



Newsletter Mar/Apr/May 2009

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

**Darling Street
Health Centre**

Hypnobirthing Courses Now Available! Facilitated by Naturopath, Emma Sutherland

Emma has a great passion for natural birth and believes that calm, serene and empowering birth provides the most solid foundation for the physical and emotional health of mother and child. This belief lead her to seek additional training as a Certified HypnoBirthing® Practitioner to enable her to empower women and their birthing companions to trust in their natural birthing instincts.

The HypnoBirthing® Advantage

- Eliminates the Fear-Tension-Pain Syndrome before, during, and after birthing
- Eliminates or greatly reduces the need for chemical painkillers
- Shortens the first stage of labour by several hours
- Eliminates fatigue during labour, enabling you to be fresh and awake with energy for birthing
- Eliminates risk of hyperventilation from "shallow" breathing methods
- Promotes bonding of mother, baby, and the birthing companion
- Fosters more rapid postnatal recovery
- Returns birthing to the beautiful, peaceful experience that nature intended
- Creates a more integral role for the birthing companion

You Will Learn:

- Relaxation and self-hypnosis techniques to eliminate the fear and tension that cause long labour and pain, replacing it with confidence, calm and comfort
- Techniques to produce a shorter, more comfortable labour
- The creation and control of the body's own natural anesthesia
- The source of the myth that pain must accompany normal birthing

- Why some women in other cultures have birthings almost entirely free of discomfort
- How the mother's body is designed to work in neuromuscular harmony with nature throughout labour
- Practice in deep relaxation during and between uterine surges
- The importance of perinatal bonding

How does HypnoBirthing differ from other childbirth preparation methods?

Unlike other childbirth methods that teach you how to cope with and manage pain, HypnoBirthing is based on the premise that childbirth does not necessarily need to be painful if the mother is properly prepared and relaxed. When women understand that pain is caused by constrictor hormones, created by fear, they learn, instead, to release fear thus creating endorphins—the feel good hormones. They are then able to change their expectations of long, painful labor and are able to replace them with expectations of a more comfortable birthing. Rather than exhausting, shallow breathing and the distraction techniques of typical "prepared childbirth" programs, HypnoBirthing parents learn deep

****Hypnobirthing Introductory Special****

Enrol in a hypnobirthing workshop at Darling St Health Centre before the end of March and received a 10% discount, or book with a friend and receive a 20% discount.

**Limited spots available, please call reception for booking enquiries
T. 9555 8806**

Is miscarriage preventable?

Amanda Haberecht (Naturopath)

Recent statistics reveal that miscarriage will affect 1 in 4 couples. Recurrent miscarriage (defined as more than 3 miscarriages) can affect up to 10% of couples attempting to achieve a pregnancy. Too often these couples fall between the cracks where standard medical practice offers few solutions. Couples describe themselves as existing somewhere in between the planet of the "infertile" and "fertile", often very anxious and fearful about another pregnancy attempt.

There are many possible causes of miscarriage – hormonal, chromosomal, autoimmune, genetic, infections, nutritional and anatomical factors can all play a role. Recent research has confirmed that more than 70% of all patients will in fact will have multiple causative attributing to miscarriage risk, and very often these individual causes may seem irrelevant independently, but in combination but in combination can be quite significant and undermine the progression of a pregnancy. With a full and complete medical workup causes can be in fact in 70% of patients who experience miscarriage.

Our approach to miscarriage here at Darling St promises to look for any possible cause (however small or large). Treatment options will then be based around any issues that have been identified. Miscarriage is never just 'bad luck', and our aim is to prevent any identifiable risk whilst supporting a woman through her pregnancy to a happy and healthy outcome.

Pregnancy Care

Belinda Kirkpatrick (Naturopath)

Pregnancy is a magical time and you may be wondering how to provide your unborn baby with best possible start in life. Should you change your diet? Do you need nutritional supplements? How can you keep your stress levels low and remain calm and peaceful?

You may feel that you have a healthy, balanced diet, however, the high nutritional demands of pregnancy, the effects of morning sickness, undiagnosed allergies, heartburn, constipation, long term deficiencies, stress or other pre-existing conditions may mean that your intake of essential nutrients is inadequate to cope with the needs of both you and your growing baby.

For example, studies have shown that about half of all pregnant women in NSW are iodine deficient. Iodine is essential for your baby's thyroid hormone and nervous system development. A simple test can determine if you are one of these women and then you can be provided with advice about how to remedy this deficiency. It is important not to self medicate – especially during pregnancy.

Common conditions of pregnancy are usually signs of specific nutrient deficiencies and may be easily remedied with supplemental support. These conditions may include: morning sickness; heartburn; constipation; vaginal thrush; muscle cramps; varicose veins; haemorrhoids; fluid retention; high blood pressure; allergies and more. Herbal and nutritional support to help the body prepare for labour and recovery may also be prescribed.

The naturopaths at the Darling Street Health Centre are here to answer your questions, discuss your concerns, provide you with advice and support and guide you through the unique joys and challenges of each trimester of your pregnancy.

Osteopathic Post Natal Care

Thanuja Vanderhoek (Osteopath)

Due to the extensive forces your body has endured during the birth process, osteopathy is very important to gain optimum structure back in your body.

Re-strengthen abdominal and pelvic floor muscles

In the post-natal woman, muscles are over-stretched from pregnancy and joint instability exists from pregnancy hormones which remain in your system until 3 months after you stop breastfeeding or 3 months post-birth (if you don't breastfeed). This affects mum's ability to maintain correct posture and ability to lift and bend. Osteopaths can provide exercises to do the day after birth even earlier if you feel up to it!

The recovering pelvis => pain/difficulty sitting

The following conditions can be caused in the pelvic region post-natally:

- Tender pelvic floor – even if you have had no graze, tear etc
- Strained pubic ligaments from pushing (& pubis can be separated during pregnancy from lax ligaments)
- Coccyx can dislocate during delivery
- Sacral torsions have been linked to **postnatal depression**

Osteopathic treatment aims to restore pelvic floor tone and balance the pelvis/sacrum in order to minimise irritation of pelvic nerves.

Recovering from birthing interventions

- **Caesar and episiotomy repairs** produce scar tissue. Osteopathic techniques improve scar elasticity and speed recovery time
- The **side effects of an Epidural** may include headaches, migraines, back pain etc. Osteopathic treatment addresses these resulting restrictions in spinal column, pelvis & skull restoring correct circulation of cerebrospinal fluid

Post Natal Exercises

Osteopaths specialize in the prescription of **pelvic floor exercises** to help restore pelvic floor tone as well as stability to the pelvis. This in turn improves tone of scar tissue if pelvic floor repair has been performed and helps prevent stress incontinence.

Osteopathy for the Elderly **Morgan Langford-Salisbury (Osteopath)**

Ageing is a normal process of the body and occurs from the time we are born. In the elderly, significant physiological changes occur that effect every system of the body. The musculoskeletal system which maintains the body's framework and locomotion is an example. Muscle wasting and joint stiffness produce weakness, loss of voluntary movement, slower reaction time, and less fine movement precision in the elderly. Osteoporosis is common, especially in post menopausal women increasing the risk of fracture. Joints become drier and more fibrous, less resilient and stiffer. Difficulties with balance, standing, walking and transferring weight may increase with age especially with active disease processes.

Some 30% of elderly individuals fall each year and can lead to detrimental consequences such as bone fracture and loss of independence due to a fear of falls.

As a result of the physiological changes that occur in the body, falls become a major problem for elderly people, especially women as they have a higher risk of developing Osteoporosis which decreases bone density. It is important to include resistance training as it strengthens the bones. A balanced diet and reduction of risk factors like smoking can help prevent the development and decrease the progression of Osteoporosis.

Joint pain in the elderly is a risk factor for falls. One of the most common associated factors of joint pain is Osteoarthritis. Common symptoms of Osteoarthritis include joint stiffness, swelling, and pain. Due to a lack of mobility and pain in the joint, changes in gait occur to compensate for the arthritic joint.

Osteopaths can help to relieve the symptoms of Osteoarthritis by restoring balance in the bony and muscular structures of the body. With an array of gentle techniques to mobilise the joints, stretch out the soft tissues, and indirectly release stiff joints or tight muscles, the elderly can effectively be treated for Osteoarthritis. Osteopaths can also help the elderly with balance and gait problems. By treating dysfunction in the body, advising on ergonomics in the home, and by giving a comprehensive exercise program, patients can reduce their risk of falls.

Osteopathy can be used as a supportive tool for many diseases or illnesses in the elderly. As well as the musculoskeletal system, Osteopaths can address symptoms associated with conditions of the gastrointestinal, circulatory, respiratory, endocrine, and genitourinary systems by manipulating nervous supply to an involved organ, and release strain within the fascia that encases the organ.

Unfortunately, the predisposition to develop symptoms at an earlier stage of disease is often offset by the change in illness behaviour that occurs with age. Raised at a time when symptoms and debility were accepted as normal consequences of aging the elderly are less likely to seek attention until symptoms become disabling. Thus, any symptom, particularly those associated with a change in function status, must be taken seriously and evaluated promptly.

Darling St Health Centre Welcomes **Morgan Langford-Salisbury** **B.App.Sc(Osteo), M.Ost**

With a background in Massage Therapy, Morgan uses an array of soft tissue techniques to release the muscles and fascia that support the skeletal framework. "The muscles and joints of the body work in coordination with one another to give the body strength, structure and mobility, therefore it is important to treat both in order to restore balance and good functionality in the body." Morgan completed her Master's research project in pain modulation using complementary health therapies, including osteopathy. By doing this research she understands the complexity of pain mechanisms within the body and can offer treatment and advise on how to manage pain.

Morgan will take up further studies in dry needling technique later in the year. Using the same needles that acupuncturists use, this technique works on trigger points within the muscles. By releasing the trigger point, it allows the muscle to release and relax.

Osteopaths available: Thanuja Vanderhoek, Jennifer Hart & Morgan Langford-Salisbury

Osteopathic Post Natal Care Workshops

*will be held at Darling St
Health Centre by our Osteopaths.*

*For further enquiries and
upcoming dates please contact
reception T. 9555 8806*

Diagnosis and Treatment of Arthritis with Acupuncture

Lina Thornton (Acupuncturist)

According to Chinese medical theory, arthritis arises when the cyclical flow of Qi in the meridians becomes blocked. This leads to pain and inflammation. Acupuncture has been found to be extremely effective at treating the pain and inflammation associated with all types of arthritis.

Traditional Chinese Medicine does not recognize arthritis as one particular syndrome. Instead, it aims to treat the specific symptoms that are unique to each individual using a variety of techniques such as acupuncture and Chinese herbs. Therefore, if 10 patients are treated with Oriental medicine for joint pain, each of these 10 patients will receive a unique, customized treatment with different acupuncture points, different herbs and different lifestyle and diet recommendations.

Your acupuncturist will examine you, take a look at the onset of your condition and learn your signs and symptoms to determine your Chinese diagnosis and choose the appropriate acupuncture points and treatment plan.

The Acupuncture Treatment

Acupuncture points to treat Arthritis are located all over the body, not just directly over the affected area. During the acupuncture treatment, tiny needles could be placed along your legs, arms or shoulders.

There is little sensitivity to the insertion of acupuncture needles. Occasionally, there is a brief moment of discomfort as the needle penetrates the skin, but once the needles are in place, most people relax and even fall asleep for the duration of the treatment.

The length, number and frequency of treatments will vary. Typical treatments last for around 45 minutes, with the patient being treated one or two times a week. Some symptoms are relieved after the first treatment, while more severe or chronic ailments often require multiple treatments.

Studies on Acupuncture and Arthritis

Several studies have shown that acupuncture can help people with arthritis and related auto-immune diseases. In one Scandinavian study 25 percent of arthritis patients who had been scheduled for knee surgery cancelled their operations after acupuncture treatment. In the study, researchers compared acupuncture with advice and exercise for the treatment of osteoarthritis of the hip. Thirty-two patients awaiting a total hip replacement were separated into 2 groups. One group received one 10-minute and five 25-minute sessions of acupuncture, and the other group received advice and hip exercises over a 6-week period.

Patients were assessed for pain and functional ability: Patients in the acupuncture group showed significant improvements, while no significant changes were reported in the group that received advice and exercise therapy. The results of this study indicate that acupuncture is more effective than advice and exercise for the treatment of osteoarthritis of the hip.

Safe Alternative to Medication

Even without the studies, the popularity of acupuncture for arthritis continues to grow because more and more people have found significant relief from Acupuncture without the negative side effects that come from Western pharmaceuticals.

Lifestyle and Dietary Instructions

Your diet plays a crucial role in helping you avoid or control arthritis. The first objective of a healthy diet is to help you lose weight if you are overweight. Being overweight can cause additional stress to your joints.

The second way a balanced, varied diet can help ease the pain of arthritis is by providing vitamins and minerals that keep your joints healthy and avoiding "damp" foods such as dairy products and greasy or spicy foods.

If you have arthritis or knee or hip pain, vitamin C and vitamin D can help prevent bone and cartilage destruction. And a multivitamin can help ensure that you always get the nutrition you need.

Here are some other healthy (and delicious) choices to include in your diet.

Ginger - A natural anti-inflammatory, available as powdered extracts in capsules as well as alcohol-based extracts. Follow the dosing directions on the label. Or make tea by combining one-half teaspoon of grated ginger root with eight ounces of boiling water. Cover and steep for 10 to 15 minutes, then strain and add honey to taste.

Fresh pineapple - Bromelain, an enzyme in pineapple, reduces inflammation. Be sure the pineapple is fresh, not canned or frozen.

Cherries - Recent research has shown that tart cherries are an excellent source of nutrients that may help to reduce joint pain and inflammation related to arthritis.

Fish - Cold-water fish such as salmon and mackerel contain omega-3 fatty acids, which help keep joints healthy as well as reduce pain and swelling. If you don't care for fish, consider supplementing your diet with fish oil capsules.

Turmeric - Another natural anti-inflammatory. Look for an extract of whole turmeric, in health-food stores; follow the dosage directions on the label.

Somatic Psychotherapy and Counselling **Steven Lendrum (Psychotherapist, Counsellor)**

There are many factors that influence wellbeing. At Darling St Health Centre, the links between thoughts, feelings, physiology, physical alignment and overall health are recognised and valued. Therefore, different healing modalities are available.

Somatic psychotherapy is a synthesis of traditional and contemporary psychotherapeutic and body-mind disciplines and is grounded in the quality of the relationship between the therapist and the client. This modality can be useful for people who need a space to be heard and understood as well to receive help in addressing the symptoms of developmental trauma, anxiety, depression, grief, letting go of patterns of breathing or behaviour that are no longer useful and subsequently developing healthier ways of being.

The somatic therapeutic process is informed by many factors including cognitive awareness, emotional experiences, patterns in relationships, life experiences and bodily experiences. As we become aware of our bodily experiences that accompany our thoughts, attitudes, beliefs and emotions, we are able to slow things down and deconstruct repetitive maladaptive behaviours as well as initiate and sustain changes.

An example of this might be a client who feels chronically stressed and, at times, becomes anxious. One way of thinking about this is that the client has become 'stuck' in a chronically 'activated' state.

'Activation' is an appropriate response to a perceived threat in the environment. Some of the physiological effects of activation are faster, shallower breathing, redistribution of blood supply to larger, more peripheral, muscles and adrenal arousal. The 'fight or flight' response is associated with this state and is useful when under threat. However, as you can imagine, staying in this state for long periods of time, or when it's not necessary, can lead to exhaustion and irritability. This can affect appetite, sleeping patterns and moods.

For balance and good health it is important to be able to 'let down' out of activated states in order to rest, relax, digest and integrate as well as reflect on experience (ie learn). Sometimes this transition is challenging due to fears, beliefs, habits and attitudes.

Within the context of a safe, therapeutic relationship, the client can explore their history, track their thoughts, feelings, sensations and get in touch with the deeper imperatives inside of them that keep them in an 'activated' state. Through this process, the client can come to terms with intense emotional states, become 'resourced' and let go of old ways of being and patterns

of behaviour. As the client re-organises themselves, new experiences of connection, stability, fuller breathing and balance can form and lead to a more relaxed and dynamic approach to life.

The process of therapy will differ with each client depending on their needs and may include relational dialogue, exploring feelings, tracking sensations, "hands on" body work where appropriate and attention to breathing. As we learn to take in and to let go of our breath in healthy ways, we can feel more relaxed and connected to ourselves, each other and life.

Darling St Health Centre Welcomes Steven Lendrum

Steven Lendrum has recently joined the team at the Darling St Health Centre and he brings with him 18 years experience as a Somatic Psychotherapist and Counsellor. His background includes many years of yoga and mindfulness practices and he has a strong interest in attachment theory and emotional regulation.

Steven is the President of the Australian Somatic Integration Association (ASIA) and is on the Psychotherapy and Counselling federation of Australia (PACFA) register # 20273. He sees individuals and couples in therapy and he regularly runs groups in parenting, improving relationships and 'Aliveness' (emotional regulation). In addition, Steven teaches communication, counselling and psychotherapeutic skills with a number of training providers throughout Sydney. For more information please contact Darling St Health Centre or contact Steven directly on 0410 504 394.