



H E A L T H W I S E

Healthy Living

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Arthritis: What You Can Do

Arthritis is a painful condition involving degeneration and inflammation of joints - those most often affected being the fingers and hands, parts of the spine, and weight bearing joints such as knees and hips. Arthritis is the single most common cause of joint disease, resulting in swelling, pain, stiffness and discomfort.

Management of the condition largely involves reduction of inflammation, pain relief and where possible, reducing the load on compromised joints (through weight loss and exercises). Changing dietary and lifestyle factors can have a significant effect on the course of arthritis, stalling destructive disease processes and improving overall symptoms.

A key aim in the treatment of this condition is to reduce inflammation in the joint, thereby reducing pain and preventing increased degradation. One herb which has proven particularly useful in treatment of osteoarthritis is Boswellia. Boswellia serrata, or Indian frankincense, has a history of traditional use in inflammatory conditions. More recently, a number of studies have demonstrated its potent effect on inhibiting inflammation. Because of this, Boswellia is often useful in significant reduction of pain and other symptoms associated with arthritis. The herb targets specific components of the inflammatory pathway, therefore it does not cause any imbalance in other systems - eg. digestive upset, as can be the case with some anti-inflammatory medications.



A number of foods and nutrients have been shown to modulate inflammatory processes, notably the essential fatty acids (EFAs). These are the 'good fats' necessary for human health, they cannot be manufactured by the body and must consequently be obtained through the diet. The EFAs most helpful in treatment of arthritis are ALA (found in flaxseed oil) and EPA (found primarily in cold-water fish).

Other nutrients may aid the reduction of pain and inflammation, including Zinc, Magnesium, Manganese, B6, Calcium, Vitamins D, C & E - not only do these reduce inflammation, but they are also involved in tissue repair and restoration.

There is also often a decrease in the concentration of glucosamine in the

arthritic joint - resulting, along with other factors, in the inflammation of cartilage and subsequent destruction of the joint over time. As a result, supplementation of glucosamine is often recommended in the treatment of osteoarthritis. Glucosamine is commonly given together with chondroitin, itself a major component of cartilage - as the two are considered more beneficial in combination.

Reducing the body's acidity can also inhibit the progression of inflammatory processes, reducing pain and preventing further damage. In natural medicine, an acidic system is representative of inflammation, on a number of levels. As already discussed, reducing inflammation and preventing further exacerbation are key aspects in the treatment of arthritis. Acidic foods include sugar (in most forms) and refined flour products, tomatoes, coffee, alcohol, most dairy products and red meat. Foods that counteract this, having an alkalisating effect, include leafy greens, apple cider vinegar, most fruits, raw nuts and spices.

In combination with the above measures, acupuncture has a strong record in treating osteoarthritic pain and mobility. A randomised clinical trial of 570 patients with osteoarthritis of the knee showed that acupuncture provides pain relief and improves function in osteoarthritic joints. The results indicate that acupuncture can serve as an effective addition to a standard regimen of care and improve quality of life for knee osteoarthritis sufferers.

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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

Boswellia Complex: an essential formula for arthritic pain and inflammation



Why do we like Boswellia Complex?

This herbal formula contains the well-researched anti-inflammatory herbs of Boswellia, Turmeric, Ginger and Celery Seed. Together, these herbs offer highly effective relief of the pain and inflammation of arthritis, osteoarthritis, rheumatism and other inflammatory conditions.

You need Boswellia Complex if you suffer from pain associated with:

- Arthritis (osteoarthritis or rheumatism)
- Inflammatory Bowel Diseases (Crohn's Disease or Ulcerative Colitis)
- Other inflammatory conditions

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Cultivating a Free and Easy Mind

When you feel 'stuck' in a situation or emotion this has a physical effect on your body. Take a moment to think of how you feel when you are stressed or frustrated – your neck and shoulders get tight, your breathing becomes shallow and your appetite may change (either you go off food or you crave comfort foods). Many common illnesses are worsened by stress, so there is no doubt that adopting a 'free and easy' mindset will benefit your overall health.

Traditional Chinese Medicine evolved in a culture immersed in Taoist and Buddhist philosophy. The Taoists prided themselves on being in tune with the movements of nature, likened to "going with the flow". The Buddhists placed importance on the avoidance of rigid concepts and the acceptance that all situations are temporary and subject to change. These ideas can be used to view difficult situations from a new perspective. Employing these ideas, regardless of your spiritual beliefs, may keep you calm and well.

Traditional Chinese Medicine Doctors recognised that a 'stuck' mind was such a problem that a herbal formula was developed to address this common condition. At HealthWise we still select some of the herbs from the original Chinese formula (eg. bupleurum, dong quai, paeonia and licorice) in your personalised formula where applicable.

Herbal medicine is a supportive tool in cultivating a free and easy mind. As discussed, the mind and body influence each other, so physical movement such as walking, yoga or the sport of your choice is a great way to 'move' a stuck mind. Muscular pains, in particular, are often a sign of stagnation in the physical body caused by a lack of adequate movement. Breathing exercises are another physical way to move 'stuckness'.

Changing the way you view and react to difficult situations is perhaps the most important step. Meditation offers many opportunities for the mind to roam free from constraints and counselling techniques may offer some practical techniques for removing any self-imposed barriers that are blocking you from being the calm, free, easy-going person you know you can be.

"To avoid sickness, eat less; to prolong life, worry less."

Chu Hui Weng

Journey to the Acupuncture Centre

Two months have flown past and Sarah George is back at work at HealthWise after completing an internship in China with some of the world's finest Traditional Chinese Medicine doctors.

Based at the Guangxi Traditional Chinese Medicine University in southern China, Sarah was involved in the treatment of patients at several of Nanning city's hospitals. "The integration between cutting-edge Western medicine and Traditional Chinese Medicine was particularly impressive. The hospitals offer acupuncture to both in and out-patients. Acupuncture is widely regarded as the leading therapy in treating post-stroke hemiplegia, facial paralysis and shingles, with an emphasis on starting treatment as soon as possible. Patients are actually treated in the hospital wards for these conditions by medical doctors who are also skilled in Traditional Chinese Medicine. The out-patient clinics have similar clientele to those we see here – the Chinese people choose acupuncture treatment for their body pains, women's health concerns such as polycystic ovarian syndrome, IVF support and digestive problems."

Following several highly skilled acupuncture doctors at these hospitals has enabled Sarah to tap into a wealth of knowledge, experience and traditional culture unavailable in Australia. Each doctor becomes well-known for their techniques and style. Some of the doctors are particularly good at treating children. Autistic and poorly developed children have daily acupuncture which usually involves a form of acupuncture where needles are threaded along the scalp. With good technique this treatment is not painful and the support of calm parents means the children comply with the treatment, over a period of six weeks we could see signs of improvement in strength, coordination and attention.

The Chinese people are just as concerned as Australians, if not more, with keeping in shape. Most Chinese people highly prioritise getting their exercise, so every morning and evening people of all ages ride bicycles, run, walk, dance, play badminton or practice tai chi or kung fu – Australians could learn a lot from the Chinese who are just as busy as we are. Even so, weight loss acupuncture is hugely popular, mainly used to assist in toning and shaping

the tummy, thighs, hips, arms and buttocks. The treatment involves cupping (glass suction cups placed over the 'flabby' areas to stimulate circulation and move toxins) and electro-acupuncture (acupuncture needles hooked up to an electrical stimulation unit that activates the muscles). Specific acupuncture points are chosen to improve the digestive system and aid weight loss. The doctors and patients both reported good success rates with this method.

Many of the Chinese people like to feel strong sensations from their acupuncture, usually much stronger than what is the norm in Australia. One particular technique used often in the hospitals for skin conditions such as shingles was 'Zhuang burning-string therapy', a traditional healing method of the local people. String made from a particular plant is soaked in medicinal herbs. The end is lit so an ember remains and it is quickly touched to the skin to put it out. This is done repeatedly on different acupuncture points or around a skin lesion. 'Fire needle' is another technique where the tip of a thick needle is heated with a flame until it glows and then quickly jabbed into the skin. The technique is used for painful musculo-skeletal conditions. Don't worry; we don't use these techniques at HealthWise. The Chinese people also attend their acupuncture clinic daily or several times weekly to get faster results from their acupuncture.



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?

A 'locavore' is someone who eats food that has only been produced locally.

When you make a decision to consume locally produced foods you are benefiting your local community, the environment and your health. Here's how:

1. Buying food locally keeps money within your community and contributes to the health of all sectors of the local economy, increasing the quality of life.
2. You'll support endangered family farms by ensuring that farmers receive most of the dollars that you spend on their produce.



3. You'll protect the environment through choosing food that has not travelled as far – reducing carbon-dioxide emissions and packing materials.

4. The food you will be consuming is more likely to be fresher and seasonal allowing it to be more delicious and nutritious.

To become a locavore actively research the origins of your foods and choose to purchase your groceries from local farmers' markets, direct from the farm or community shared agriculture programs such as Food Connect (www.foodconnect.com.au).

Understanding Endometriosis

Endometriosis is a painful condition in which the mucous membrane lining the uterus (endometrium) is found in other parts of the body. Problems arise with each menstrual cycle when this lining is shed, and the tissue outside of the uterus also bleeds, causing pain and inflammation. Over time, this can result in the formation of scar tissue, cysts and adhesions.

The condition is often poorly understood, the precise cause unknown and clinical presentation can vary greatly. The condition is more common in women who haven't had children and is often associated with infertility. Although, it has also been argued that infertility may itself be a cause of endometriosis. Endometriosis is also associated with ovulatory dysfunction, which can predate the onset of endometriosis.

Although there are a number of possible predispositions, endometriosis has been found in women of all racial backgrounds, all socioeconomic groups ageing from 14 years to 57 years.

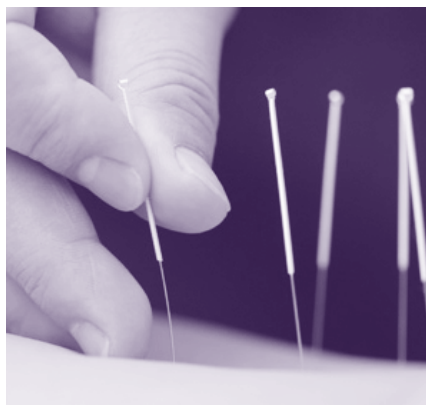
Due to the condition's diverse array of causes and symptoms, conventional treatment is poorly standardised and often ineffectual. While symptomatic presentation can suggest endometriosis, diagnosis is only through laparoscopy, a minor surgical procedure.

From a natural medicine point of view, there is no standard endometriosis treatment, just as there is no standard asthma or arthritis treatment. For any one condition there are specifics that should not be

ignored, but beyond these the treatment is tailored to the needs of the individual.

Acupuncture can play a very valuable role in the treatment of endometriosis. Needling the abdomen aids the flow of blood and energy to the reproductive organs, reducing congestion and providing significant pain relief. Needling the lower abdominal area reminds the body that there is a pathology present that needs to be corrected.

Various herbs are used to treat the multi-faceted condition of endometriosis, including Chaste tree – balancing relative oestrogen excess; Echinacea & Calendula – addressing immune dysfunction; Dong quai – remove blood stasis and as a female tonic; Paeonia – balance hormones. These herbs help address some of the imbalances in the body.



Ask us:

Q. I have been diagnosed with Irritable Bowel Syndrome and heard that natural medicine can be very helpful. What could you recommend?

A. IBS is a very common condition encompassing a constellation of symptoms; some of the most frequent being abdominal pain, bloating, flatulence, diarrhoea and/or constipation.

There is also a strong link between stress, the nervous system, and occurrence of IBS. Almost all the chemicals controlling brain function originate in the gut and dysfunction in one will invariably affect the other. Consequently, addressing stress levels and working towards a feeling of balance can alleviate symptoms of the condition dramatically.

Certain dietary triggers can cause or even exacerbate symptoms of IBS – food sensitivities are very common, particularly wheat and dairy, and aggravating foods should be eliminated if identified. A high intake of refined carbohydrates, such as sugars and processed foods, will also worsen the condition. It is also important to reduce or avoid inflammatory substances such as sugar, caffeine, alcohol and tobacco.

Dietary fibre is another important consideration in managing IBS, as insufficient fibre can be detrimental to the condition. Increasing fibre, by increasing the intake of fresh fruit and vegetables, nuts, grain products and bulking agents such as Slippery Elm or Psyllium can greatly improve symptoms.

Reducing inflammation and re-establishing bowel flora, particularly in chronic cases of IBS, is also important. Peppermint, Chamomile, Slippery Elm and Probiotics are particularly useful for this condition.

Have you got a question you would like to ask the HealthWise practitioners? Email your question to news@healthwiseclinic.com.au with 'Newsletter Question' in the subject line.

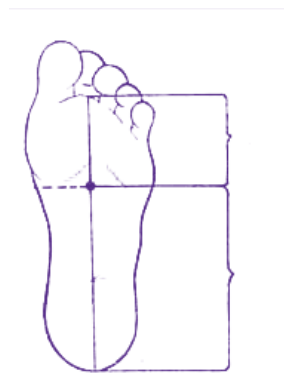
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Do it Yourself Acupressure: INSOMNIA

If you find drifting off to sleep difficult, then this acupressure point might just be what you need. Kidney 1 (Yong Quan) is a brilliant point for drawing our attention to the feet where we connect to the ground and the earth. It brings us back to earth, which is just what any busy person with a lot on their mind needs before bed. The point is located a third of the way down the sole of the foot between the bones that lead to your second and third toes (metatarsals). Before bed, soak your feet in a warm foot bath (lavender oil optional) to draw your energy downwards away from your head. Then massage Kidney 1 on both feet to activate the point directly and send you off to zzzzzzzzzzz.



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Any orders for the Brisbane area of over \$70 will be sent freight free if paid by credit card at the time of ordering. For Brisbane orders under \$70 our low freight charge of \$6.00 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 before 1pm and we will dispatch them to you the same day. One of the secrets to good health is being consistent with your medication.

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This discount applies to purchases made in the clinic or by phone order.

Latest research

ST. JOHN'S WORT WORKS FOR DEPRESSION

A review of St. John's wort studies has shown that extracts of the herb are effective in reducing the symptoms of even major depression. The scientists reviewed 29 trials involving over 5000 patients with depression and found that St. John's wort was superior to placebos and as effective as standard antidepressants with fewer side effects.

ACUPUNCTURE REDUCES SIDE EFFECTS OF BREAST CANCER TREATMENT

Acupuncture is as effective and longer-lasting in managing the common debilitating side effects of hot flashes, night sweats and excessive sweating associated with breast cancer treatment and has no treatment side effects compared to conventional drug therapy, according to a first-of-its-kind study. Findings also show there were additional benefits to acupuncture treatment for breast cancer patients, such as an increased sense of well being, more energy, and in some cases, a higher sex drive, that were not experienced in those patients who underwent drug treatment for their hot flashes. The reduction in hot flashes lasted longer for those breast cancer patients after completing their acupuncture treatment, compared to patients after stopping their drug therapy plan.

TAI CHI IMPROVES QUALITY OF LIFE

An Australian study has followed people who attend tai chi classes for 6 months with a group who did no formal exercise. The researchers identified a significant improvement in the tai chi group's social and physical functioning, and their cholesterol

levels were lower too. Tai chi has higher levels of adherence than many other forms of exercise as it is non-competitive and is suitable for sedentary, overweight or disabled people.

RESEARCHERS IDENTIFY A VERY CONCEIVABLE DIET

Researchers from the Harvard School of Public Health and Harvard Medical School have followed over 17 500 women and discovered that those with the lowest rate of infertility (most likely to fall pregnant) were those who ate less trans fat, less sugar, ate food with a low glycaemic index such as pasta and whole grains, ate more protein from vegetables than from animals, had a good iron intake, took multivitamins, exercised daily, kept their BMI between 20 and 25, and consumed more high-fat dairy products and less low-fat dairy products. The more of these measures they adopted, the lower the infertility rate and the higher the pregnancy rate. This was regardless of the woman's age, or whether she'd had children before. Of all the lifestyle measures, weight and diet, rather than exercise, were the most important.

LAVENDER OIL REDUCES STRESS & SLOWS AGEING

A Japanese study has shown that exposure to the aroma of lavender oil for only five minutes helps to curb the release of cortisol, the stress hormone the can prematurely age you by triggering inflammation. The lavender oil may also have enhanced antioxidant activity in the participant's bodies.

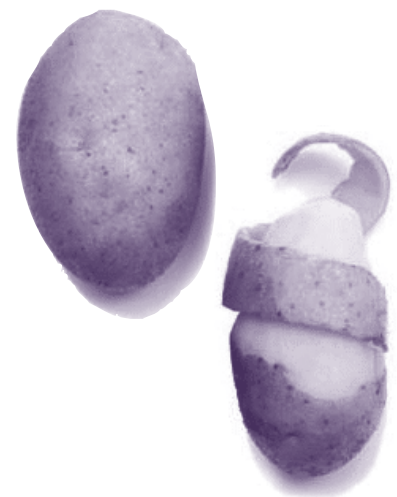
Home health tip:

Potato Peeling Broth for Arthritis

The use of potato peeling broth is a wonderful adjunct to the treatment of arthritis as it helps neutralise body acids and improve mobility to the joints.

Cut peelings of 6 potatoes 3/4 of an inch thick and simmer 20-30 minutes in a covered pot. (Do not use aluminium cookware). Strain off the liquid and drink 1cup every 2-3 hours. This can be continued while the pain is acute.

Celery can be added to change flavour if desired. Do not add salt to the broth.



Yes, We have Gift Vouchers

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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

Zam and Sarah are busy helping the people of Brisbane to feel well while David is on leave in India - he's back on the 10th November. His trip has taken him to visit day care programs for children, the Ghandi Museum and the temple and monastery where the Dalai Lama resides. He has attended spiritual discussions with a local guru and hopes to get to a hospital practicing ayurvedic medicine.

Spring has sprung and most of us are feeling much livelier with the arrival of the warmer weather. It's a time when exercising and eating well becomes a whole lot easier. If you are one of many who have let your diet and exercise routine 'hibernate' for the winter and are starting to notice the extra kilos piling on, then pop into the clinic and ask about our weight loss program which will give you everything you need to get you back into tip-top shape.

Did you know that we offer a food allergy testing service? Many people suffer from an array of different signs and symptoms but find it very difficult to isolate the triggers. Make a naturopathic appointment and we can help you to identify the food culprits and help you to find ways to feel better.

We have now added a recipe section to our website of Zam's own healthy recipes (including dairy, wheat and gluten-free offerings). This section is constantly updated so if you want to get our latest recipes sign up for our free e-newsletter by visiting www.healthwiseclinic.com.au.

Yours in good health,
The HealthWise team

Finished reading this newsletter?
Pass it onto a friend.

Have you Moved?

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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.

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