

ISSUE 2 - 2008

Boosting your fertility

Obviously, an important component of producing a healthy baby is the ability to conceive. The incidence of infertility is increasing in both men and women. Current research is strongly backing acupuncture to regulate menstrual cycles, promote nourishment and circulation of blood particularly to the womb, reduce stress and address other health concerns, improving overall fertility. The British Medical Journal reported that acupuncture with IVF increases the chance of pregnancy by 65 percent. Today, many IVF clinics refer their patients for acupuncture. At HealthWise, we work closely with several fertility clinics.



Herbal medicine has also had a long history with improving fertility. The herb vitex agnus castus (chaste tree) in the well-researched Premular tablets corrects hormonal imbalances and regulates the menstrual cycle. Other common fertility herbs include withania (calms and nourishes the nervous system), ginger (a warming circulatory stimulant) and dong quai (a blood tonic). Through acupuncture and herbal medicine we aim to treat each person individually and holistically to assist in producing a healthy baby.

In Men

- Environmental stressors, such as radiation from using notebook computers on the lap and regular airflights are cause for concern in reduced male fertility.
- Tight underpants increase testicular temperature so changing from briefs to boxer shorts can significantly increase sperm count and motility, and thus fertility.
- Smoking decreases sperm count and quality, as does exposure to

environmental chemicals, pollutants and stimulants such as coffee.

- The quality of sperm is affected by the frequency of ejaculation. Sperm motility increases and the incidence of sperm abnormalities tend to decrease with an increased frequency of ejaculation. Excessive ejaculation however, can cause a zinc deficiency. Zinc is very important in reproductive function.

Foods that are rich in zinc include eggs, walnuts and seeds (especially pumpkin seeds).

In Women

- For optimum fertility a woman should have a body fat level of approximately 22%. When the body fat is significantly below 22% fertility declines and many women will experience irregular or even a total lack of menstruation.
- Zinc is also essential for female fertility and is often deficient in Australian women.
- Avoid or limit exposure to organic solvents, household cleansers and medical

substances such as nitrous oxide and chemotherapeutics which may increase the incidence of reproductive disorders.

- Smoking has been linked to infertility, early menopause, irregular periods and abnormal vaginal bleeding. Smoking mothers have a higher incidence of spontaneous miscarriages, pre term births, low birth weight babies and SIDS.
- Reducing caffeine consumption improves fertility rates. Studies show that women who drank between two to three cups of coffee daily had only one quarter the chance of becoming pregnant compared to those who consumed one cup per week.
- Vitamin supplementation prior to conception reduces the risk of spina bifida and neural tube defects. A lack of B group vitamin folic acid is most commonly discussed, although it is just one of a group of vitamins that are associated with this risk.

Continued page 2...

Looking to start a family?

At HealthWise we have helped many couples to have happy, healthy babies. If you or someone you know is thinking of starting a family, contact us for a pre-conception assessment. We have experience with reproductive disorders, IVF support and pregnancy care, so you know that the health of you and your baby will be in the best of hands.

Call 07 3839 1077 to make an appointment.

- **David McLeod**
B.Ac. ND
- **Zam Martin**
BHSc.(Nat), BHSc.(Acup.)
- **Sarah George**
Adv.Dip.Acup. BBus.(Man)

In this Issue...

Your medicines

Simple solutions to sinusitis

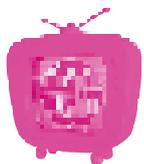
What is Yin Yang?

Win a HealthWise herbal tea

Mustard poultice

Thankyou for your referrals

This practice grows because you care enough about your family and friends to refer them to us for their health needs and assistance. Our commitment to you is to provide the highest quality and most genuine care that we can give. So to all of you have sent people to our clinic – thankyou!



We have had a huge response from people who saw ABC TV's Catalyst program featuring acupuncture and fertility.

If you are interested in seeing this report on how acupuncture can assist fertility in conjunction with IVF, you can view a video and read the transcript via the 'helpful links' page on our website – www.healthwiseclinic.com.au

SPECIAL OFFER

POLY C: VITAMIN C AT ITS BEST

WHAT'S IN POLY C?

A unique and synergistic blend of high quality Vitamin C, antioxidants, polygonum (a chinese herb) and alpha lipoic acid to greatly enhance your immune and cardiovascular systems and promote longevity.

You need Poly C if you can say 'yes' to any of the below:

- Lowered vitamin C status, such as smokers, athletes, those with low intake of fruit and vegetables, pregnant and lactating women
- Lowered immune function, especially in individuals under stress or chronic illness

- Problem skin
- Poor vision
- Respiratory disorders such as colds, sinusitis and asthma
- Poor circulation, weak blood vessels, as in diabetes and those at risk of fatty plaque in the arteries

Buy one poly C powder and receive 10% discount, buy two and receive 20%.

Offer valid until 31st May 2008

- Prevention of age-related diseases, cardiovascular disease and cancer
- Promotion of longevity

PLACE YOUR ORDER BY CALLING HEALTHWISE ON 07 3839 1077 OR DROP INTO THE CLINIC



Your medicines: That was then, this is now

There's no doubt about it - the herbs, minerals, vitamins and other supplements we carefully prescribe have helped lots of people to alleviate symptoms, reduce pain and feel full of vitality. And when the going is good, the last thing you want to do is change your prescription. In fact, some people will continue to take the same supplements and herbs for months or even years after consultation with us.

But the truth is that your body is constantly changing. You cells are being replaced every minute of every day and as that happens your health condition is changing. The herbs or supplements that were prescribed 6 months ago may need to be reviewed to gain the maximum health benefits.

So every 3 months, or as the seasons change, make an appointment at HealthWise on 07 3839 1077 for a review of your herbs and supplements. Your body will love you for it.

... Continued from page 1

BOOSTING YOUR FERTILITY

Emotional Health

Emotional health is just as important as physical health when it comes to fertility. Stress reduces efficiency in all of the body processes, including the ability to reproduce. This is really a genetic protective mechanism, if the body is under acute stress it is probably not a good time to conceive and raise a healthy baby. Unfortunately, stress is often a chronic condition. Remove sources of stress where possible, and use yoga, meditation, massage, acupuncture, exercise or counselling to unwind. Without this 'time out', the 'busyness' involved in having a successful career, renovating a house, balancing finances, looking after children and numerous other demands drain the energy and vitality needed to conceive. Other strong emotions such as fear, worry and frustration may also place a similar burden on your body. Slowing down the pace of life and nurturing your body, may just be the fertility boost you need.

It is important for both the mother and father to prepare for an upcoming pregnancy by improving their nutritional status, reducing their exposure to radiation, chemicals, caffeine and smoking, and managing stress. It would be wise to consider a preconception assessment to optimise the health of both parents. Ensuring the vitality of the ovum and the sperm will give the baby the best possible genetic start to its life.

Simple solutions to sinusitis



Your nose is blocked and it's hard to breathe, your face is aching around your cheeks, eyes and forehead, your face is swollen, and you feel hot and irritable. Chances are you are one of many Australians who suffer from sinusitis.

Sinusitis is often caused by respiratory infections such as the common cold, but allergies (commonly cigarette smoke and air pollution) are another trigger. The mucus membranes in your sinuses and throat become inflamed and swollen, stopping the mucus draining away as it usually would – leaving you with a stuffy head.

There is a lot you can do to prevent attacks:

- Take care in washing your hands to avoid picking up respiratory infections
- If your immune system is compromised, fortify yourself with a good vitamin C complex (Poly C – see front page)
- If you smoke, quit – now is as good a time as any
- Try to remove or avoid any other known allergens from your environment
- Reduce your alcohol consumption – alcohol will encourage your sinuses to swell
- Limit foods such as dairy products and greasy or deep fried foods as they often aggravate the condition

Once you have a bout of sinusitis take early action to prevent it becoming a chronic condition. Acupuncture often works quickly to drain mucous and reduce swelling, relieving pressure in the sinus cavity. Herbs such as eyebright and golden seal have a long history of relieving sinusitis. If you suffer from recurrent sinusitis, speak to one of our qualified practitioners to find the best way to keep your sinuses clear.

Herbal repeats? – Phone first!

If you need a repeat for a herbal formula please phone us first. Some of your formulae are very complicated and take time to make up. Advising us in advance may save you waiting up to 20 minutes.

If you need a repeat for an herbal formula please phone us first. Some of your formulae are very complicated and take time to make up. Advising us in advance may save you waiting up to 20 minutes.

Did you know Healthwise can help you lose weight?

At HealthWise we run our own effective, healthy weight loss program to help you drop the kilos and feel full of vitality. The 5-week program provides all the necessary amounts of protein, carbohydrates, essential fatty acids, vitamins, minerals and trace elements in the correct balance, and includes weekly appointments to keep you motivated and measure your results. Hundreds of our clients have been impressed with their fat loss, increased muscle mass, improved energy, reduced appetite and reduced cravings. And once you have reached your goal weight, we can help you stay trim with our maintenance program.

You now have the option to add weekly acupuncture to this weight loss program.

Acupuncture has been shown in trials to assist in weight reduction and psychological symptoms such as anxiety and depression.

Make the decision to reach your goal weight today. Call us on 07 3839 1077 to book in.



What is Yin Yang?

At the most basic level of Chinese medicine is the philosophy, "yin yang". Yin yang is a way of comparing phenomena and examining their relationship with each other. It encompasses all things.

When using the yin yang concept, 'yin' explains all that is soft, dark, moist, cold, slow, feminine, quiet and tangible (bones, blood or muscle). 'Yang' corresponds to all that is hard, bright, dry, fast, masculine, loud and functional (your energy, a process or movement). Daytime is considered to be more yang when compared to night time, which is more yin. When yin and yang are even, there is a desirable state of balance. This occurs in everything – from the environment, to your relationships and even your body.

The black and white circular diagram we are all familiar with, known as the tai ji tu (diagram of the supreme ultimate) demonstrates that:



- yin and yang are opposing forces yet still contain a little of their opposing force (there is never a state of 100% black or white).
- yin and yang together form a whole – both are necessary to sustain life and balance. Eg. Working too hard (too yang) is just as detrimental to health as being lazy (too yin).
- at the peak of yin or yang it evolves to become its opposition. Eg. Day becomes night.
- as one aspect increases the other decreases. Eg. as the temperature increases on a hot day (yang), water in the dams evaporates (yin)

The concept of yin yang is used throughout Traditional Chinese Medicine diagnosis and treatment. Yin yang can describe our normal, healthy life cycle. For example, children are generally more yang, they have lots of energy, love to make noise and move quickly. As we age, we tend not to be able to do what we could when we were younger, our bodies are slower and softer, and so we gradually become more yin. The body itself can be described in this way. The outside of the body is yang (strong and dry), the inside is yin (delicate and moist). The back of our body is yang which is considered stronger, our fronts are generally softer so are yin.

In treating illness, we look to whether a person is showing a predominance of yang signs (eg. fever, redness, strong pain) or yin signs (eg. chills, paleness, tiredness) to develop a diagnosis. When selecting a treatment, the herbs we use are selected to correct an imbalance eg. cooling yin herbs are chosen to treat a hot yang fever. In acupuncture, we use yang heat therapy to improve cold yin lower back pain. From a psychological point of view, yin yang can be used in your interactions with other people. For example, if someone is angry and yelling this is yang, often responding calmly and softly which is yin can help to diffuse the situation. Yin yang can be applied to everything in your life to help you understand any imbalances and find the solutions to correct them.

The paradox of our age

We have bigger houses but smaller families:

More conveniences, but less time;
We have more degrees, but less sense,
More knowledge, but less judgement;
More experts, but more problems;
More medicines, but less healthiness;
We've been all the way to the moon and back,
but have trouble crossing the street to meet the new neighbour.
We built more computers to hold more information to produce more copies than ever,
but have less communication;
We have become long on quantity, but short on quality.
These are times of fast foods but slow digestion;
Tall man but short character;
Steep profits but shallow relationships.
It's time when there is much in the window,
but nothing in the room.

His Holiness the 14th Dalai Lama

Yes!

You can have
your supplements
delivered to you free

Any orders for the Brisbane area of over \$60 will be sent freight free if paid by credit care at the time of ordering. For Brisbane orders under \$60 our low freight charge of \$4.70 will apply. Orders over \$100 to be sent outside of the Brisbane area will attract subsidised freight. So, if you are too busy to come in and pick up your herbs, don't let them run out - just call our reception before 1pm and we will dispatch them to you the same day.

One of the secrets to good health is being consistent with your medication.

Call us to order on 07 3839 1077.

FREE HealthWise e-newsletter

Stay up to date with the latest research in natural medicine, health tips and special offers by subscribing to the new HealthWise e-newsletter.

Sign up today by visiting www.healthwiseclinic.com.au and clicking on the "Subscribe to our Newsletter" link on the left hand side menu.

Subscribe And Win A Healthwise Herbal Tea

You could be one of three lucky entrants to win the tea of your choice from the HealthWise Herbal Tea range.

To enter, subscribe to the free HealthWise e-newsletter by visiting www.healthwiseclinic.com.au and clicking on the "Subscribe to our Newsletter" link on the left hand side menu.

The winners will be contacted and asked to choose from our range of expertly blended loose leaf herbal teas: Digestive tea, Detoxification tea, Cold & Flu tea, Kidney/Bladder tea, valued at \$14.50 each.

Entries close on Friday 23rd May 2008.

Latest research

NUTS REDUCE CHOLESTEROL

American researchers have identified the heart health effects of macadamia nuts. Their research identified that replacing foods full of saturated fats with nuts and nut products could reduce cholesterol levels by up to 6%. The ratio of total cholesterol to HDL cholesterol (the most specific lipid risk factor for cardiovascular disease), decreased by 0.29 after participants consumed a macadamia-rich diet for five weeks.

ACUPUNCTURE MAY BE AS GOOD AS DRUGS FOR HYPERTENSION

A rigorous, randomised, single-blind German trial suggests acupuncture may decrease blood pressure in hypertensive patients by a similar amount to that achieved using medications. Systolic and diastolic blood pressures were significantly reduced in the acupuncture patients. The extent of blood pressure reduction observed was comparable to that seen with ACE-inhibitor monotherapy or aggressive lifestyle changes.

OMEGA 3 MAY EASE DEPRESSION SIMILARLY TO DRUGS

A recent UK study has found that depression ratings were cut by 50% following a daily one gram supplement of omega-3 fatty acid eicoapentaenoic acid (EPA), an effect similar to that obtained by the antidepressant drug, Prozac. When the researchers combined the EPA with Prozac depression ratings were cut by 81%. The study adds to a significant body of research linking the fatty acids to a range of

health benefits including cardiovascular disease, good development of a baby during pregnancy, joint health and certain cancers.

ACUPUNCTURE EFFECTIVE FOR MENSTRUAL PAIN

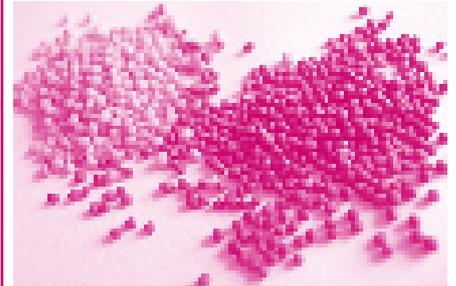
Acupuncture can help relieve menstrual pain and improve the quality of life for some women, a new study from Germany shows. Non-steroidal anti-inflammatory drugs, or NSAIDs, are standard treatment for menstrual pain, but they carry the risk of side effects. The researchers enrolled 201 women who agreed to be randomly assigned to acupuncture or no treatment. After 3 months of treatment, which included an average of about 10 sessions, the average pain score was 3.1 in the acupuncture group, compared with 5.4 in the control group, using a pain scale of 1 to 10, with 10 being the worst pain. Among women given acupuncture, 63.4 percent reported at least a 33 percent improvement in their symptoms, while 24 percent of women in the control group did. Based on these findings, the researchers conclude that "acupuncture should be considered as a viable option in the management of these patients."

BITTER MELON: A CURE FOR DIABETES?

Bitter melon, a traditional Chinese vegetable, is being analysed by Chinese and Australian researchers as a potential treatment for diabetes. They have found some new compounds in the vegetable which when given to mice has made the removal of glucose from their blood much more efficient.

Home health tip:

Mustard poultice for common colds, joint pain or back ache



This old folk recipe is an effective way to ease colds, flus, coughs, chest congestion, arthritic joint pain or back ache, and is easy to whip up at home. It works mainly by increasing circulation, perspiration and heat in the afflicted area.

Directions:

1. Make a paste of the mustard powder (freshly ground black mustard seeds or regular yellow mustard powder from the supermarket) with water. You may need to add a little flour to the mix to hold the paste together.
2. Wrap the paste in a chux cloth or tea-towel, place it on the affected body part (eg. spine, chest or joint) and then cover it over with plastic wrap or something similar to keep the heat in the poultice. For additional warmth, place a heat pack or hot water bottle on top of the poultice. Leave the poultice on for 15 to 30 minutes; promptly remove it if the person experiences any discomfort.
3. Give the individual plenty of liquids during the procedure and encourage them to take a warm or cool shower afterward, then rest or gently stretch for 1/2 hour.

The procedure is likely to promote perspiration and reddening of the skin. Never apply the paste directly to the skin, sandwich it in the chux cloth first. Remove immediately if stinging or burning occurs. Do not use on sensitive or broken skin. If using for back pain make sure to have someone available to check your skin for irritation. This is a powerful stimulant so it is best not to use this on a young child or an elderly person. If treating someone who is seriously ill, consult a health care professional first.

Have you Moved?

Save the trees! Unwanted and returned newsletters cost more than just the postage. Let us know when you change your address or telephone number, or if you wish to be removed from our mailing list.

We value your feedback and ideas

Did you enjoy this issue? What did you like? What would you like to see more of? Have you got a question relating to an article? We would love to hear from you.

If unable to attend an appointment please advise us at least 24 hours in advance. By doing so, you will not deprive others of a vacancy and your courtesy will be greatly appreciated.

THIS NEWSLETTER IS PROVIDED FOR YOUR GENERAL INFORMATION AND IS NOT INTENDED TO REPLACE THE DIAGNOSIS OR TREATMENT BY A QUALIFIED PRACTITIONER. IF YOU HAVE A SPECIFIC HEALTH CONCERN, PLEASE CONTACT A SUITABLY QUALIFIED PRACTITIONER.

Yes, we have gift vouchers

for Birthdays, Special Occasions and just because you care!

We can provide you with a HealthWise gift voucher for any of our services. Treat your family and friends to massage, acupuncture or naturopathic appointments with our qualified practitioners. They will get exactly what they need to feel great! Call reception on 07 3839 1077 to purchase a gift voucher of your choice.



Have you got a question you would like to ask the HealthWise practitioners?

Email your question to news@healthwiseclinic.com.au with 'Newsletter Question' in the subject line.

A Personal Note From Us

Firstly, a big thankyou to everyone who gave us feedback on our first newsletter. We hope you have also enjoyed our second issue and keep letting us know your ideas, comments and questions.

The clinic has been a hive of activity this month as we continue to help our patients to combat their ailments, keep their symptoms under check and boost their energy so they feel better than ever. The cold and flu season has started so boosting your immune system is a must. We can also help you get over that cold virus quicker if you do pick it up. And make sure to take advantage of our Poly-C offer on page one.

We have been busy developing our weight loss program to now have the optional added benefits of regular acupuncture. This is sure to please those patients who need an extra helping hand when it comes to dropping those extra kilos.

Our first e-newsletter has been sent out. The e-newsletter is a great way for you to learn more about the latest developments in health research, learn some tips on how to improve

your and your loved ones health and even pick up some exclusive special offers. It's free to join, so sign up now by visiting our website -www.healthwiseclinic.com.au.

We continue to offer you a 10% discount off most of your herbs and supplements when they total more than \$50. Why not take advantage of this discount and pick up your everyday multi-vitamins, fish oils and vitamin C from us and feel the difference of taking practitioner-only quality nutrients?

Remember, prevention and early treatment is the best way to keep your good health. Let us help you to address minor pains, acute conditions and little irritations before they become chronic problems.

Yours in good health,
The HealthWise team

Finished reading this newsletter?
Pass it onto a friend.