



Darling Street  
Health Centre

## Newsletter April/May/June 2008

Darling Street Health Centre  
1/449 Darling St  
Balmain 2041  
T. 02) 9555 8806

### Health and Ageing and the Importance of Antioxidants

Amanda Haberecht - Naturopath

Oxygen toxicity is a constant challenge to the health of our cells. Our body's processes of metabolism in the presence of oxygen lead to the presence of free radicals. Environmental causes for free radical generation will also affect our health and are due to exposure to chemicals and pollution found in our water, air and food. Free radicals are chemically unstable in their pursuit to stabilize themselves.

These chemicals damage enzymes, cell membranes and even the chromosomes that store our genetic material. And consequently our body's free radical load directly correlated with our risk for chronic degenerative diseases and indeed the ageing process. Unfortunately due to the presence of free radicals in the body our cellular age can be very different to our biological age and a reason for why wrinkles are a sign of free radical load in our bodies. And in fact every chronic disease has now been associated with free radicals including diabetes, Parkinson's, heart disease, Alzheimer's, multiple sclerosis, arthritis, cancer and infertility.

#### *Can this process be stopped?*

Fundamentally we do have a 'built-in' free radical fighting mechanism known as the antioxidant defense system. These are specialized enzymes that can stabilize free radicals but can only do so in the presence of antioxidants.

#### *What are antioxidants?*

Antioxidants are natural free radical fighters and help to make free radicals harmless. Common antioxidants include vitamin C, E, beta carotene, bioflavs, zinc, selenium, lipoic acid and coenzyme Q10. These are frequently found in many wrinkle defense creams and anti-ageing beauty products but work much better if taken internally.

Our best source of antioxidants comes from a high fruit and vegetable, high protein diet.

Many of the so called 'super foods' get their name because of the presence of antioxidants. Brazil nuts, walnuts, berries, goji berries, green tea, spirulina, fish sea week organic yoghurt, dark green leafy vegetables are all great sources of antioxidants.

In chronic diseases we often need to look for further supplementation to try and half or reverse the disease process. Vitamin C, vitamin E, folic acid, selenium and CoQ10 have all been found to be preventative where there is risk of further cardiovascular disease. Studies have shown that lipoic acid, fish oils, folic acid, selenium and B12 all play a roll in reversing further myelin sheath damage in multiple sclerosis. Many studies are also now implicating folic acid and other antioxidants in the prevention and severity of Parkinson's disease. And the studies supporting the importance of antioxidants to promote and increase our fertility are extensive. Human eggs and sperm cells can experience premature ageing and free radical damage just like any of our body's cells.

Studies have also linked the importance of vitamin E, selenium, zinc and amino acids to the production of healthy and viable sperm. And likewise zinc, CoQ10, ESS fatty acids and vitamin E have all been found to significantly improve fertility outcomes both naturally and as well as with women undergoing fertility treatment.

In truth we are all in the process of decline and ageing. And free radical damage finally causes our demise in the end. But to promote cellular health and reduce the consequent risks associated with ageing and environmental pollutants, antioxidants in both our diet and supplemental sources can help to halt and correct these processes. Antioxidants not only protect our cells but work to reduce the likelihood of our genes being affected by our family history and 'switching on' to the risk of chronic disease.

At Darling Street Health Centre we are able to offer our patients live blood analysis which enables the practitioner to assess a patient's antioxidant status and consequent health risk. And with the support of antioxidants we are able to improve chronic disease processes including allergies, reduce cellular ageing, calm inflammatory processes and promote health and wellbeing.

## **The Places You'll Go** **Gail Rice - Psychologist**

I picked up a children's book the other day and realised how much it had to teach us all about encountering difficult times in our lives. Often when we are suffering with anxiety, sadness, regret, grief all we want is for the pain to disappear. This leads to feelings of panic and fear that can immobilize us.

The practice of mindfulness teaches us that instead of waging a battle, running away or hiding from these difficult feelings and thoughts, we learn to approach these thoughts and emotions with curiosity and kindness not judgment and fear. Paradoxically when we stop the struggle, we can open our eyes, take a breath and participate in life again.

So here is an excerpt from Dr Seuss that reminds us we have a choice stay stuck in the 'waiting room' where life stands still or participate in the moment, as it is right here, right now.

### **Oh The Places You'll Go (excerpt) by Dr Seuss**

Your gang will fly on. You'll be left in a Lurch. You'll come down from the Lurch with an unpleasant bump. And the chances are, then, that you'll be in a Slump. And when you're in a Slump, you're not in for much fun. Un-slumping yourself is not easily done.

You will come to a place where the streets are not marked. Some windows are lighted. But mostly they're darked. A place you could sprain both you elbow and chin! Do you dare to stay out? Do you dare to go in? How much can you lose? How much can you win? And IF you go in, should you turn left or right... or right-and-three-quarters? Or, maybe, not quite? Or go around back and sneak in from behind?

Simple it's not, I'm afraid you will find, for a mind-maker-upper to make up his mind. You can get so confused that you'll start in to race down long wiggled roads at a break-necking pace and grind on for miles across weirdish wild space, headed, I fear, toward a most useless place. The Waiting Place.....for people just waiting.

Waiting for a train to go or a bus to come, or a plane to go or the mail to come, or the rain to go or the phone to ring, or the snow to snow or waiting around for a Yes or a No or waiting for their hair to grow. Everyone is just waiting. Waiting for the fish to bite or waiting for wind to fly a kite or waiting around for Friday night or waiting, perhaps, for their Uncle Jake or a pot to boil, or a Better Break or a sting of pearls, or a pair of pants or a wig with curls, or Another Chance. Everyone is just waiting.

NO! That's not for you!

.....Great Places! Today is your day! Your mountain is waiting. So...get on your way!

*Call and make an appointment with Gail Rice to discover how mindfulness can help you out of the waiting room. There is still time to enrol in the 6 week writing/mindfulness course which starts April on 30<sup>th</sup>!*

## **Autumn is the season of transition, a time to rest and rejuvenate...**

**Rakhee Dodhia – Massage/Reiki Therapist**

What better time than autumn to restore equilibrium and find comfort in your inner sanctuary through some healing energy and bodywork. Autumn is the perfect time to ground the body with a range of balancing treatments.

During this season the body starts to slow down and prepare for the cooler months ahead... autumn is represented by the Earth element, which helps with the transition from hot to cold.

Earthy oils such as sandalwood, cedarwood, rosemary and cinnamon are perfect to ground us after the high energy of the summer. Also from the depths of the Earth come the luxurious, naturally tumbled hot stones – these basalt stones have amazing healing energy and have been used in massage for thousands of years. Crystals, from the Earth's crust, are also used during the hot stone therapies to enhance energy flow and bring deeper healing. Crystals have the ability to absorb and transmit energy electromagnetically and can cleanse and transmute negative energy.

To help balance the body with the Earth element, try the 2 hour Ancient Stone Ritual; this sumptuous treatment uses heated basalt stones, cooled marble stones and crystals, which all assist in grounding the mind and body, creating clarity and bringing the body back into alignment.

Why not treat yourself or someone you love to a gift voucher... the perfect Mother's Day present.

*Vouchers are available from Darling St Health Centre reception.*



## **Anxiety In Kids**

### **Emma Sutherland - Naturopath**

Anxiety is becoming increasingly apparent in children from an early age. The causes are multi factorial and include separation anxiety (4-6months), day care, infections, parental arguments, toilet training, the birth of a sibling or being over stimulated.

Anxiety can present in children in many different ways, including:

- mood swings
- bed wetting
- stomach upsets
- emotional outbursts
- learning/concentration difficulties
- sleeping issues
- digestive upsets

There are many different factors that contribute to anxiety in kids and cause the above conditions. Nutritional deficiencies are common due to many children not eating a balanced diet. Stress levels, however, can also affect nutritional status and this in turn affects behavior. A genetic condition called pyroluria causes the body to be depleted of the nutrients zinc and Vitamin B6 during times of increased stress. The depletion of these nutrients causes symptoms such as mood swings, explosive temper, poor short term memory and frequent infections. Many kids are also deficient in nutrients such as essential fatty acids, found in fish and oily plants, which can contribute to learning difficulties. Anxious children are often found to be lacking in magnesium, which is known for its calming effect on the body.

Digestive disorders can affect the absorption of nutrients and have an effect on mood and behavior. "Leaky gut" syndrome can cause toxic substances to be passed through the gut lining and into the bloodstream resulting in a chemical imbalance in the brain. Food sensitivities and intolerances (such as gluten) can also be the cause of behavioral problems by causing a deficiency in protein that directly affects the production of neurotransmitters which control mood. Digestive symptoms of anxiety such as constipation, diarrhea and indigestion are also common and can be relieved with natural remedies.

Sleeping problems are often another symptom associated with anxiety. Difficulties in both falling asleep and staying asleep can lead to further behavioral issues as sleep is vital for our bodies to function effectively. Herbal support can assist with sleeping issues without causing dependency or fatigue the next day. Homeopathic remedies are available at the clinic and herbal liquids can also be made to suit the individual child.

Routine testing is offered in the clinic for zinc status as well as leaky gut syndrome through simple and non invasive methods. We can also have your child tested for food intolerances and allergies through specialist pathology labs.

There are many natural medicines that will help an anxious child. Please feel free to contact the clinic today to make an appointment with Emma Sutherland to discuss your child's needs.

## **Don't let your headaches take over your life!!!**

### **Thanuja Vanderhoek - Osteopath**

For some people, headaches and migraines can control their lives! Majority of headaches are caused by muscle tension and restricted motion in the back and neck. Furthermore, migraines can have various triggers but are highly associated with decreased circulation to the brain.

Osteopathy is a system of health care that focuses on the treatment of the physical body, the joints, muscles and connective tissue with gentle hands on manipulation incorporating such techniques as soft tissue massage, stretching, spinal manipulation, balancing ligamentous tension, cranial osteopathy and exercises to improve the health of the body. Osteopaths can determine the structural origin of your headache or migraine and treat this very effectively!

Osteopathic treatment can:

- Increase circulation to the brain
- Increase mobility in the neck and back
- Improve overall body structure to place less demand on your neck
- Decrease muscle tension in the neck and back

**Self Help Tips** for managing your headaches/migraines during the festive season:

- Drink 6-8 glasses of water a day
- Ask your osteopaths some simple and effective neck stretches
- Massage the muscles of your jaw
- Take 10 minutes a day to relax and clear your mind
- Drink plenty of water when consuming alcohol
- Try and keep away from triggers of migraines eg chocolate, caffeine

Headaches and migraines don't have to overpower your life!!! See our highly trained osteopaths and take control of your headaches and migraines. For FREE information on osteopathy and headaches contact our reception.

**"All diseases begin in the gut" -  
Hippocrates 460-370 BC.  
Belinda Kirkpatrick - Naturopath**

The digestive system is responsible for two primary functions: absorbing nutrients and screening out toxins. If the gut is not working effectively, cell health is affected as too few nutrients and too many toxins enter the blood and penetrate cells. This is known as 'Leaky Gut Syndrome'. Treating and correcting digestive function is a primary naturopathic focus and can produce benefits throughout the body.

**Symptoms of 'Leaky Gut' include:**

Abdominal pain and flatulence, bloating, food intolerances, diarrhoea, constipation, skin rashes, fatigue, poor immunity.

**Diagnosis**

A case history is taken.

Urinary Indicans Test - a simple in-clinic test which measures the degree of 'Leaky Gut'

Hemaview Blood Screening - examining one drop of a patient's blood under a microscope (patients are able to view this procedure via a screen).

Stool Analysis - may be necessary in some patients

**Treatment**

After identification, (initial consultations are one hour duration), treatment of the root cause of the problem is the initial focus. Belinda will then use diet, herbal tonics and nutritional supplements to heal and protect the digestive system. All patients receive an individualised treatment and management plan according to their specific case history.

**Healthy Eating For Kids  
Free Information Night  
At  
Darling St Health Centre**

**Speaker : Naturopath &  
Nutritionist  
Belinda Kirkpatrick**

**Friday May 2<sup>nd</sup>  
6:30 - 7:30pm**

**Bookings Essential  
T. 9555 8806**

**Insulin Resistance and Type 2 Diabetes  
Daniela Viola – Naturopath**

There are two major types of diabetes – Type 1 (insulin dependant diabetes mellitus) and Type 2 (non-insulin dependant diabetes mellitus). Type 2 diabetes is by far the more common and is certainly on the rise within the Australian population. A lot of people may be unaware that they are either in a 'high' risk category for developing type 2 diabetes or may even have it and be undiagnosed.

**Risk Factors for the Development of type 2 diabetes:**

- Poor diet high in simple carbohydrate, refined sugar and saturated fat.
- Obesity.
- Lack of exercise
- Genetics
- Gestational diabetes is a form of the condition that develops during pregnancy as hormonal changes can affect the body's resistance to insulin. Most often this condition disappears after delivery, but it does seem to be a sign that the woman is more likely to develop type 2 diabetes later in life.

Naturopathically there is a lot that can be done to help prevent the onset of type II diabetes, especially if the person is classified as 'pre-diabetic', or is seen to be in a high risk category.

**Healthy Eating Plan**

A healthy eating diet plan that is catered to the individual would be the first point of protocol, where the aim is to educate people about the types of foods that increase blood glucose levels and those that help to regulate. A naturopathic diet will incorporate a range of good fats from sources such as fish, nuts and seeds, high protein foods from animal and vegetarian sources, as well as educating patients on how to mix complex carbohydrates with other foods to avoid a blood sugar spike.

**Nutritional and Herbal Supplementation**

Nutritional supplementation would include the use of vitamins, minerals and herbs that have effects on glucose metabolism, along with an exercise regime to help increase the body's responsiveness to insulin.

A naturopath will closely monitor your blood glucose levels using medical pathology tests, and naturopaths are also knowledgeable of interactions between medical pharmaceuticals and natural medicines, and will always maintain open lines of communication with GP's and other healthcare professionals so that the patient can be cared for on all levels.

*For further information on preventing and controlling type 2 diabetes or to book in an appointment you can contact Daniela through reception.*