



Darling Street
Health Centre

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Darling Street Health Centre
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Thyroid Health

Amanda Haberecht - Naturopath

Thyroid disorders are clearly becoming an epidemic, this trend is most evident in women entering their late 20's to early 40's which of course are also the child bearing years. Nutritional, immune and endocrine disorders all form part of the background to the prevalence of thyroid disorders in our community.

Thyroid disorders can range from a sluggish gland through to autoimmune disease as well as thyroid cancers. The prevalence of the disease is often attributed to a starved thyroid gland as a result of processed diets and compromised nutrition. Many nutrients such as selenium, zinc, vitamin D and iodine are typically found to be depleted in those with an under functioning thyroid gland, and supplementation of these can not only help thyroid hormone production but also vastly improve the health of the gland itself. There is now evidence that iodine deficiency is widespread in Australia and New Zealand, several studies have shown the reemergence of mild to moderate iodine deficiency in school age children, healthy adults and pregnant women in Tasmania, Victoria, NSW and New Zealand (RANZCOG Membership Magazine, Vol 7, No 1 Autumn 2005).

Symptoms of impaired thyroid function can include infertility, weight loss or gain, hair loss, heavy periods, irregular cycles, skin problems, depression and anxiety. In fact a thyroid condition is often overlooked and rarely considered when depression and anxiety are the main presenting symptoms.

Thyroid disease is often misdiagnosed as standard pathology can often miss the nutritional or autoimmune factors that could be driving a dysfunctional thyroid gland. Our thyroid gland acts as an engine for our body and is consequently responsible for a multitude of metabolic processes, thereby starving the gland we compromise many of the other organ systems of the body.

Here at Darling St Health Centre we take a very thorough and holistic approach to exploring the whole picture behind thyroid health as there is much we can do to improve a patient's life-long wellbeing, whether they are medicated

with thyroid drugs or not. To look at your thyroid health further please contact the naturopaths at Darling St Health Centre.

Springing with energy

Belinda Kirkpatrick - Naturopath

Spring, the season of renewal and fresh beginning is already upon us. However, there are many of us feeling sluggish, fatigued and experiencing low energy levels. There are many and varied reasons for feeling this way including: stress, illness, poor diet, allergies, toxicity, inadequate amount or quality of sleep, depression and anxiety, to name a few. During a consultation, we are able to isolate and treat the underlying cause of your tiredness and fatigue by using herbs, nutritional supplements and dietary modification. Typically, patients achieve quick relief from physical and mental fatigue and feel brighter, sharper and more motivated.

Good sleep is essential to optimum daytime energy levels and it is important to obtain both enough sleep hours but also quality. Naturopathic treatment is able to assist in falling asleep more easily, reducing night waking and help to fall back to sleep after being disturbed more readily. Waking up feeling refreshed is one of the benefits which patients enjoy most.

Treating general health and wellbeing can also increase energy levels and reduce feelings of fatigue. Complaints such as headaches, digestive problems, depression, anxiety and muscle soreness are commonly linked to fatigue.

Stress is also a major contributor to fatigue and poor energy. Prolonged stress, high workload and pressure can all lead to adrenal depletion which means that the adrenal glands become exhausted from constantly secreting stress hormones such as adrenaline. Herbal treatment is able to assist in restoring the adrenal glands and thereby increasing the body's natural energy.

If you are feeling particularly tired, stressed or fatigued, finding it difficult to get out of bed in the morning or are lacking motivation, Please call Reception to make an appointment with Belinda.

October is Anxiety and Depression Awareness Month

Gail Rice - Psychologist

For many of us spring is a time of renewal but if you are anxious or depressed it is difficult to feel enthused or optimistic about anything. Daily living can become a burden, activities and relationships that once gave you joy are avoided and slowly you become isolated from the world you once knew.

In Australia more than 800,000 people live with depression each year and on average one in five people will experience depression at some point in their life (Global Burden of Disease 1990). The impact on families and communities is huge, for every person suffering from depression there will be many others, family, friends, work colleagues that will suffer the consequences.

Many of us are too ashamed to ask for help if we feel anxious or depressed and this often leads to isolation, which usually increases the symptoms. Beyond Blue, the national depression initiative, is dedicated to reducing the stigma of mental illness and have declared October Anxiety and Depression Awareness (ADA) month to link in with National Mental Health Week 7th – 13th October.

Beyond Blue has produced a range of educational materials to support their campaign, these will be available at the clinic in early October.

There will be fact sheets for on how to identify symptoms, what types of psychological treatment are available and self help suggestions. There will also be information for family or friends who are trying to provide support and specific information for Post Natal Depression, adolescents and depression

I am pleased that I work at a clinic that offers a range of psychological and physiological therapies to combat anxiety and depression. Quite often it is a combination of support that is the most helpful.

RE-STORYING OUR LIVES

Learn how writing can heal

Join a small group and explore how writing has the potential to guide and empower you through difficult times of grief, loss or pain. Learn how to heal yourself through safe, guided writing exercises.

Cost for 6 weeks \$308.00 (incl. GST)

Wednesdays 7pm – 9pm

Classes are run by trained psychologist Gail Rice

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, or allergic rhinitis, 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.

What you can do to alleviate hay fever and allergies

Pinpoint possible causes

Keep a diary of what you eat and use.

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 aluminum free deodorant, sodium lauryl sulphate free shampoo and conditioner and environmentally friendly cleaning products. Talk to Emma for some great ideas

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

Relive itchy skin

Ask Emma for her herbal Stop Itch cream.

Acupuncture for all your Aches and Pains

Lina Thornton - Acupuncturist

Acupuncture can be used for many types of aches and pains with great results. Some of the reasons that you may try acupuncture is because you suffer from tension headaches, or have a sports injury. Acupuncture is an effective treatment for pain relief as it relaxes the body and increases local circulation at the site of the pain to improve healing.

Acupuncture and tension headaches

What are the symptoms of tension headaches?

- They are uncomfortable but usually only last for a short amount of time
- General pain which is not limited to one area of the head
- A tight feeling around the head or neck or across the eyes

What causes tension headaches?

- Many happen for no reason
- Tense, anxious or stressed
- Postural problems eg from sitting in front of a computer, causing tense muscles in the scalp and neck
- Foods and caffeine
- Extreme temperatures, sunlight, cold weather
- Depression, tiredness
- Noise

Acupuncture is an effective treatment for tension headaches, cutting rates for sufferers by almost half show the results from a study by the British Medical Journal.

Those receiving traditional acupuncture care saw their headache rates drop by almost half.

Improvements to headache rates continued for months after the acupuncture treatments, though once treatment stopped they began to rise slightly as time went on.

Useful link www.bmjournals.com

reference: Melchart D, Streng A, Hoppe A, et al

Acupuncture in patients with tension-type headache: randomised controlled trial. BMJ 2005

Acupuncture and sports injuries

There is evidence that acupuncture can aid healing and resolution of sports injuries, including reducing pain, increasing local circulation and attracting white blood cells to the area, both of which speed the healing rate, and aid disresal of swelling and bruising.

Acupuncture is one treatment that is increasingly used by top sports players and athletes to treat musculo-skeletal problems.

Professional sports teams are also offering acupuncture to their players, both to treat an injury and to keep them performing at their peak.

Many high profile teams have dedicated acupuncturists on board, including the British rugby team, many Premiership football teams and the British Olympic team

HEMAVIEW Live Blood Analysis **NEW TO DARLING ST HEALTH**

Hemaview Live Blood Analysis

Hemaview is a form of live blood analysis that helps your practitioner identify and treat your health problems faster and better than ever before.

Using only one or two drops of blood, your practitioner will use Hemaview Analysis to investigate the size, shape, associations, ratios and fine structure of the red cells white cells and platelets in your blood. From this, your practitioner will identify any health problems and develop suitable treatment protocols.

Just look at the results

With Hemaview analysis, you will not only feel your health improve but see it as well, as the composition of your blood improves. By displaying your living blood on a video monitor, your practitioner can show you the features that indicate health problems. Over time, with proper treatment you will be able to see these problems disappear as you achieve better health.

Scientifically proven

The immediacy of Hemaview analysis means that it can show changes in your blood much faster than many standard medical tests. Employing one of the oldest, most highly developed and systemised of medical sciences, Hemaview analysis uses proven techniques to assist your healthcare practitioner in understanding and monitoring your health problems.

Hemaview analysis can identify a number of conditions directly affecting the blood (such as anaemias) and also indicate instances of:

- Nutritional deficiencies
- Organ/system dysfunctions
- Certain biochemical imbalances
- Immune system imbalances

Seeing is believing

Hemaview analysis lets you take a real part in identifying and understanding your health problems. Through analysis of your living blood, your practitioner will be able to develop effective treatment protocols tailor-made to your particular condition(s). Hemaview analysis enables your practitioner to better understand the effect of lifestyle and environmental conditions on your body and how they can be adjusted to improve your health.

Please enquire at reception about our trained hemaview naturopaths.

Hair Loss Specialist Joins Our Centre

Tony Pearce – Trichologist

Tony Pearce RN is a specialist trichologist and registered nurse. He is a founding member of the *Society for Progressive Trichology*. Tony is recognised as Australia's leading Trichologist in female hair loss.

Trichology is the academic study of hair loss & scalp problems through The Trichological Society (TTS), UK. TTS qualification is the highest trichology standard in the world – *only* available to those with science or medical backgrounds. TTS has invited Tony to be its Australasian representative for education and training.

Tony has built his reputation to the point where he receives regular referrals from Doctors throughout Australia. He works in close association with some of Australia's leading health researchers – Dr. John Lee is Australia's most prolific thyroid researcher, and Mr. Arthur Chan – a compounding pharmacist and world authority on hair loss & scalp problems. Tony is also listed as a '*Preferred Practitioner*' by Good Medicine and Choice Magazine.

Male genetic thinning is the *natural* form of men's hair loss after puberty. In susceptible males it's as much a physical sign of maturing as facial & body hair, muscle development, and deepening voice. Readily available treatments can arrest this distressing condition in young males.

By contrast female hair loss may be a reflection of many complex interactions within the body. Nutritional, metabolic and hormonal disturbance are the common culprits for women of all ages, and these areas should be fully assessed before any treatment is considered. The synthetic hormones of contraception or HRT may trigger a '*pattern*' thinning in predisposed women. Tony was the first practitioner to identify *two* forms of androgenic alopecia in women.

Tony has attends two clinics in Sydney. He is also the Clinical Director for *Trichology of Virginia/DC* in the United States and will be practicing here at Darling St Health Centre from Monday September 24th.

At www.hairlossclinic.com.au he provides an informational website & *online consultation service* for interstate or overseas people seeking accurate information, diagnosis and treatment.