



Darling Street
Health Centre

Darling St Health Centre Newsletter Sept/Oct/Nov T. 9555 8806

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1/449 Darling St
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Mind Advantage - Counselling, Psychotherapy and Coaching services are moving in to the Darling Street Health Centre from the Beginning of November 2009 – and we are excited!

Mind Advantage, was established in Balmain in 2004 by Jacqui Manning (Psychologist) and Lenore Watts (Psychotherapist). They based their practice on the philosophy that body, mind, spirit and heart all need to be nurtured to achieve a happy and healthy life, so they feel moving into Darling Street Health Centre is a perfect fit!
They are professional, experienced and caring practitioners who specialise in the following areas:

helping you manage your stress and anxiety – about your relationship; family; work or career; health; fertility; communication skills, performance and more

teaching you new ways to calm your body – using tapping (Emotional Freedom Techniques/Simple Energy Therapies), relaxation, guided imagery and more

thinking more effectively - using a blend of Cognitive-Behavioural Therapy (CBT) and Neuro-Linguistic Programming (NLP)

making positive changes (rather than feeling stuck) – by looking at identifying and implementing belief systems and values that work for you rather than against you.

They understand that there are times when everything is not as you would like it to be. Sometimes you know what to do ... and sometimes you need help!

Generally people are resilient and capable of resolving their own problems. However challenges can occur when stress and emotion make difficulties feel overwhelming and/or confusing – when the pressures on you feel greater than your ability to cope. You can feel stressed by external situations (e.g. financial problems, juggling family/work/children etc.) and by internal triggers (e.g. negative thought patterns).

Stress affects us in many ways, including:

Emotionally - anxiety, depression, tension, anger, sadness
Mentally (the way we think) - poor concentration, forgetfulness, indecisiveness, apathy, hopelessness, negative thoughts

Behaviourally - increased drinking and smoking, insomnia, accident proneness, over/under eating, obsessive-compulsive behaviour, nervousness, gambling

Physically – body aches and pains, headaches, body tension, stomach upsets, sweating.

Jacqui and Lenore have nearly 20 years of counselling experience between them. They have been using traditional counselling methods (such as solution-focused therapy, Cognitive Behavioural Therapy (CBT)), Neuro-Linguistic Programming (NLP) and other traditional modalities blended

with Energy Psychology (Emotional Freedom Techniques (EFT), Simple Energy Techniques) and their intuitive sense to achieve the best results for their clients. They believe strongly in the power of these techniques and have worked with many clients (both individual and couples) who have experienced relief and clarity from implementing them.

For more information about Mind Advantage, please go to www.mindadvantage.com.au (please note: Mind Advantage will be moving to Darling Street Health Centre by the end of October. To make a booking, please try 9810 1478 until October 31st or you can also find us through the Darling Street Health Centre on 9555 8806.)

Special offer! – To celebrate the move, Mind Advantage is offering \$25 off your initial session at Darling Street Health Centre. Offer is valid from November 1st until December 15th 2009 and is one per client.

What past clients have to say about Mind Advantage:

"Since starting my own business four months ago, even though I had my partner to support me, I lacked an inner confidence to achieve my goals. I was introduced to tapping or [EFT \(Emotional Freedom Techniques\)](#) by Mind Advantage and through using this technique regularly, my confidence in myself has grown to a level that allows me to know that I can do it. At first, I was a bit unsure of how EFT could help me achieve my goals in business and in my personal life, but by carrying out the techniques on a regular basis, I have seen a marked difference in my self confidence in and out of work.

Since my first session in EFT (4 months ago), my business gross sales are up 43.3%, the store's customer count is up 48.2% and store productivity is up 45.4%. I was awarded Subway Franchisee of the Month for February (out of 107 stores) and the national marketing company is running an advert and editorial using me as their 'model' store in Franchising magazine. The best points regarding EFT are that my stress levels have reduced, even though my work load and pressures have increased and I find time to relax and spend quality time with my partner and close friends. I have much more confidence in myself as a business person and in me achieving my goals. EFT is a tool that can be used for any life situation, with amazing positive results. I am very grateful that EFT was introduced to me and I can look forward to a brighter future.

Thanks!"
Kayte Strong

Iodine Deficiency on the Rise

Amanda Haberecht (Naturopath)

Iodine deficiency is now reaching epidemic levels in Australia. New research is indicating that up to 50% of children and pregnant or breastfeeding women living in Australia have been shown to be iodine deficient. The Australian government has now recognised the severity of iodine deficiency with its recent incentive – whereby iodised salt along with folic acid are now compulsory additions to all commercial breads. But is this enough?

Why are we so iodine deficient?

Unfortunately very little of the earth's iodine is actually found in the soil and these levels are becoming further depleted due to modern farming techniques. Ocean foods are the best sources of iodine as well as foods grown in coastal soils. Unfortunately in Australia most of our foods are grown inland.

Iodine and Children

- Iodine deficiency is now recognised as the most commonly preventative cause of mental retardation and the most common cause of thyroid disease.
- Mild hypothyroidism, secondary to iodine deficiency in pregnant women is associated with lower IQ and cognitive deficits in their children.
- With up to 50% of NSW children now identified as iodine deficient and it is now been strongly associated with learning difficulties.

Iodine is an essential ingredient in all thyroid hormones T₃ and T₄. The thyroid is unable to function optimally in an iodine deficient state. Iodine deficiency leads to autoimmune thyroid disorders including Graves and Hashimotos disease. New research indicates that thyroid disease now affects 1 in 7 Australians. Iodine supplementation can reduce the need for thyroid medication and associated risks of miscarriage and infertility secondary to thyroid disease.

Iodine and Fibrocystic Breast

The breast needs iodine in higher concentrations than even the thyroid gland.

Multiple studies have confirmed a link between breast cancer and iodine deficiency. There is also an association between women with breast cancer and thyroid abnormalities.

What are safe levels?

Countries like Japan and Iceland that have higher intakes of dietary iodine also have very low rates of thyroid disease and breast, ovarian and endometrial cancer. Japanese men also have significantly lower rates of prostate cancer. In fact the Japanese diet commonly includes iodine of at least 10 times the so called safety upper limit recommended by U.S. standards. However these higher levels do not exhibit a suppressive effect on thyroid tissue. Japanese children also exhibit lower rates of learning difficulties compared to many western countries.

Many studies have exhibited the protective effect iodine has on breast cancer progression. Many breast cancers are due to oestrogen dominance and iodine has proved to have anti-oestrogen activity as well as altering the expression of breast cancer genes.

Fibrocystic Breast Disease is now diagnosed in about 10% of all Australian women. Many studies have documented the impact of iodine therapy in reducing breast cell atypia and maintenance of healthy breast tissue.

How do I know if I'm iodine deficient?

Measuring a person's iodine levels simply requires a urine test that we can offer at Darling St Health Centre. We screen all women considering pregnancy.

Where do we find iodine in our diet?

Our best sources of iodine are from seafood and seaweed. Iodized salt especially celtic sea salt also contains iodine. People with seafood allergies and those who consume little seafood need to consider iodine supplementation.

Iodine is essential for thyroid, breast, ovarian and endometrial health. It is also essential for foetal and childhood neurological development. Iodine deficiency is an epidemic so please feel free to request an iodine test with your practitioner at your next appointment.

Weight Loss

Belinda Kirkpatrick (Naturopath)

Many people would like to lose some weight. Whether you are trying to lose only couple of kilograms or a more significant amount of weight, it can be very difficult. Many people have tried all sorts of diet and exercise programs and become discouraged when they do not work.

Naturopaths consider the theory that 'calories in being less than calories out = weight loss', is oversimplifying the situation for many people. Of course monitoring caloric and food intake and exercise is vital for weight loss but there may be other factors which contribute to an individual's ability to lose weight in a healthy and sustainable manner.

These factors may include:

- Previous or current health issues (diabetes, PCOS, inflammation etc)
- Stress levels
- Exercise history
- Dietary history
- Hormonal balance
- Thyroid function
- Insulin resistance level
- Gastrointestinal health
- Quality and amount of sleep
- Toxic exposure (alcohol, cigarettes, caffeine, medication, processed foods etc)

Your naturopath is able to help balance and correct these underlying issues, making weight loss a more realistic and achievable goal. Blood, saliva or urine testing may be used to accurately assess the current condition of the body. A complete dietary assessment will be made and dietary and lifestyle modifications and suggestions will be given. Most patients are given specific nutritional supplements and herbal medicines to promote fat loss and increase the body's metabolic activity levels. Regular weigh-in appointments help the patient to stay motivated and allow the naturopath to monitor and guide the patient and change any supplements where necessary.

While the prospect of weight loss can be a daunting thought for many; choose NOW to be supported through a realistic and sustainable weight loss program! See reception or call 9555 8806 to make an appointment with Belinda.

Massage and its Benefits

Trish Power (Massage Therapist)

Regular massage can assist the healing process and plays an important part in rejuvenating and balancing your body, mind and soul. More specifically, massage improves circulation of blood and lymph; flushes accumulated toxins out of muscle fibres; strengthens the immune system; alleviates emotional stress; releases tension; improves muscle tone; and brings a state of wellbeing and harmony.

Pregnancy massage, from the second trimester, is a wonderful way to nurture yourself while you nurture your growing child. It also helps to alleviate tense muscles, reduce discomfort and fatigue, calm your nervous system, reduce swelling and increase your energy levels – all important for a healthy pregnancy.

Aid your detox programme with a lymphatic drainage massage or try a hot stone massage with warm, smooth basalt stones that resonate with energy. The weight and heat of the stones aids in relaxing muscles, moving lymph through the system and encouraging detoxification. Stones are also placed along the spine to assist with the flow of energy.

Remedial massage is very effective for relieving tired, aching muscles. It also improves range of motion and aids skeletal, nervous, circulatory and lymph system functioning.

Trish believes in working with the client to design a treatment that complements their health plan and assists their body to repair itself, and may combine a number of modalities to achieve this.

Trish has a diploma of remedial massage, as well as specialised training in ancient stone therapy, pregnancy and ayurvedic massage and she is also a reiki practitioner. She is excited to be part of the Darling Street Health Centre team and is available on Saturday mornings.

Spring Detox Packages Now Available

At Darling St Health Centre

2 Week Detoxification Package \$250

Includes: 2 x naturopathic consultation plus hemaview live blood analysis

4 Week Detoxification Package \$300

Includes: 2 x naturopathic consultations plus 2 x hemaview live blood analysis

6 Week Detoxification Package \$350

Includes: 3 x naturopathic consultation plus 2 x hemaview live blood analysis

All detox packages also include:

*** A Detox Guide*

*** 3 x Nutritional and herbal medicines*

*** Discounted lymphatic massage*

Hayfever and Allergies

Emma Sutherland (Naturopath)

An allergy is a reaction in your body to a foreign substance known as an allergen. Because your body cannot tolerate this substance (which could be harmless to other people) your immune system produces histamine to combat it, causing skin rashes, itching, eczema, headaches, or digestive problems. Common allergens which provoke hayfever include dust, pollen, mould, animal dander, food additives, detergents and dust mites. There may be a hereditary link in your tendency to an allergy.

Also, intense emotions, such as stress, can trigger an attack. This is why natural remedies that calm you, such as Passionflower, can be particularly helpful. There are a wide range of natural medicines that can reduce the histamine response as well as help to decrease associated symptoms such as sneezing, a runny nose and watery eyes. Homeopathic medicine is particularly effective and quick at treating these symptoms as well as being completely safe for the whole family.

What you can do to alleviate hayfever and allergies

Pinpoint possible causes

Keep a diary of what you eat and your symptoms to find any correlations between the two

Homeopathic remedies

Help relieve symptoms – ask Emma for the one that is most specific for your symptoms

Vitamin C

Has an anti histamine effect – take daily throughout the hayfever season

Bioflavonoids

Quercetin is directly anti inflammatory for any allergy response

Horseradish

Contains a volatile oil that dilates the sinus passages. Combined with garlic it helps boost immunity and reduce symptoms

Clean regularly to avoid dust buildup

Wear a face mask when you vacuum or garden. Wipe down humid areas with a fungicide such as tea tree oil.

Use low allergy household and personal products

Use an aluminium free deodorant, sodium lauryl sulphate free shampoo and conditioner and environmentally friendly cleaning products.

Avoid milk products and sugar as they increase mucous

If your allergic reactions are linked to digestive problems take some digestive enzymes and a probiotic supplement

Avoid processed foods and additives

These are extremely inflammatory and exacerbate symptoms such as sneezing and a runny nose

Avoid alcohol

It will make your nose run; also you may be sensitive to histamines in wine

Relieve itchy skin

Bath with a solution of 1 teaspoon bicarb soda in a cup of water.

Try yoga

To improve breathing and relieve tension

If you are currently suffering from hayfever or allergies, a naturopathic consultation can tailor diet, lifestyle and supplementation to help relieve your symptoms and avoid future flare ups. Enquire at reception today T. 02 9555 8806.

Treatment of soft-tissue injuries with acupuncture *Lina Thornton (Acupuncturist)*

Acupuncture is recognised as a wonderful treatment for many kinds of soft-tissue injuries.

Soft-tissue injuries can include **RSI, carpal tunnel syndrome, tendinitis, tenosynovitis, bursitis, epicondylitis** and **trigger finger/thumb**. These injuries are usually caused by excessive repetition of a single movement. Over time, repeated motion can reduce circulation to an area such as the hand, leading to tiny tears in the muscles and tendons. These tears then become inflamed or irritated. Examples of movements that frequently cause RSI are clicking the mouse on a computer and playing musical instruments.

Acupuncture is especially well suited to treating RSI because it improves circulation of qi (energy) and blood to an injury site. This speeds up the healing process. There's a Chinese saying that explains how acupuncture works:

"When the channels are obstructed qi cannot flow freely; this causes pain. When the channels are open the qi flows freely, so there is no pain."

Chinese medicine views the body as having many channels (pathways) along which qi and blood travel. Qi in the channels is like traffic in a tunnel. If the tunnel is blocked by an accident, cars can't get through, and congestion results. If an injury to soft tissue blocks the flow of qi and blood, they accumulate in the channels causing congestion and discomfort.

Treatment of soft-tissue injuries would usually involve manipulation of needling of tender points along the meridians, many of which coincide with myofascial trigger points, to release tension and resolve pain. For some individuals, it can be an effective painkiller, however it may not work for others. It is usually necessary to have a few frequent treatments at first to build up an effect. Some individuals find it can wear off quickly, while others find it lasts several days or longer, as treatment progresses.

For any condition, it's best to get a concise diagnosis from a medical doctor.

For any questions on acupuncture and your health feel free to contact Lina Thornton 9555 8806 or lina@darlinghealth.com.au

Vitamin D3 - Are you getting enough sun in your diet? *Daniela Viola (Naturopath)*

The action of vitamin D has many varied effects in the body including maintaining bone health, immune function and thyroid function to name a few. For most people in Australia their major source of vitamin D comes from ultraviolet – B (UVB) exposure, however recent studies have shown that despite the outdoor lifestyles of many Australians there is a 40.5% deficiency rate of vitamin D in women residing in southeast Queensland, 37.4% in the Geelong region, and a staggering 67.3% in Tasmania.

Reasons for the high deficiency rates can be accounted for firstly due to the skin cancer campaigns that aim to prevent the growing rate of skin cancer incident in Australians causing a lot of Australians to keep out of the sun completely or to shield themselves from the sun when outdoors. Other contributing factors could be the fact that vitamin D remains biologically inactive until it is activated by the liver and kidneys; therefore liver and kidney disease may also have an impact on vitamin D status.

Signs of severe vitamin D deficiency are rare and include rickets in children, severe tooth decay and hearing loss. However more common signs of vitamin D deficiency among the general population are harder to screen without testing blood levels of vitamin D. Even a mild deficiency can lead to chronic conditions such as:

- **Thyroid dysfunction:** thyroid hormone T3 receptor expression is elevated when D3 is made bioavailable in the blood, therefore a deficiency can cause lower levels of thyroid hormone resulting in depleted thyroid and metabolic function.
- **Osteoporosis:** the most important function of vitamin D is to maintain blood calcium levels within an acceptable range. Vitamin D stimulates intestinal calcium absorption and re-absorption in the kidneys, and regulates the metabolism of calcium and phosphorus which are vital for normal development of bones and teeth.
- **Cancer:** vitamin D is involved in normal cell growth and maturation and therefore can be seen as a vital cancer prevention vitamin.
- **Blood sugar abnormalities:** vitamin D plays a role in secretion of insulin by the pancreas, thus aiding in the regulation of blood sugar.
- **Auto-immune conditions:** vitamin D helps with white blood cell regulation.

Research also suggests that without adequate sun exposure or vitamin D supplementation children, adolescents and adults can find it difficult to obtain adequate vitamin D from diet alone. Low fat and low cholesterol diets along with cholesterol lowering medications also deplete vitamin D levels in the body, due to vitamin D being a fat soluble vitamin.

If you suspect that your vitamin D status may be of concern, particularly if you are planning on avoiding the sun during the summer months, it is best to have your vitamin D blood levels tested and assessed by a Naturopath. Measures can then be taken to address any deficiencies, such as a diet consisting of foods high in vitamin D, supplemented with vitamin D drops or tablets if considered necessary.

Darling St Health Centre Welcomes our new General Practitioner

Melinda Prince MBBS FRAGP MMedHum

Integrative Medicine and General Practice

Dr Melinda Prince is our new GP at the centre. She practices Integrative Medicine, which is a melding of conventional medicine with complementary therapies. She is on the joint working party of the Royal College of General practitioners (RACGP) and Australasian Integrative Medicine association (AIMA), and was recently appointed one of the NSW board members for AIMA. The Recent 2009 RACGP-AIMA best practice guidelines for Integrative Medicine define it as:

The blending of conventional and complementary medicines and therapies with the aim of using the most appropriate of either or both modalities to care for the patient as a whole.

Integrative medicine, like general practice, also embraces and encourages a holistic approach to practice incorporating patient involvement in self healthcare, prevention and lifestyle interventions. It does not reject or compete with conventional healthcare and overlaps significantly with what is currently widely accepted as quality general practice. Integrative medicine seeks to broaden conventional healthcare by emphasising these above holistic and patient-centered principles.

Appointments with Melinda are between 30 minutes (ongoing consults) to an hour (new patients or counseling appointments) and can be made by phoning reception during office hours. More information about Melinda's full range of practice modalities can be found on our website at www.darlinghealth.com.au

Further information about both the Australasian Integrative Medicine association and the RACGP can be found at: www.aima.net.au and www.racgp.org.au