



HEALTHWISE

Celebrating 30 years

# Healthy Living

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## ISSUE 1 - 2010

### How to have healthy, radiant skin

The beautiful face on most women's magazines shines with skin that is soft, clear, supple and has perfect moisture balance. For many of us, these qualities can be challenging to achieve, and for some, they may seem impossible. However, there are a number of things you can do that will improve both how you feel and how you look (and you won't need to be airbrushed like the magazine cover!)

Both traditional Chinese medicine and naturopathic medicine use the health and appearance of the skin as a diagnostic tool. Is the skin red or pale? Is it lustrous or dull? Dry or moist? A practitioner will examine the particular qualities of a skin disorder, where symptoms are located and what aggravates them.

Caring for your skin well can fit easily into a daily routine. When it comes down to it, having healthy, radiant skin involves caring for yourself both inside and out. HealthWise Clinic practitioners and beauty therapist, Helen Laidlaw, have teamed up to help you get the best results.

#### GENERAL SKIN CARE

##### Nutrition

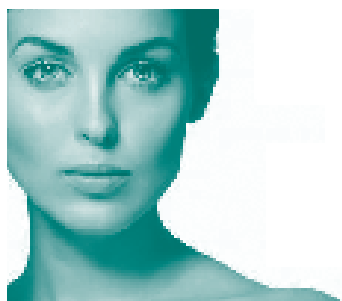
**Filtered water** – Ensure you are well hydrated by drinking plenty of filtered water. Depending on factors such as body type, diet, exercise and weather the amount you need to drink will vary between 1.5 – 3 L daily. Drinking more water will aid the body in flushing out unwanted wastes, preventing the build-up resulting in problem skin.

**Fibre** – Fibre helps the body in eliminating unwanted waste products and prevents the toxic build-up that can result in inflamed skin conditions. Good sources of dietary fibre include wholegrains, legumes, flaxseeds, psyllium and, of course, fresh fruit and vegetables.

**Chlorophyll** – This green-coloured extract from plants and algae has a gentle detoxifying action on the body. One of the easiest ways to increase chlorophyll in your diet is by eating more greens – two serves a day is ideal! It is also available in liquid form, which is very easy to take and can be mixed in to your daily drinking water.

##### Lifestyle

**Lemon juice in water** – Squeezing the



juice of half a lemon into a glass of room temperature filtered water first thing in the morning will stimulate your digestion and kick-start your liver for the day. Lemons are also high in Vitamin C – one of the most important nutrients for skin health.

**Dry skin brushing** – With a skin brush, start at the feet and brush the skin upwards, up the legs and torso, towards the heart. Then, the hands, brushing up the arms and over the shoulders, towards the heart. Do this before getting into the shower. It will help to slough off dead skin cells and stimulate good circulation.

##### Skin Essentials

Keeping your skin clean, fresh and with the right level of moisture is imperative. Every morning and evening wash your skin using a good quality cleanser, followed with a balancing skin toner, and appropriate moisturiser (those that contain vitamins C & E are particularly nourishing to the skin).

It's also a good idea to apply sunscreen to protect your skin against sun damage. However, research has highlighted that the nano-particles found in many sunscreens and cosmetics may be linked to serious skin damage. Find a brand that doesn't use nano-particles - <http://nano.foe.org.au/safesunscreens>.

If you do wear make-up, it is recommended to use mineral-based make-ups as they do not clog the pores.

##### INFLAMED SKIN CONDITIONS

Red, raw and inflamed skin is common in conditions such as acne, eczema, dermatitis and psoriasis. Sometimes hormones can play havoc with our skin, particularly

around menstruation and with the onset of menopause. Although these conditions have different origins and have different specific treatments, common factors such as inflammation can be addressed similarly.

**Good oils** – Essential fatty acids are the building blocks of good skin: they improve the moisture and elasticity, as well as reducing inflammation. Supplemental fish/flaxseed/evening primrose oil is often effective, but dietary sources shouldn't be forgotten, including nuts and seeds, cold-pressed oils, avocados and oily fish.

**Nutritional supplementation** – Vitamin A and Zinc are specific for improving the overall health of the skin. Vitamin D is also very important for skin health. While it is important to avoid sunburn, 15 mins of early morning sunshine each day is healthy although not always sufficient, in which case supplemental vitamin D can be used.

**Herbal medicine** – Herbs that enhance liver function, such as Dandelion and Globe Artichoke, can help to promote elimination. For allergic conditions, Albizia and Baical Skullcap can calm the immune response. Other herbs, such as Nettle and Burdock, are known as 'blood-cleansers' and are beneficial for problem skin.

**Topical treatment** – Some conditions will only respond with additional professional beauty therapy. Acne skins may require a deep cleanse, refining masks and peels to change the outer layer of skin. For dry, red skin, soothing and calming treatments are suitable. Of course, treatments will vary according to individual symptoms.

**Lifestyle factors** – Stress and anxiety can be a major player in problem skin, so activities such as meditation, yoga, qi gong and breathing exercises may help. Applying calming aromatherapy massage oil to the feet can aid relaxation. Make sure to avoid harsh soaps and chemicals in deodorants, detergents and cosmetics.

For more personalised information regarding your skin make an appointment at HealthWise Clinic on 07 3839 1077. Helen Laidlaw has over 20 years beauty therapy experience and specialises in problem skins (Ph: 07 3209 4060).

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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!

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# Be a Conscious Cook

As the old saying goes "you are what you eat". Of course, this applies nutritionally but lately the words "conscious cooking" has given this old phrase some further depth to its meaning. So what is conscious cooking? Giselle Wilkinson, in her book "The Conscious Cook", encourages you to consider the following:

- Try to source locally produced foods to avoid long-distance transportation
- Choose foods grown in season
- Let consumerism work for you and use your money to support worthwhile vendors
- Eat foods grown without chemicals i.e. organic
- Choose less water intensive foods (from growing, to processing and packaging)
- Support Fair Trade – benefiting the farmers and also to the land
- Choose food that promotes health – clean, fresh and nutritious
- How much energy is used in producing the food? How many appliances and/or hotplates are used in preparing the final meal?

In regards to cooking energy efficiently, here are a few tips:

- Thaw food before cooking
- Use small appliances where possible – the grill on your stove uses up to three times more energy than your pop-up toaster
- Use energy efficient cooking practices, such as using minimum water in pots, keeping lids on pots and simmering instead of boiling
- Use steamers and pot dividers to cook all your vegetables at once
- Use the right size hotplate/burner matched to the right pot size
- Keep the oven door shut – each time it's opened more energy is needed to replace lost heat
- Use the oven fully where possible and plan on cooking several dishes at once
- If using aluminium foil apply the dull side up



"Health and happiness are harder to split than atoms."

Matthew Dalton

# Pantry Basics

This complex carbohydrate can be used for healthy eating and is easier than most people imagine – and the first step starts at home. What you have on hand will usually dictate what forms the basis of most meals. So, it goes without saying that if the kitchen's full of healthy food – what you end up eating will be too! Also, not stocking your pantry with junk and processed foods allows you to avoid temptation.

Here are some staples, which are always good to have on hand. This list is certainly not exhaustive:

**Olive oil (cold-pressed)** – This versatile oil is an excellent source of good quality fat and can be used in all your cooking – drizzle over salads, or use it when preparing stir-fries and baked meals.

**Garlic** – Delicious, aromatic garlic can be used in any number of dishes and has a long shelf life when stored in a cool, dry place – so you can always have some on hand. Apart from its wonderful flavour, garlic is good for the digestion and boosts immune function.

**Brown rice** – This complex carbohydrate can be used to bulk out almost any meal, and can form the centre of many tasty recipes. Full of valuable nutrients, high in fibre and low GI, brown rice is a must have for the pantry.

**Tamari** – Similar in taste to soy sauce, and available in wheat-free varieties for those who prefer it, tamari can be used to flavour any number of dishes - from stir-fries to dipping sauces. It can also be used as an alternative to salt for people wanting to reduce their intake.

**Raw honey** – If you can get the real (unprocessed) stuff, from markets or directly from an apiarist, raw honey is packed full of beneficial enzymes. While, like any sweet food, it should be consumed in moderation, honey is an ideal alternative to sugar – both as a sweetener and in cooking.

**Lentils and other pulses** – A good source of protein, magnesium and B-vitamins, lentils are a valuable addition to any adequately stocked kitchen. They can be added to soups, salads, pasta dishes and much more.

**Raw nuts** – Whether you grab a small handful for a snack or sprinkle them over a salad, raw nuts (e.g. almonds, walnuts) can be included into most dishes. They provide a valuable source of good fat, fibre and protein.

**Spelt flour (wholegrain)** – This is an excellent alternative to normal baking flour and can be used in exactly the same way. Generally considered better for you than wheat flour (although it still contains gluten), spelt can be used for all types of sweet and savoury baking. Having something like this on hand may also inspire you to experiment with making snack foods at home, such as fruit muffins and savoury rolls.

It goes without saying that fresh fruit and vegetables should make up a significant part of your pantry (and diet!). If you're having difficulty getting to the markets or local fruit and vegetable shop, fresh-frozen vegetables are a practical alternative – in this case, some are better than none.

If you're not used to some of the items listed above, or you're not accustomed to cooking at home, invest in a good quality cookbook and try a new recipe each week. Or search the internet – it's an amazing resource for all kinds of food and taste experiments.



## 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.

## Herbal medicine for Children

Children are complex little individuals and, just like adults, require patience and understanding when managing their health. One of the most useful tools in naturopathic practice is herbal medicine – a fact to which many of our patients can attest!

Infants and children can be given herbal medicine, completely safely – in fact, children respond very well to herbal treatment. The doses prescribed are much less than those for an adult, usually based on the child's age and weight. Even small babies can be treated herbally, often via breast milk or weak herbal teas.

Liquid herbal medicine can be challenging to administer due to its strong taste, however, small doses diluted in a weak juice (such as grape, or fresh apple) improves palatability. Your herbalist may also add something like licorice or peppermint to flavour a mixture; or use glycertracts, herbal extracts that have a sweeter flavour. Often, the attitude of the parent or carer towards a medicine will affect the attitude of the child – therefore, remaining relaxed and positive about taking the herbs, and giving appropriate rewards where necessary, can ensure compliance. Herbal tablets can also be given to older children – they are very effective and can be easier to take than the liquid form.

Safety is always a consideration, particularly in the very young, which is one of the most important reasons to see a qualified professional before giving a child any medicine.



## David attends Ayurvedic conference in India

David McLeod had the opportunity recently to visit Podar Ayurvedic Hospital and medical college in Mumbai. Ayurvedic literally means the science of life; Ayurvedic medicine emphasizes hygiene, exercise, herbal preparations, and yoga to restore health.

While there, he attended a post graduate training program for Ayurvedic teachers. The theme of the conference was geriatric aged care. This covered most areas of ageing, including diabetes, heart disease, cancer, arthritis, eye diseases and general principles of ageing, longevity and age care.

David had the opportunity to meet with one of the directors of the college Dr. K. Rajeshwar Reddy. Dr Reddy is doing some interesting research using leeches for a variety of conditions such as lymphoedema, wound healing after skin grafts and prolapsed haemorrhoids. Dr Reddy very generously gave David a presentation of the research.

At HealthWise, we don't practice Ayurvedic medicine as such, but this medicine system does have some similarities to many other aspects of traditional Chinese medicine and naturopathic medicine, which we do use extensively in the clinic. Some of the herbs we prescribe are traditional Ayurvedic herbs such as Shatavari, Andrographis and Adhatoda. The similarities of western herbal medicine and naturopathy to traditional Chinese medicine and Ayurvedic medicine is that all systems strive to improve the health of the individual and don't just concentrate on fighting disease.

## Acupuncture works better than drugs for headaches

American researchers have reviewed studies involving nearly 4000 patients with migraine, tension headache and other chronic headaches and reported that acupuncture works better than drugs like aspirin to reduce the severity and frequency of chronic headaches.

The researchers found that 62% of patients receiving acupuncture treatment reported headache relief compared to only 45% of people taking medications.

"Acupuncture is becoming a favorable option for a variety of purposes, ranging from enhancing fertility to decreasing post-operative pain, because people experience significantly fewer side effects and it can be less expensive than other options. This analysis reinforces that acupuncture also is a successful source of relief from chronic headaches." Dr. Tong Joo Gan, who led the study, said in a statement.

Acupuncture therapy considers each patient individually based on their health history and current symptoms. This allows the acupuncturist to develop a personalised acupuncture treatment which will aim to reach both the cause of the headache as well as relieving symptoms. For example, a headache caused by neck tension may include treatment to relax the neck and additional points to relieve the headache.

An acupuncture treatment is generally painless and may involve the insertion of several fine needles to acupoints on the body. It is usually a relaxing and enjoyable form of therapy.

## Ask us:

**Q:** Sometimes when I feel stressed I get really bad pains in my stomach, does that happen to other people or is it all in my head?

**A:** Interestingly, it's very common for a mental or emotional problem (e.g. stress) to manifest with symptoms in the digestive tract (e.g. abdominal pains) – and vice versa. For example, we frequently see cases where a poor diet, or food allergy, results in moodiness, or poor cognition.

This relationship is called the brain-gut connection. The digestive tract, and everything in it, is controlled by the enteric nervous system (ENS), an offshoot of the peripheral nervous system (made up of the brain and spinal cord). The ENS is actually located in the lining of the gastrointestinal tract – it is made up of millions of neurons (nerve cells), more even than are found in the spine. As a result, the gastrointestinal system can be very sensitive to certain stressors – both physical and mental.



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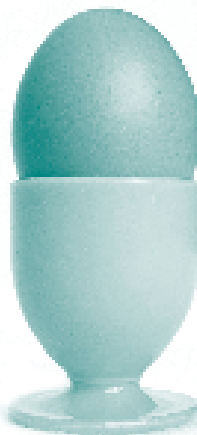
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## Miracle Food: The Humble Egg

Eggs! These little packages of goodness are one of the easiest to prepare and nutritionally dense foods around. Poached, boiled, scrambled, fried or baked – any way you flip an egg, it's good for you. An excellent source of protein and one that's readily absorbed, eggs really are the perfect way to start the day.

Some people are concerned that eggs can increase cholesterol – but saturated fats, found in processed and fried foods, will have a much bigger impact on cholesterol levels than eggs. These little crackers will only do you good when eaten in moderation... and with enjoyment!

The one thing we do recommend when having eggs is that you choose free-range, not those from cage hens. While they may cost a little more, these eggs are ethically (and often nutritionally) the healthier choice.



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## Latest research

### ACUPUNCTURE AND MOXIBUSTION BENEFICIAL FOR THE CORRECTION OF BREECH PRESENTATION

A recent systematic review of 17 trials involving almost 3500 patients has shown that moxibustion combined with acupuncture treatment to be beneficial in correcting foetal breech presentation. Moxibustion is a Traditional Chinese Medicine therapy involving warming particular acupoints by burning the herb, *Artemisia vulgaris* (mugwort) above the point location.

### ACUPUNCTURE INCREASES BLOOD CIRCULATION TO ACHILLES TENDON

A Japanese study has found that acupuncture increases blood volume and oxygen saturation to the Achilles tendon. Acupuncture treatment was superior to the application of a heat pack alone, as the increased circulation effects found in the acupuncture group were experienced for at least 30 minutes following the removal of the acupuncture needles. The effects of the heat pack were not maintained after the removal of the heat pack. This research suggests acupuncture may be beneficial in the treatment of injured tendons.

### MILK THISTLE PROTECTS CANCER PATIENTS FROM CHEMOTHERAPY-ASSOCIATED LIVER TOXICITY

A randomised, controlled, double-blind study has found that the herb Milk Thistle may help treat liver inflammation in cancer patients who receive chemotherapy. The study indicates that the herb could allow patients to take potent doses

of chemotherapy without damaging their liver. Importantly, the researchers also found that Milk Thistle does not interfere with the cancer-fighting properties of chemotherapy.

### YOGA REDUCES CYTOKINE LEVELS KNOWN TO PROMOTE INFLAMMATION

Regularly practicing yoga exercises may reduce the amount of Cytokine interleukin-6 in the blood and reduce the level of inflammation that normally rises because of both normal ageing and stress, a new study by Ohio State University researchers has shown. Cytokine interleukin-6 is an important part of the body's inflammatory response and has been implicated in heart disease, stroke, type-2 diabetes, arthritis and a host of other age-related debilitating disease.

### ANTIOXIDANT-RICH FRUIT AND VEG MAY CUT LYMPH CANCER RISK

Increased intakes of antioxidant-rich vegetables may reduce the risk of developing non-Hodgkin lymphoma by about 30 per cent, says a new study published in the International Journal of Cancer. Increased intakes of specific antioxidant nutrients, like vitamin C which was associated with a 22 per cent reduction in risk, were also individually associated with significant reductions in risks for the cancer. The researchers claim that "These results support a role for vegetables, and perhaps fruits and associated antioxidants from food sources, as protective factors against the development of non-Hodgkin lymphoma and follicular lymphoma in particular."

## Home health tip:

# Recipe for a relaxing bath

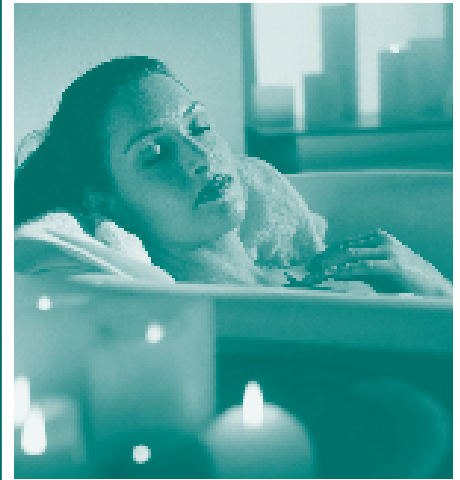
To a running warm bath add:

- 1 cup Epsom salts
- 2 drops lavender essential oil
- 2 drops geranium essential oil
- 2 drops chamomile essential oil

Agitate the water before getting in.

Lavender is uplifting and encouraging, and is good for relieving nervous tension and soothing sore muscles and joints. Geranium is a great balancer; it can settle nerves and also be emotionally uplifting. Chamomile is particularly calming for the nervous and digestive systems and is a sedative.

Make yourself a cup of chamomile tea, light a candle and indulge yourself in a pre-bedtime bath.



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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

Once again we have enjoyed putting together this collection of information to benefit you, your family and friends. We are aiming to reduce the amount of paper we use here at HealthWise, so if you haven't already, please sign up to our email newsletter which will gradually replace the printed version. The email newsletter contains lots of great articles, recipes and product specials. Register your email address by visiting our website, [www.healthwiseclinic.com.au](http://www.healthwiseclinic.com.au), and following the "subscribe to our Newsletter" link, calling HealthWise reception on 07 3839 1077 or visiting the clinic in person.

The HealthWise practitioners have been busy adding to their knowledge of late. The practitioner team was invited to City Fertility Clinic to gain a further understanding of how our natural treatment can complement the medical science that goes into IVF and other fertility treatment. The outcome of this evening was very positive.

Zam has recently completed training in voice dialogue, a technique which enhances her counselling skills. She is also continuing her Iyengar Yoga workshops.

Kathleen and Sarah were also invitees to the Coeliac Association of Australia's breakfast meeting with an international expert on the condition. Coeliac Disease is present in 1% of the population (but 75% of those don't know they have it). Appropriate treatment can make a huge difference to a person's wellbeing, digestion, fertility and risk of osteoporosis.

Members of our team will also be attending the Australian Acupuncture and Chinese Medicine Association Conference and National Herbalists Association of Australian annual conference, to stay up-to-date with the latest in treatment and care options.

Kathleen has just completed research for a chapter on cardiovascular diseases in a new natural medicine textbook due to be published shortly.

Sarah is also working towards reaching a personal goal this year. She, and a team of 3 others, is currently in training to finish the Kokoda Challenge. This event involves walking a strenuous 96km track through the Gold Coast hinterland in under 39 hours. It's a fundraiser for teaching young people life skills such as patience, tolerance and teamwork through physical activity. If you'd like to make a tax deductible donation to team "M & M's" please visit [www.kokodachallenge.com/donate-online](http://www.kokodachallenge.com/donate-online).

Yours in good health,  
The Healthwise Team



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