



Darling Street
Health Centre

Newsletter Sept/Oct/Nov 2008

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

Acupuncture and IVF - Improving the odds **Lina Thornton - Acupuncturist**

On the 3rd of April 2008 the Catalyst program on the ABC did a great story on using acupuncture with IVF cycles.

Study after study has been done on this subject, and what is baffling the scientists is the results always come back positive. They have found that it increases the success rate of IVF between 40-60%. Considering the average chance of pregnancy per IVF cycle is 25% under 30 years of age to less than 10% for women over 40, any treatment like this is worth investigating.

The most current study was published in the British Medical Journal in early 2008, this time confirming that it increases the success rate by 65%. This is exciting because at the moment, the use of IVF to assist pregnancy is growing by about 15% a year but the science and technology has reached a plateau.

Although it is still uncertain, scientists believe it may improve the blood flow to the uterus. It can also help if a woman has a poor response to IVF medication, the treatment would be aiming to support the blood flow around the ovaries to help the follicles develop during an IVF cycle.

The benefits of using acupuncture are that it is not invasive like the IVF process, you need far fewer treatments (the minimum being 2, pre and post transfer) and will not interfere with any of the IVF medication, and it has no side effects.

At the Darling Street Health Centre I have found it very rewarding working with my patients who are going through the IVF process. I can support you through the whole process, and will work around your IVF schedule. For more information on how acupuncture can help with IVF, or any other general questions, feel free to contact me at the clinic (02)9555 8806. Lina Thornton

Detox for Spring

Amanda Haberecht - Naturopath

Spring has arrived and often comes with is a hangover of winters bad habits. The days are longer, our energy levels are picking up and it is the perfect time to cleanse and enlighten yourself with a detox programme.

Why Detoxing is good for the body and mind

Everyday our body is trying to cope with an onslaught of chemicals and toxins from our environment and diet and unfortunately they are impossible to avoid. Consequently your liver and digestive system are constantly trying to eliminate this load. When our system is overloaded we can experience fatigue, allergies, compromised immunity, weight gain, poor concentration and memory and digestive complaints.

A detox provides a space whereby our organs of elimination can do what they do best and eliminate toxins without the burden of daily exposure to aggravating foods, coffee, alcohol etc that continually complicate these pathways. Spring also brings symptoms of allergies and hayfever. Allergies occurs when the immune system is hypersensitive and our gut immunity is out of balance. A detox gives our system a break from our intolerances and is a perfect opportunity to rebalance and restore the immune system.

Whether you have time to offer your body 2 or 6 weeks to detox the effects on your health can be profound.

Our Special Offer for Spring

For the months of spring we are offering a **half price live blood screening** with any new booking for a detox programme. The live blood screening helps to identify specific organ systems that need to be supported and helps your practitioner tailor the detox to suit your particular needs.

Natural Health Care For Your Child **Emma Sutherland - Naturopath**

The amazing thing about children is not only all that they achieve day to day but also the potential of what they may achieve over their lifetime. We all want our children to be the best, the happiest and the healthiest they can be. Is your child meeting their potential?

Mixed Messages

Day to day we are bombarded with so many mixed messages about how to look after our kids. People tell us our children are overweight, not focused, slow learners or bad eaters. There is also no shortage of ideas on how to "best" raise our children. On top of this we also have to be aware of how our children are influenced by TV advertising, their friends and the supermarket checkout. How do we make sense of all this information?

All Kids Are Special

One simple fact is certain – kids do have special health requirements. Children are not simply smaller versions of adults. Children are actually physiologically different in the way their bodies work compared to you and I. Have you noticed that kids suffer from different health problems to adults? For example glue ear or ear infection is common in children but less so in adults. When was the last time you heard an adult complaining of how annoying their colic or cradle cap was?

The Importance of Child Specific Medicine

So we know that kid's bodies work differently than adults, and they also have different health problems. It makes sense that adult supplements are often not suitable for children and that kids need specific remedies for their specific needs.

We understand that just as kids have a unique sense of humor, they also have specific supplement needs. Emma specializes in supporting kid's needs, including:

- Fussy eaters
- Colds and flus
- Bed wetting
- Growing pains
- Upset tummies
- Attention deficit problems
- Allergies and asthma
- Stress

As your natural health practitioner, Emma has the skills and resources to help your child be the best they can be. Call the clinic on 9555 8806 to make an appointment to discuss how she can help your child achieve their potential.

Middle Ear Infection - **A common Childhood complaint** **Daniela Viola - Naturopath**

Otitis media also known as middle ear infection is an inflammation of the middle ear that commonly involves inflammation of the ear drum, and build up of fluid in the middle ear. In acute infection pressure builds up behind the ear drum causing pain and discomfort.

Why are children prone to ear infections

Ear infections are most common in children aged 6 months to 3 years. At this age the cause is usually due to a developing immune system which may be struggling, or anatomical factors such as the angle of the Eustachian tube in relation to the nasopharynx which can prevent proper drainage of the ear canal. Other causative factors that a naturopath would look at include:

- Food allergies
- Antibiotic use from a young age
- Reaction to vaccinations
- Caesarean birth
- Bottle feeding and formula fed infants
- Smoking in the household
- Poor nutrition

Natural therapies for middle ear infections

Naturopathic treatment will work to stimulate the child's immune response and improve overall immunity, this will be done with herbal and nutritional remedies that have been proven safe and effective for children and babies. Dietary modification may also be made with elimination of foods that may be seen to be acting as an irritant to the child's immune system increasing mucous production and the susceptibility to middle ear infections. Improving gut function is also an essential part of treatment for middle ear infections as the majority of a child's immune system is based in their digestive tract, so it is here that important immunological factors need to be maintained and good bowel flora promoted with the use of specific prebiotics and probiotics. These are especially important in children that have had antibiotic exposure as they work to re-establish the gut microflora which is damaged and depressed during and after antibiotic use.

Ear infections can become a chronic condition in children, naturopathic treatment looks at underlying causes and addresses these issues to prevent further infections and boost your child's overall immunity.

National Psychology Week
9-15 November
Gail Rice - Psychologist

Think well. Be well. A positive outlook and healthy mind are essential to getting the most out of life.

During National Psychology Week, 9 – 15 November 2008, psychologists throughout Australia will showcase the ways that psychology can make a difference to the quality of people's lives.

National Psychology Week is an initiative of the Australian Psychology Society (APS). Through an Australia-wide media campaign and events organised by members, the APS will promote the role of psychology and psychologists in enhancing the wellbeing of individuals and the community.

There is a common misconception that psychologists only deal with serious mental health conditions. In fact, psychologists help people maintain a healthy mind and improve their overall wellbeing. For example, people go to a qualified APS psychologist when they want to develop their career, enhance their relationships, manage family issues or achieve a healthy lifestyle. People who want to manage change may benefit from consulting a psychologist. Seeking assistance from a psychologist is Good Thinking!

Find out more by visiting the APS psychologist at Darling Street Health, Gail Rice. Gail Rice works closely with all the practitioners at the Centre to provide a holistic approach to you physical and emotional well being.

Gail sees individuals and couples and also runs a six week writing workshop three times a year for people struggling with anxiety, depression or just 'feeling stuck in life'. Call the Centre for a brochure or find it on our website.

You can contact Gail on 9555 8806.

Complete Health Osteopathy presents Posture Control Insoles™ – a revolutionary new forefoot technology that reduces pain, improves posture and athletic performance.
Thanuja Vanderhoek - Osteopath

Like obesity, posture has generally been ignored by medical professionals because it was perceived as something they could do little about. Like dieting, posture improvement was thought of as requiring a conscious effort with which most patients would not comply. With **Posture Control Insoles™** (PCI's) the compliance required is reduced to making sure the insoles are in the shoes. Unlike traditional orthotics, PCI's are comfortable to wear, maintains a positive sense of contact with the ground, and fit in the shoes you already have. The enhanced foot mechanics translates to postural improvements, which generally relieves pain and increases opportunity for greater physical activity.

Because the PCI's rely on proprioception, the dimensions of the insoles are small, so they fit comfortably in most footwear. They are soft and comfortable to wear. And unlike orthotics, as your posture improves you need to wear them less.

Our highly experienced Osteopaths will take number of postural photographs against a posture grid, both with and without the insoles under your feet. It can be seen immediately (both by yourself AND the practitioner) if your body responds positively to the insole, as you will see an immediate shift in your posture and centre of gravity/weight bearing. Many people can also feel an immediate reduction in stress on their knees, hips or low back.

Many people's feet roll inwards when they are walking, (hyperpronate) and this, combined with weak or falling arches can have a significant negative impact on posture. This can cause a huge range of problems, including foot and ankle pain, knee problems, hip and low back pain, neck and shoulder problems, headaches, migraines and jaw discomfort. It can also mean you are more prone to injury and find your problem re-occurs, even if you seek treatment.

continued.....

Conventional orthotics simply support the arch and rear of the foot in an attempt to reduce hyperpronation, but become less effective as soon as the heel lifts off the ground during walking or running. Also, over time, the foot weakens and becomes more reliant on the arch support. The reason so many people find arch supports uncomfortable and even painful to wear is that the medial side of the foot literally has to straddle the arch support for the big toe to reach the ground.

PCI's, not only work through the whole of the gait cycle, (i.e. are dynamic), but they strengthen the foot over time. By working through receptors in the big toe that are linked with the postural control centre of your brain, your body can self correct through the increased proprioceptive input from your foot.

As you use your PCI's, you retrain and strengthen your muscles. Your feet will become stronger and your body will learn to work more efficiently, meaning that as time goes on, you will be able to reduce your wear of the insoles: i.e. as your posture improves, you will become less reliant on them, not more.

For an appointment to see if **Posture Control Insoles™** can help you, **please ring our reception.**