reading this newsletter?
Pass it onto a friend.

Returned mail

Save the trees! Unwanted and returned newsletters cost more than just the postage. Let us know when you change your address or telephone number, or if you wish to be removed from our mailing list.

We value your feedback and ideas

Did you enjoy this issue? What did you like? What would you like to see more of? Have you got a question relating to an article? We would love to hear from you.

If unable to attend an appointment please advise us at least 24 hours in advance. By doing so, you will not deprive others of a vacancy and your courtesy will be greatly appreciated.

THIS NEWSLETTER IS PROVIDED FOR YOUR GENERAL INFORMATION AND IS NOT INTENDED TO REPLACE THE DIAGNOSIS OR TREATMENT BY A QUALIFIED PRACTITIONER. IF YOU HAVE A SPECIFIC HEALTH CONCERN, PLEASE CONTACT A SUITABLY QUALIFIED PRACTITIONER.