

Longevity and the art of ageing well

The philosophical traditions of natural medicine contain a strong preventive element closely tied to the concept of a balanced man-nature relationship and body-mind relationship. It has been emphasised that a sound mind in a sound body is essential to longevity. Moderation in physical and emotional activities is encouraged.

There are several main areas of consideration in regards to natural medicine and ageing, the most important of these is happiness. If we can keep stress under control, take the time to enjoy life and appreciate what we have then we are a long way towards the prevention of disease. When considering longevity we seek to have life in our years and not just years in our life. To reach the great age of 100 and realise that it is a life wasted or wondering what one has done with one's life is not the goal of healthy aging.

Any plan to promote healthy ageing has to embrace the concept of a holistic approach. This means that the whole person has to be treated: physically, emotionally and spiritually. This could include a multi-modality program, including an exercise physiologist, meditation class and a natural practitioner. A natural practitioner, when treating any condition, looks to the whole person and all of their body systems (eg. digestive, circulatory and nervous systems). Natural therapies, such as acupuncture and herbal medicine, work best when complementing a healthy diet and lifestyle.

Diet:

A healthy diet is essential to healthy ageing. Essentially the diet should consist of fresh unprocessed foods with a minimum of foods high in sugar and fat, with up to 80% of the diet comprising fruit and vegetables/salads. If you would like a copy of our healthy eating diet ask any of our practitioners on your next visit.

Exercise:

It is essential to make exercise a priority each day. We tend to have very sedentary lives now with all the labour saving devices



the immune system. One of the most appropriate herbs to boost the immune system is Echinacea.

Cancer, heart disease and diabetes can to a large degree (but not entirely) be prevented by good lifestyle choices and looking after the areas mentioned above (good diet, exercise, stress reduction and immune support). If any of these conditions already exist then natural medicine is uniquely placed in being able to support you with your medical treatment and to help promote your return to health.

In addition to dietary and lifestyle measures, herbal and nutritional medicine may be utilised in prevention and correction strategies for these illnesses:

- Cancer: Siberian Ginseng, Astragalus and Withania have anti-cancer properties. Turmeric, Green Tea and Vitamin C, E, A and flavonoids offer antioxidant properties.
- Heart disease: There are many excellent herbs for treating heart disease but for prevention and a general heart tonic Crataegus stands alone.
- Diabetes: Herbal medicine can be used as a first treatment approach in type 2 diabetes or as supportive treatment in type 1 diabetes. The herb Gymnema is excellent for prevention and treatment of diabetes for those with elevated blood sugar levels.

Promoting longevity and healthy ageing requires a multi-faceted approach involving a good diet and lifestyle. Natural therapists can be called on to give good lifestyle and dietary advice as well as for natural medicine support for problems as they arise. It is a mistake to let an acute or minor injury or illness become a chronic condition. Invest in your health and longevity by enjoying a good diet, regular exercise, reducing stress, boosting your immune system and seeking treatment when needed.

that we have, but we still need to keep active. Exercise has been shown to protect your cardiovascular system, stimulate your metabolism, prevent body pains and pick up your mood.

Mental longevity:

As stated a sound mind in a sound body is essential to longevity. The phrase "use it or lose it" applies to mental longevity. Exercise your mind through problem solving, puzzles and actively learning something new. The herb, Ginkgo Biloba is commonly prescribed for offering additional support for a healthy mind.

Stress:

Each day, schedule some "you" time. This may involve meditation, tai chi, yoga, gardening or any activity that makes you feel calm. We tend to lead very busy lives so it is essential to your health to balance the hectic with the calm. In herbal medicine adaptogens such as Siberian Ginseng, Astragalus and Withania are useful to support the body in times of stress. Adaptogens are substances that facilitate our resistance to noxious influences including physical, chemical and biological stressors.

Immune dysfunction

The top three killers in our society (cancer, heart diseases and diabetes) all have some relationship to the immune system. Combining a healthy diet and lifestyle with stress reduction is essential to the care of

- **David McLeod**
BAC. ND
- **Zam Martin**
BHSc.(Nat). BHSc.(Acup.)
- **Sarah George**
BHSc.(Acu). BBUS. Cert IV TCMRM
- **Kathleen Murphy**
Adv.Dip.Nat

In this Issue...

Choose to be happy

IVF & natural medicine

Living well in 2009

Meet our new naturopath

Feet treat

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!

SPECIAL OFFER

Vitanox: Advanced herbal antioxidant protection



Why do we like Vitanox?

This great blend of Grape Seed, Turmeric, Green Tea and Rosemary offers strong antioxidant protection.

You need Vitanox if you want:

- Protection from premature 'agers' such as pollution, stress & alcohol
- Healthy capillaries
- Better circulation
- General health

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



Choose to be Happy

We know that happiness is important, so how can you make yourself happy?

The Happiness Institute specialises in helping people who feel 'okay' to feel happy. This is similar to our philosophy at HealthWise, we don't want to just get rid of the diseases, we want you to feel as well as you can.

Choose to be happy with The Happiness Institute's simple disciplines to practice every day:

C = Clarity (of goals, direction and life purpose)
Happy people set clear goals and determine clear and specific plans to ensure these goals become reality. So clarify your life plan now.

H = Healthy Living (activity & exercise, diet & nutrition, and sleep)
Health forms a crucial part of the foundation to happiness. It's hard to be happy if you're literally sick and tired all the time. So do whatever you can to be healthy.

O = Optimism (positive but realistic thinking)
There's no doubt that happy people think about themselves, others and the world differently. Among other things, they search for more positives. This can be learnt so start practicing now.

O = Others (the key relationships in your life)
Research strongly indicates that happy people have both more and better quality relationships. So make sure you devote time to developing and fostering your key relationships.

S = Strengths (your core qualities and attributes)
Rather than spending all their time trying to "fix" their "weaknesses", happy people spend more time identifying and utilising their strengths. Find out what you're good at and do it as much as possible.

E = Enjoy the moment (live in, and appreciate the present)
The past is history, tomorrow's a mystery, and today's a gift – that's why they call it "the present". Live in the moment and enjoy life more.

For more happiness tools visit www.thehappinessinstitute.com.au or subscribe to the free newsletter.

"It is impossible to live pleasurably without living wisely, well and justly, and impossible to live wisely, well and justly without living pleasurably."
Epicurus

IVF and natural medicine

PART 1: WHY DOES RECURRENT IMPLANTATION FAILURE OCCUR?

IVF is sought by many couples as an answer to their fertility woes. In fact, one child in every Australian classroom is born through IVF. Recently, research has shown that acupuncture and other natural therapies can improve the success rates of IVF. Recurrent implantation failure (RIF) can be a devastating problem for many couples. There are many reasons why an embryo can repeatedly fail to implant in the uterus.

Embryo quality

IVF scientists identify embryos with a greater number of cells and a more regular appearance to have a greater chance of successfully implanting. The speed in which this occurs over a 72 hour period indicates quality. Embryos that have reached blastocyst stage are most desirable to transfer. These embryos are of course created from eggs and sperm. As we age, the quality of these individual components decline. Age also represents a decline in hormone function which can lead to a poor response in producing egg quantity as well as quality.

Thin endometrium

The endometrium (lining of the womb) should thicken to at least 8mm (although 11-12mm is optimal) thick by the time of ovulation. A thinner endometrium may be caused by hormonal irregularities, fibroids, uterine scarring or three or more consecutive months use the IVF medication, Clomid.

Immune problems

The immune system is designed to protect against infections and abnormal processes in the body. There is some research and theory to support that natural killer cells (NK cells) and antiphospholipid

antibodies (APA's) are a cause of RIF, recurrent miscarriage, pre-eclampsia and placental problems, however this is still treated as controversial.

Uterine scarring

Scarring from a previous caesarean section or dilation and curettage (D&C) procedure is a common cause of secondary infertility. This scarring may develop into adhesions in the pelvic cavity and/or uterus, Asherman's syndrome (uterine scarring that often causes the front and back walls to adhere) or adenomyosis (the presence of endometrial glands and oestrogenic tissue occurring in the muscle wall of the uterus disrupting the flow of blood).

Sperm quality

Intracytoplasmic sperm injection (ICSI) can be employed where sperm quantity and quality are compromised. This method improved fertilisation rates and allows for a greater number of good quality embryos to choose from, indirectly increasing the potential for successful implantation.

Part 2 of 'IVF and natural medicine' will appear in Issue 2/2009 and discusses RIF treatments.



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.

Did You Know?

Tea is said to have been accidentally discovered around 2737BC by a travelling Chinese Emperor who had some tea leaves blow into his pot of boiling water. The emperor was impressed by the tea's flavour and restorative properties.

Technically, all true tea comes from the *Camellia sinensis* plant. The flavour and properties of tea vary depending on the growing region (weather, soil and farming methods). Black tea has been favoured

by the English, but green, white and oolong teas are all made from this same plant with different production methods.

Herbal teas contain parts of other medicinal plant species and can sometimes be combined with tea leaves. Covering herbal teas during steeping is particularly important to capture the health-promoting essential oils.

Preparing the perfect cup of tea

| Tea type | Water temperature | Amount of tea per cup | Steep time |
|------------------|-------------------|-----------------------|-------------|
| White | 80-85°C | 1 tablespoon | 1-3 minutes |
| China Green | 85°C | 1 teaspoon | 3 minutes |
| Japanese Green | 80°C | 1 teaspoon | 2-3 minutes |
| Black | 95°C | 1 teaspoon | 3-5 minutes |
| Oolong Long Leaf | 85-95°C | 1 tablespoon | 3-5 minutes |
| Herbal Tea | 95°C | 1 tablespoon | 5-7 minutes |

Living well in 2009

Far too often in our busy lives, it is easy to get caught up in the day-to-day stresses and demands before us, eventually losing sight of perhaps our most important asset – our health. We run on adrenalin, constantly stressed and out-paced, eat poorly and irregularly, drink more than we should and don't manage the time for enough exercise, relaxation or sleep. Over time our bodies' defence mechanisms become less adept at coping with this onslaught and start to slow us down by force: we may put on weight, feel tired and sluggish, and develop chronic health conditions.

Of course, not everyone fits into this picture and, luckily, many people understand the importance of a balanced life, taking good care of themselves as a result.

A founding principle of natural medicine is holism, based on the understanding that all systems in our body are intricately, and inextricably, connected. The many and various functions of our body, so often identified separately, actually comprise an integrated whole; each one affecting the other. An example of this is when dysfunction in one area can have significant impact on other, seemingly unrelated, aspects of a person's health – such as digestive complaints that habitually result in headaches.

Our body's functions are affected by numerous factors - internal and external - including food, drink, exercise, emotions and stress. What we put in our mouths and how we treat ourselves is bound to be reflected in our physical and mental being, as this is what our body uses to manage day-to-day functioning. Chronic stress, excess weight, poor diet and insufficient exercise are all equally as damaging and equally as culpable in the aetiology of many common ailments. Addressing these modifiable lifestyle factors can have a profound impact on our health and enjoyment of life.

At this early stage of the year, as we're all settling back into work, heading back to school and re-establishing our routines, it's the ideal time to take a good hard look at how well we're taking care of ourselves. Now is the time to pave the way for feeling good over the rest of the year - and beyond!

Having a professional review of your health provides an objective look at how well, or otherwise, you're living. At Healthwise, you're always welcome to come in for a health review, and we can tailor a program specific to your needs - helping you to achieve the best possible health.



Do it yourself acupressure: women's health

Spleen 6 (San yin jiao) would have to be known as the woman's acupoint in Chinese medicine. This point is the meeting point of the Spleen, Liver and Kidney meridians so has an influence over 3 major organs. In Traditional Chinese Medicine, the Spleen is responsible for digesting your food and making blood, the Liver is responsible for holding blood and maintaining regular processes in the body and the Kidney is responsible for birth, growth, development and reproduction.

Spleen 6 has the capacity to assist with digestive disorders, menstrual problems (including dysmenorrhoea, amenorrhoea and irregular cycles) and fertility disorders. The point is located on the inner lower leg about a quarter of the way up above the medial malleolus. You can locate it by placing your little finger knuckle over your medial malleolus. Where your index finger lies is the level of Spleen 6. It should be a tender spot found just behind your tibia bone on this level. Massage it daily to obtain the benefits. This point should not be used in pregnancy.



Join the Healthwise e-newsletter for great recipes

Stay up to date with the latest research in natural medicine, health tips, exclusive special offers and healthy recipes 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.

Meet our new naturopath, Kathleen Murphy

Healthwise Clinic would like to welcome their new practitioner, Kathleen Murphy. If you've come into the clinic previously, you will already be familiar with Kathleen, who has been working with us for the past couple of years whilst completing her qualifications. During this time, Kathleen has not only invested time in theoretical and practical study, she has also learnt valuable clinical skills from David, Zam and Sarah.

Previously trained in performance and language, Kathleen worked and studied in Australia and abroad. Kathleen's background in the arts has developed her understanding of human behaviour and its affect on health.

Kathleen's focus is on optimising day-to-day living, through diet, lifestyle and herbal therapy. Enhancing people's health, and consequently lives, really can be as easy as a few dietary modifications and education on basic lifestyle "dos" and "don'ts".

Kathleen will be running the HealthWise weight loss program, a 5-week plan that is tailored to

the individual. It is a closely monitored program, involving regular observation, encouragement and advice. She is also available for consultations regarding general health, as well as working with more complex conditions.

Make a naturopathic or weight loss appointment with Kathleen by calling HealthWise on 07 3839 1077.



Yes! You can have your supplements delivered to you free

One of the secrets to good health is being consistent with your medication. So if you run out of a formula or supplement before your next appointment call us to pick up your order or place a credit card order for free* delivery within the courier delivery area.

*Brisbane courier delivery area orders:
- of \$70 or more get FREE courier delivery
- under \$70 are charged \$6.00 delivery fee

*Outside Brisbane courier delivery area orders
- of \$100 or more get FREE courier delivery
- under \$100 are charged a subsidised delivery fee

Call us to order on 07 3839 1077.

10% Discount off Products

Every purchase of products totalling more than \$50.00 will attract 10% discount.

This discount applies to purchases made in the clinic or by phone order.

Latest research

STUDY SHOWS ACUPUNCTURE EFFECTIVE FOR WEIGHT LOSS

A review of 32 studies published in the International Journal of Obesity has confirmed that acupuncture, when compared to a control group using lifestyle alterations only or conventional medication, was associated with a significant reduction of average body weight and an improvement in obesity.

PLANT PIGMENTS MAY PROTECT AGAINST BONE LOSS IN THE ELDERLY

An increased consumption of carotenoids, particularly lycopene, has been associated with some protection against bone mineral density loss at the lumbar spine in women and at the hip in men. The researchers followed over 600 elderly people for a period of four years. It is thought that carotenoids may explain part of the previously observed protective effects of fruit and vegetable intake on BMD. Carotenoids are primarily found in plants and are the fat-soluble pigments that lend a red, yellow or orange hue to foods.

VITAMIN C MAY IMPROVE BLOOD PRESSURE

Researchers in the US have found that a high intake of vitamin C may protect against blood pressure increases in young women with normal blood pressure. 242 women were studied over a ten year period and the researchers noted that blood vitamin C levels were inversely associated with both systolic and diastolic blood pressure. Women with the highest vitamin C levels were found to have systolic and diastolic blood pressure 4.66mmHg and 6.04mmHg respectively lower than women with the lowest

vitamin C levels. The researchers hypothesise that lowering blood pressure or attenuating increases in blood pressure in healthy young adults may lead to lower blood pressure in older adults and reduced risk of age-associated vascular events.

GREEN TEA COMPOUND LINKED TO FAT LOSS

Researchers have identified that catechins, an antioxidant compound found in green tea, may help to enhance exercise-induced loss of abdominal fat and improve triglyceride levels. The study found that participants in the group drinking a high catechin beverage were found to have lost more weight than the control group. Catechins are also thought to play a beneficial role in reducing the risk of Alzheimer's, certain cancers and improving cardiovascular and oral health.

BLACK COHOSH MAY INCREASE PREGNANCY RATES

A controlled clinical trial has identified that black cohosh may be beneficial to women with unexplained infertility. The women were selected for the trial if they did not respond to clomiphene citrate to trigger ovulation. All women received clomiphene from days 3 to 7 and HCG when ovulation appeared close. The women in the black cohosh group had a statistically significant thicker endometrium on the day of the HCG injection, serum progesterone concentrations measured in the luteal phase were significantly higher and the pregnancy rate was also significantly higher (36.7% versus 13.6%, $p < 0.01$).

Home health tip: Feet treat

Fill a tub with warm water and add:
5 drops of Juniper essential oil
3 drops Rosemary essential oil
2 drops Lavender essential oil
½ cup Epsom salts

Stir the water to disperse the oils and salts. Immerse the feet, relax and soak for 10 minutes. For a more indulgent touch, fill the bottom of the tub with one layer of marbles which will massage your feet as you roll over them.

Essential oils are highly concentrated extracts from plants and not only smell great but may have medicinal properties. When buying them make sure that they are marked "100% essential oil" as many synthetic fragrant oils exist and they lack these properties. Juniper is well known to be soothing for aching legs and its diuretic properties help to relieve swollen ankles. Rosemary is a great reviver, warms sore muscles and helps to relieve arthritic pain. If there is one essential oil every home should have, it's Lavender. Lavender is relaxing, soothing, promotes tissue healing and is a natural antiseptic. Soaking in Epsom salts is a wonderful way for your body to absorb magnesium for relaxing sore muscles and spasms. Juniper and Rosemary oils should not come in contact with the skin in pregnancy.



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.

A Personal Note From Us

Welcome to our first newsletter for 2009. We know how easy it is for our goals and motivation to fade as we all head back to work, school and our other commitments so in this issue we are offering you some useful pointers to renew your enthusiasm and feel great. Read up, write down a list of goals or 'to do's', tell a buddy about it and get started right now.

The biggest news at HealthWise this year is the addition of our new naturopath and herbalist, Kathleen Murphy. She has contributed the "Living well in 2009" article and you can read all about her in this issue. So, if you need some help with your 2009 health goals, make an appointment with Kathleen and she can get you back on track.

We would also like to introduce our new team member, Jenine Elsmore. Jenine joins Jenny and Kobi on our reception team and brings a happy, smiling face and a health background involving nursing and caring. Next time you call in you may just be speaking to Jenine.

Speaking of new things, you will have received a copy of the new HealthWise Clinic brochure with this newsletter. We felt that it was important to make sure that you were the first to see it – after all, the clinic is always evolving and we don't want you to miss anything. If you don't want to keep the brochure for yourself, recycle it by passing it onto a friend or relative.

To further increase your motivation why not sign up for the free HealthWise e-newsletter. We'll send you the latest health news, tips, specials and great recipes. Visit www.healthwiseclinic.com.au to subscribe.

We hope that this year brings you and your family good health. Remember prevention is better than cure, so pop in if you need help with any niggling health conditions or just want to feel at your best.

Yours in good health,
The HealthWise team

Finished reading this newsletter?
Pass it onto a friend.

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.