

You are what you eat

At HealthWise we will often spend a significant amount of time addressing your digestive function. Particular attention is focussed not only on the food you're eating, but how you're eating it, and how your body is receiving it. This is because it is the cornerstone of good health.

When your digestion is working well, your body is able to easily break down the food you're eating, absorb essential nourishment including vitamins and minerals, process waste products and expel whatever's left over. You will be able to taste and appreciate the food and drinks you consume, feel a sense of hunger when appropriate, and feel a sense of satiety and wellness after eating.

Good digestive function means adequate production of hydrochloric acid, enzymes and bile when you ingest a meal. Before we are able to utilise the nutrients in our food, our body needs to break it down into smaller particles, easier for absorption – which will nourish cells and be used as fuel for energy. This enables your body to best process the food, passing it through to the next stage of digestion.

When your digestive function is not working well, you can not break down food efficiently, meaning you won't get the nutrient value you require, digestion may be sluggish, resulting in reflux, bloating and a sense of heaviness after food. You may experience pain or gas in the abdomen and constipation or diarrhoea. Poor digestion plays a role in many other diseases. If your nutrient needs are not met, due either to inadequate diet or digestion, then your body's ability to function and repair itself will gradually deteriorate and, ultimately, poor health will follow.

Think about what you're eating - what are you putting into your mouth? The quality, quantity and variety of food you consume is paramount to your health. This is the fuel your body uses to function and the basis of your nutrient and mineral intake. Processed foods are often lacking in fibre and nutrients while containing



large amounts of saturated fats, salt and preservatives that can be harmful to the body.

Look at your environment - the place you sit when you're eating affects your mood and subsequent digestion of food. Eating in a relaxed environment (e.g. not at your desk, in front of the TV or while standing) will promote better digestion.

Try not to eat in a rush - The process of digestion starts in your mouth. Take time to enjoy your food, eat slowly, chewing each mouthful well. Relaxing while you eat helps the nerves of the digestive system, stimulating enzyme production, and food that is well chewed is easier to digest than larger pieces.

Avoid overeating - eat moderate portions to avoid putting too much stress on the digestive system. When too much food is consumed at one time, it has to stay in the stomach waiting its turn in the small intestine causing bloating. Smaller, more frequently meals are better for digestion and for your metabolism.

Eat regularly and try not to skip meals - this will prevent overeating due to hunger and prepares the digestive system for regular meals.

Fibre - this helps keep the food moving through your body. Fibre also softens the leftover parts of your food, making them easier to excrete. Make sure to combine fibre with plenty of water, another essential component of healthy digestion.

Drink plenty of fluids - especially water. Water is essential for all body processes; it helps to dissolve and absorb certain nutrients, encourages passage of waste through the digestive system and helps soften stools.

Drink less alcohol - alcohol can inflame the lining of your stomach or oesophagus causing symptoms of heartburn. Excessive intake of alcohol can lead to cirrhosis of the liver.

Stop smoking - smoking lowers the pressure at the junction between the stomach and oesophagus, promoting backflow of stomach acid into the oesophagus (reflux) - which can result in heartburn and other complications. Smoking also aggravates peptic ulcers and inflammatory conditions of the bowel, and is linked with an increased risk of many cancers.

Manage stress - Stress affects the nerves of the digestive system and can upset the intricate balance of digestion. In some people stress slows the process of digestion, causing bloating, pain and constipation while others may need to frequently empty their bowels and the stools may be more loose and watery. Stress can also worsen some conditions such as peptic ulcers or irritable bowel syndrome.

For individual advice on any digestive complaint please make an appointment with one of our qualified practitioners.

- **David McLeod**
BAC. ND
- **Zam Martin**
BHSc.(Nat). BHSc.(Acup.)
- **Sarah George**
BHSc.(Acu). BBus. Cert IV TCMRM
- **Kathleen Murphy**
BA. Adv.Dip.Nat

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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 have sent people to our clinic – thankyou!

SPECIAL OFFER

Digestive Tea: herbs for a happy tummy



Why do we like Digestive Tea?

Formulated by our very own herbalist, David McLeod, Digestive Tea combines peppermint, chamomile, ginger, cinnamon, aniseed and mandarin peel to improve digestion, soothe an irritated gastro-intestinal tract and makes a tasty chaser to any rich or heavy meal.

You need Digestive Tea if you suffer from:

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- Sensations of abdominal fullness
- Loose stools, constipation, flatulence or bloating
- Poor appetite, irregular meal times or eating heavy food

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07 3839 1077 OR DROP INTO THE CLINIC

Buy the Digestive Tea and receive 20% off.

Offer valid until 31st August 2009

Where there is pain, there is stagnation

Acupuncture is well known as a pain reliever. Within the wide scope of acupuncture's functions, it is pain relief that is most widely understood by the West. Science explains the effect of acupuncture through its ability to disrupt the nervous system's pain signalling to the brain. In Traditional Chinese Medicine (TCM) this effect is explained quite differently.

There is an old Chinese phrase, "tong zi bu tong, zi tong, bu tong". It means that wherever there is pain, there is stagnation and wherever there is stagnation there is pain. In TCM, we refer to several substances in the body that can become stagnated and therefore cause pain: Qi or energy (tightness or aches), Blood (bruises, fixed lumps and sharp pains sometimes caused by trauma), Fluid (soft nodules or swelling often aggravated by damp weather), Cold (fixed pain on a site that feels cold to touch or is aggravated by cold weather) and Food (digestive pain from a large meal or rich food).

Pain from stagnation is usually better with movement and worse for being still. Qi stagnation benefits from exercise and stretching, blood stagnation benefits from circulation, fluid stagnation benefits from eliminating the excess fluid, cold stagnation benefits from the application of heat removing the feeling of cold and food stagnation benefits from belching, vomiting or a bowel movement. For example, back tightness that is worse in the morning after sleeping but resolves after a warm shower and a stretch is a Qi stagnation pain.

Stagnation, particularly when represented as chronic pain, can also have an emotional or mental root. Remember that stagnation is 'stuckness'. So your pain could relate to a situation or emotion that you feel stuck in. It could be frustration at your work, financial situation or relationship. Think about where you feel this emotion in your body. Stagnation will benefit from an open mind, a fresh look and approaching a problem from a different angle.

In developing an effective treatment, we need to identify the type of pain you have. When did it start? Where is it? What does it feel like? What makes it better? We determine the type of stagnation you have, what bothers you most about it and how it all started. We choose acupuncture points, techniques and herbs that will best resolve the specific stagnation that is at the centre of the pain that you feel.



"Most illnesses do not, as is generally thought, come out like a bolt out of the blue. The ground is prepared for years, through faulty diets, intemperance, overwork, and moral conflicts, slowly eroding the subject's vitality."

Paul Tourier

IVF and natural medicine

Part 2: Improving the success rates of IVF where RIF is a factor



Natural medicine considers each partner's health individually throughout the IVF process. We aim to identify the underlying causes for infertility and rectify balance. Commonly women with recurrent implantation failure (RIF) present with symptoms from one or more of the common patient presentations below. Recommendations are given for each group but it should be emphasised that they are general and really need to be tailored to you as an individual.

TYPE	WARM Cool down, slow down and be nourished with fluids	COLD Warm up and be energised	LOW ENERGY Improve digestion, eat nourishing foods and get rest	'STUCK' 'Chill Out', keep a flexible mind and get more exercise	BLOOD STASIS Improve blood circulation through exercise and diet	FLUID Lose excess weight and fluid
SYMPTOMS	Poor egg & embryo quality, hot flushes, night sweats, scanty cervical mucus, poor sleep	Luteal phase disorders (eg. low basal body temperature rise and low level positive hCG result indicating an unviable pregnancy), poor appetite, loose stools, low energy, frequent clear urination, swollen ankles, feeling cold and/or weak.	Thin endometrium, scanty menstruation, low energy, poor appetite, pale skin, poor quality nails and hair.	Feelings of frustration, irritability and anger, problems inserting the catheter into the cervix during embryo transfer, painful periods, PMS, tight neck and shoulders.	Premenstrual and period pain, brown discharge prior to or after menstruation, clotted menstrual blood and 'sticky blood' syndrome.	Poor fluid metabolism predisposing the patient to medication side effects including excessive bloating, fluid retention and ovarian hyper stimulation syndrome. History of pelvic inflammatory disease, thrush, cystitis, overweight or apple-shaped body and mental foginess.
ACUPUNCTURE	Focus on reducing heat, nourishing the blood and body fluids, calming the body and mind	Warm the body using heat when appropriate, have a 'lifting' effect on the uterus and body	Support the digestive organs and encourage formation of well nourished blood (endometrium)	Encourage the smooth flow of blood around the uterus and relax muscles	Regulate the flow of blood and dissolve blood stasis in the uterus	Improve fluid metabolism, promote elimination of excessive fluid.
HERBS	Your herbal formula may include rehmannia, licorice and rhodiola	Your herbal formula may include ginseng, cinnamon and ginger.	Your herbal formula may include dong quai, withania and nettle leaf	Your herbal formula may include bupleurum, dong quai and paeonia	Your herbal formula may include dong quai, ginger and capsicum	Your herbal formula may include fennel, chen pi and dandelion leaf.
DIET	Eat nourishing cooling foods including yoghurt, mung beans, tofu, most fruit and vegetables. Avoid excessive spices, fried, barbecued, fatty foods and alcohol.	Warm and sweet foods such as chicken, apricots, walnuts, onions and fresh ginger. Avoid excessive cold, raw and bitter foods such as watermelon, cucumber, celery, ice cream and cold drinks	Nourishing and dark coloured foods such as organic liver, eggs, spinach, beetroot and goji berries. Avoid sweat-inducing foods such as garlic, chilli and peppermint.	Foods that promote good digestion including barley, ginger, orange coloured vegetables and chrysanthemum tea. Avoid sour and cold foods such as lemon, pickles, ice-cream and cold drinks.	Invigorating foods such as onion, leek, shiitake mushrooms, eggplant, papaya and rose petal tea. Avoid cold, drying and greasy foods such as lemon, shellfish, cheese and cold drinks.	Light foods such as carrots, onions, mild chilli, celery and adzuki beans. Avoid greasy, rich and sweet foods such as chips, cakes, dairy, bananas, avocados and excessive fruit, nuts and meat.
NUTRIENTS	Omega 3 fatty acids	Magnesium, zinc, multi vitamin	Iron, folate	Magnesium, manganese, zinc	Magnesium, fish oil	Zinc, multi vitamin
LIFESTYLE	Get more relaxation, quiet time, meditation, longer sleep time, reduce stresses and emotional strains, avoid overwork, night work and eating late at night.	Keep the body (especially feet and lower back) warm, get morning sun each day, avoid exercising in cold or damp conditions (eg. not swimming) and avoid excessive sweating.	Get balance in work and rest, take low intensity exercise in moderation (eg. walking, tai chi), avoid overtraining the eyes with excessive reading, computer work or TV, avoid excessive sweating	Don't 'sweat the small stuff', avoid wearing constricting clothing, enjoy the outdoors, work up a sweat (exercise or infrared sauna), keep learning and broaden your view of the world, watch comedies, socialise, breathe deeply, take regular intensive exercise such as running, swimming and hiking.	Get balance in work and rest, avoid late nights and prioritise good sleep. Keep warm in cool environments. Take regular cardiovascular exercise, rather than heavy weight training	Don't overeat. Limit alcohol and definitely avoid smoking. Lose excess weight. Get regular, moderate-high intensity exercise, avoid damp environments and wearing damp clothing.

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.

Did You Know?

Drinking from reusable plastic bottles can raise the body's levels of bisphenol A (BPA), a chemical that mimics the female sex hormone, oestrogen, by more than two thirds. The chemical is used in many plastic food and drink containers as well as clear baby bottles. Previous studies have suggested that high levels of BPA consumption are linked to birth defects, growth problems and an increased risk of heart disease and diabetes. The chemical is banned in Canada.



study showed a 69% increase in BPA excreted in their urine after drinking cold liquids from polycarbonate bottles for one week. If these bottles are heated (as in a baby's bottle), it is suspected that the chemical would leach into the drink at a greater rate.

Stainless steel bottles, were used during the 'BPA flushing' period at the commencement of the study.

To carry cold drinks around safely, choose a non-lined stainless steel bottle. They are re-useable so better for the environment too.

Harvard researchers said that participants in their

NSAIDS: a danger to your health?

Non-steroidal anti-inflammatory drugs (NSAIDS) are commonly taken to relieve pain of chronic degenerative diseases such as osteoarthritis. The problem is that many of these drugs have shown to contribute to gastrointestinal bleeding or an increased risk of heart attack and stroke. These risks are so great (they contribute to 100 000 hospitalisations each year and up to 16 500 deaths), that several medications have been withdrawn from the market, however many with similar actions still remain. The British Medical Journal has published evidence from 23 trials suggesting that NSAIDS are ineffective in the long term pain of osteoarthritis of the knee. Beyond short term symptom relief, these dangerous medications do not offer any beneficial function to modify the degenerative disease process.

It makes you question why anybody would take them at all? Well, for many sufferers of chronic degenerative pains, such as arthritis, they do not believe there is an alternative.

Natural medicine does offer viable alternatives to NSAIDS. Boswellia has been shown in three very recent trials to reduce pain and increase mobility in patients with osteoarthritis. In the long term, boswellia may take slightly longer to take effect than an NSAID, however the results still stand after the boswellia treatment has been ceased. This did not hold true for the NSAID comparison. By increasing the initial boswellia dose, the symptom relief was hastened to take effect within a week. Boswellia modifies the degenerative disease process (that will happen over time if no suitable intervention is taken) by reducing the cartilage degrading enzyme found in the synovial fluid of the affected joint. Sadly, boswellia is often substituted for other herbs which do not offer these functions so only choose trusted practitioner-only brands.

Glucosamine and chondroitin sulphate are well-known in the management of osteoarthritis. The research supporting these two nutrients covers large studies

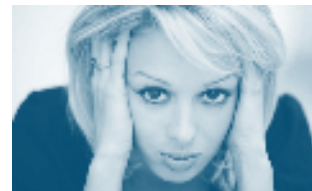
and has survived heavy scrutiny. Glucosamine has a degenerative disease process modifying effect by preventing or reducing the joint space narrowing that is characteristic of osteoarthritis. Chondroitin sulphate has produced significant results in reducing pain and increasing mobility. When taken together, glucosamine and chondroitin sulphate have been shown to deliver the greatest benefit.

For those who want to reduce their reliance on NSAIDS, the herb, willowbark, is an excellent pain reliever to be taken as needed, alongside other disease modifying herbs and nutrients.

Natural medicine does not offer a standard treatment for any condition, even osteoarthritic joint pain. Your condition and health history is unique to you and so a treatment plan will be tailored to you. Self prescribing NSAIDS or natural medicine to manage your pain may be hazardous to your health, ineffective and a waste of money. A qualified natural practitioner can assist you to stop relying on potentially dangerous pain relievers and start protecting your body from further damage.



Ask us:



Q: I get really moody before my period, sometimes I can cry at the drop of a hat. I also get bloated and it's very uncomfortable. Is there anything you could recommend to help with this?

A: There are a number of reasons you may experience these symptoms premenstrually, including hormone imbalance, stress, poor immunity, generalised inflammation and nutritional deficiency and energy production.

Hypoglycaemia, or low blood sugar, can contribute to fluctuating moods – eating small, regular meals can help to alleviate this by stabilising blood sugar, metabolism, mood and energy production. Even if you're craving sweets, try to avoid dipping into the lolly jar, choosing more complex carbohydrates for meals and snacks instead.

Moderate exercise, such as walking and stretching, is also highly beneficial – it enhances circulation and improves mood.

Stress has the ability to impair most functions in the body, and the menstrual cycle is not exempt. Learn some stress reduction techniques you can use all month, not just premenstrually. Magnesium is very useful in relieving tension - both mentally and physically.

Herbal medicine can also make a big difference in symptoms, some commonly used herbs are Chaste Tree, Withania, Dong Quai, Chamomile and Fennel.

Acupuncture theory considers premenstrual symptoms to be a result of 'stuckness' in the body, created as the body prepares to shed a 'built up' endometrium. There are some particular acupuncture points and techniques that are beneficial at this time of the month.

What's most important is allowing yourself some time and space to relax, ensure you're getting adequate nutrition, exercise and hydration, and make note of anything that exacerbates or alleviates your symptoms over time.

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Useful Website Links

We have been updating our website to include a list of helpful links that may assist you to improve your health physically, mentally and spiritually, such as:

The transcript and video of ABC TV's Catalyst program "Improving the odds of IVF" featuring research outlining the positive effects of acupuncture.

Asthma CRC breathing technique tutorials - free video tutorials to learn two effective breathing techniques used effectively in asthma research.

Raw and Real by Kylie Lowe - this website details Kylie's journey through cancer treatment and she has put together a forum, event calendar and useful links for others affected by cancer.

SustainCare Network - A site dedicated to looking after ourselves in ways that do not cost the earth, are simple, safe yet effective, and that may reduce the need for prescription medicines and other more serious interventions.

Andrea McLeod's Help a Child to Study blog - David McLeod's daughter, Andrea, works with "Help a Child to Study" in India. Share her experiences in helping

students who have had an immense struggle to gain an education.

To view the full list (including links relating to acupuncture, ailments, emotional health, herbs & supplements, lifestyle and research), visit www.healthwiseclinic.com.au and click on the "Helpful Links" tab in the side menu.



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Latest research

INCREASED RISK OF STROKE WITH LOW MAGNESIUM LEVELS

The recently published Artherosclerosis Risk in Communities Study has suggested that low blood levels of magnesium may increase the risk of stroke by up to 25%. The study followed 14,000 men and women over a period of 15 years. The findings showed a clear link between low dietary intake of magnesium, low serum magnesium and increased likelihood of ischemic stroke. Researchers have linked these results to the important role magnesium plays in the prevention of hypertension and diabetes, both risk factors for further development of cardiovascular disease. Good dietary sources of magnesium include green, leafy vegetables, whole grains, nuts and meats.

MASSAGE MAY REDUCE BLOOD PRESSURE

A massage may be doing you more good than you realise, a recent US study has suggested. 263 patients receiving a 45-60 minute deep-tissue massage recorded significant short-term drops in blood pressure. Moreover, the massage therapy also resulted in an average 10-point drop in heart rate. While the evidence for massage does not suggest it would replace other lifestyle changes, supplements or medications, it does show promise as an additional tool in managing high blood pressure.

ACUPUNCTURE BEING TRIALLED IN AUSTRALIAN EMERGENCY ROOMS

The National Health & Medical Research Council has announced funding for a 3-year clinical trial, using acupuncture for the treatment of acute migraine, back pain and ankle injuries in emergency departments. The multiple emergency department acupuncture trials will employ traditional Chinese medicine practitioners to work in emergency, a first for the Western world. The trial will treat patients with acupuncture, drug therapy, or both. This follows a successful pilot program in Victoria, which produced promising results in the integrative management of pain and nausea.

PREVENT WINTER ILLNESS WITH REGULAR PROBIOTIC & PREBIOTIC SUPPLEMENTATION

A longitudinal Italian study has found that regular, long-term intake of various probiotics may reduce the occurrence, duration and severity of respiratory diseases during the cold season. 230-250 people were assessed over three different winter seasons. Participants were supplemented with either placebo, or prebiotics (such as fructo-oligosaccharides) and multiple strains of lactobacillus and bifidobacterium. Participants receiving probiotic and prebiotic supplementation showed a marked improvement in respiratory tract infections and associated symptoms in each of the three winter seasons. Interestingly, there was also a significant improvement in bowel function (regularity and reduced bloating) in groups receiving supplementation.

Yes, We have Gift Vouchers for Birthdays, Special Occasions and just because you care!

We can provide you with a HealthWise gift voucher for any of our services. Treat your family and friends to massage, acupuncture or naturopathic appointments with our qualified practitioners. They will get exactly what they need to feel great! Call reception on 07 3839 1077 to purchase a gift voucher of your choice.

A Personal Note From Us

So, another financial year is over and a new one just begun. What a good opportunity to examine your current health record and see if you're on track. Got some aches or pains, digestive upsets, low on energy or feel you need an immune boost to fight off the flu? Don't let it get any worse, get some expert advice from our practitioners on turning it around immediately.

It seems that Swine Flu is still the hot topic in the media so make sure to keep yourself healthy with good hand washing, getting into an immune tonic (ask us for more information) and sipping on HealthWise Cold & Flu tea.

Everyone in the clinic is busy furthering their skills and knowledge. Zam has commenced a yoga teacher's course which will give her a greater understanding of specific exercises and breathing techniques to benefit your health.

Sarah recently attended the Australian Acupuncture and Chinese Medicine Association Conference in Melbourne. She picked up some great techniques for back and body pains. The latest research regarding IVF and acupuncture was also presented highlighting the valuable links between these two treatments. Kathleen and Sarah will both be attending a male and female infertility seminar in July and will be sure to bring back a lot of useful information for our fertility patients.

You may notice some changes at reception next time you call in. Kobi has moved on from our clinic into a full time position so we wish her all the best for her new position. Rosemary Carroll is new to our team and has a passion for customer service and an interest in herbal medicine.

Some new products have come into the clinic lately that have really impressed us. Keen Mind (by Floridis) is great for aiding memory, concentration and clarity – we've seen some good results from students in particular. A new Mediherb tablet combination of Rhodiola and Ginseng has been doing a lot to boost energy in very fatigued patients. And the Itch Calm Cream that we have seen work wonders with many skin conditions has been revamped into a much more user-friendly tube. Need more info on one of these products, just ask us.

Don't forget to sign up for the free HealthWise e-newsletter. We'll send you the latest health news, tips, specials and great recipes. Visit www.healthwiseclinic.com.au to subscribe.

Yours in good health,

The HealthWise team

Home health tip:

Natural winter tonic & cough medicine recipe

Make your own home herbal medicine syrup to ward off colds and stop coughs.

Oxymel of garlic

Ingredients:

½ litre apple cider vinegar
½ teaspoon caraway seeds.
1 teaspoon sweet fennel seeds and/or aniseed seeds.
1 teaspoon green ginger (chopped)
12 cloves of garlic (sliced)
½ litre water
1½ litre honey

Method:

Combine vinegar, caraway seeds, fennel seeds, aniseed seeds and ginger in saucepan and bring to the boil.
Add garlic
Remove from heat and let stand for 2 days.
After 2 days, press out the liquids from the vinegar mixture. Discard solids.
Add water and honey to the vinegar mixture.
Bring mixture to the boil and stir until combined, then strain and bottle. Refrigerate when cool.

Dose:

Children one teaspoon as required

Adults one dessertspoon as required



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We value your feedback and ideas

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