



Darling Street
Health Centre

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Darling Street Health Centre

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Asthma

Emma Sutherland - Naturopath

Asthma is a condition where the airways become inflamed and irritated. As a result they become narrower and produce extra mucous. This makes it more difficult for air to flow into and out of the lungs and causes the symptoms of asthma.

Australia has the 2nd highest rate of asthma in the world and 25% of the population has had asthma diagnosed. Asthma currently affects 10 -12% adults (up from 8% in 1990) and 14 -16% children (up from 9% in 1982). Boys 5-9 have the highest incidence and then girls 15-24. Approximately 50% of parents seek complementary and alternative medicine options.

Symptoms of Asthma

- Wheezing
- cough with or without phlegm production
- shortness of breath usually exacerbated with exertion
- tightness in the chest

Causes

Asthma is a multifactorial disease process with genetic, allergic, infectious, environmental, emotional and nutritional components.

Some important points are:

- Asthma often runs in families and children can inherit the tendency to get inflamed bronchial tubes. Children can also inherit the tendency to have allergies (this is called atopy), which increases the risk of developing asthma.
- there is a theory (called the hygiene hypothesis) that children in developed countries are no longer exposed to the kinds of infections they would have had to deal with in the past so their immune systems over-react to harmless substances.
- Nutritionally, Vitamin A and magnesium deficiencies are extremely common. Vitamin A is important for immune system strength and mucous membrane health. Magnesium is a muscle relaxant and eases bronchial spasms.

Treatment

Diet plays a large role in the treatment of asthma and it is best to have an individual assessment with a naturopath. A diet including trans fatty acids and saturated fats doubles the risk for asthma. A high sodium intake sensitizes the lungs to histamine and increases bronchial hyperactivity.

Homeopathy, herbal medicine and certain supplements play a key role in prevention and alleviation of asthma. If you would like to discuss the various natural options for your child's health, make your appointment to see Emma.

Digestive Health

Belinda Kirkpatrick – Naturopath

Many clients, often women, present to the clinic with symptoms of bloating. This may not be the major reason for their visit but it often comes up during the course of our consultations. Many have had the problem on and off for years and have not known how to address it. The primary symptom is an uncomfortably distended abdomen, often occurring in the late afternoon. Bloating can cause not only considerable pain and discomfort but is often visibly noticeable and a cause of embarrassment.

Generally, the two main causes of bloating are:

- An imbalance of intestinal bacteria; and
- Hormonal imbalance, particularly a week or so before a woman's period begins.

An imbalance of intestinal bacteria may be due to a variety of reasons including an overload of yeast and fermented foods in the diet; antibiotic or contraceptive use; digestive disorders; stress and many others.

Treatment will depend on the cause of the individual's problem but may include:

- Reducing yeasty foods in the diet such as bread, pasta, cheese, vinegar, sugars and wine.
- Drinking at least 2 litres of pure fresh water daily and include herbal teas.
- Ensure that the bowels are moved at least once a day. (Regular exercise, adequate fibre and fluid intake will assist in this).
- Specific probiotics (such as acidophillus), natural yoghurt and miso may be used to re-establish the beneficial bacteria in the intestinal tract. Remembering however, that the many different types of probiotic supplements are for a variety of digestive conditions and the correct strain must be used in order for a therapeutic response
- Liquid chlorophyll may be prescribed to absorb excess gases within the body.
- Herbal treatment for hormonal imbalance.
- Other lifestyle, nutritional and herbal advice will be given according to the individual's specific needs.

Naturopathically there is a lot that can be done to support digestive health and prevent some of these undesirable symptoms. To book in a naturopathic consultation please enquire at reception.

De-Stress @ Darling Street Health Centre

Lina Thornton – Acupuncturist

Because there is no “magic formula” to cure stress, it is a common reason that people try acupuncture. Stress can manifest in a number of different ways, and how it manifests is as individual as each person.

People hold stress in different parts of their body. The most common areas tend to be the shoulders and lower back.

Other areas are the gluteal and calf muscles, and even the arms and hands. It may not even be physical. Maybe you have insomnia, or just a low-grade feeling of anxiety.

Think for a minute about where you hold your stress...

How does it manifest itself?...

Are you comfortable living with it?... Probably not.

And how do you deal with the stress you have? Through alcohol, cigarettes, sugar, food? All of these can make the situation worse.

Unfortunately, acupuncture cannot cure such things as a stressful work environment, family problems, or crying babies in the middle of the night, but acupuncture can be a safe and effective strategy to help you cope with stress. Acupuncture aims to have your body in balance and harmony in everyday life. This makes it easier to deal with stress when it pops up.

Acupuncture has a relaxation response which is a decreased heart rate, decreased blood pressure, and a calming and tranquilizing action. Some people have regular acupuncture sessions to maintain their feeling of well-being. Others come after a stressful week at work to help them unwind. You will find a way that works for you.

I guarantee you will begin to feel revived and rejuvenated after only one treatment!

During autumn, if you book in for a “De-Stress” treatment, it will include a relaxing neck and shoulder massage, or an invigorating leg and feet massage with your acupuncture treatment.

Gift vouchers are available if you know someone who would benefit from a “De-Stress” treatment.

Testimonial: "I couldn't believe the difference acupuncture made! I run my own business as well as looking after my young family, so my stress levels were sky-high. I could feel myself relaxing after my first treatment with Lina, and now use acupuncture as 'maintenance' to help me cope with my busy days. I don't let stress get on top of me now". Martina, Rose Bay.

For bookings see reception or phone (02) 95558806

Affordable access to mental healthcare

Gail Rice - Psychologist

From 1 November 2006, the Government introduced new Medicare items for psychological treatment by registered psychologists. All Australians now have access to effective treatment for mental health problems. The Medicare initiative has been designed to encourage team-based mental health care in the community, with psychologists working alongside GPs, psychiatrists, mental health nurses and other allied mental health professionals.

According to the President of Australian Psychological Society (APS), Amanda Gordon “this initiative recognises the mental health crisis in Australia and shows that the Government now places the nation’s mental health on an equal standing with physical health’

The rebate offers 12 psychological consultations yearly, with a GP review after the first six sessions. It covers a range of psychological conditions including anxiety, depression, eating disorders, obsessive compulsive disorders and drug and alcohol use disorders. If you are interested in receiving some psychological assistance, make an appointment with your GP to discuss your concerns and if appropriate they can make a referral to a psychologist.

I am very excited to have joined the dynamic team of professionals at Darling Street Health and will be available four days a week from April 1st. I have range of experience in the areas of life transition, anxiety, bereavement, depression and self esteem and have also worked extensively with clients on issues relating to self harm, sexual abuse and suicide.

Over the years I have found writing and mindfulness to be very effective tools in reducing anxiety and depression and I am planning to run a six week writing program at the centre in late May. Please contact me on 9555 8806 if you have any queries regarding psychotherapy or the writing group.

The present is all we have, in it lies all that we need

Gail Rice - M (Soc Health) PG Dip (Psy) BA (Psy) Assoc MAPS Psychologist

Osteopathy & Sport

Samantha Barker - Osteopath

B.App.Sc. (Osteo), M. Ost.

Member of Australian Osteopathic Association

Whether you are a weekend warrior or an elite athlete, your local Osteopath **Samantha Barker** can assist with prevention of injury as well as treatment of many common sporting injuries. These include:

- Neck & back strains eg sciatica, disc protusions
- Shoulder, elbow & wrist injuries eg tennis elbow, shoulder impingement syndrome, carpal tunnel
- Hip, knee, leg and ankle injuries eg shin splints

Ankle and shoulder injuries are very common in amateur and professional sport. These injuries can be poorly treated or not treated at all which can lead to recurrence and early degenerative conditions.

Osteopathic treatment for sports injuries focuses on treating the physical body, the joints, muscles and connective tissue with 'hands on' techniques including soft tissue stretching, mobilization and manipulation, which is like a tune up for strained muscles, joints and your spine.

Alongside osteopathic treatment, Samantha can provide a number of stretching exercises and routines that will specifically assist you with avoiding injury through muscle and joint strain.

If you suffer from a sports injury or just need maintenance for your body to perform at an optimum level, make an appointment with **Samantha Barker**.

Restorying our lives - How writing can heal

Join a small group for six weeks as we explore how our stories have the potential to empower and guide us. Learn how writing can help us gain insight into personal struggles and heal emotional wounds

May 24 - June 28
Wednesdays 7pm -9pm
Darling St Health Centre
Facilitated by Gail Rice
Call 9555 8806 for more information