



Half Price Weight Loss Consults With Tess

In today's society people are realising that by paying attention to their weight and wellbeing, they will greatly improve their enjoyment and quality of life.

Taking small simple steps to lose excess weight will reduce health risks like heart disease, diabetes and cancer, increase mental and physical performance, and help you get the most out of your life. Weight loss is not only about looking better on the outside; it's about taking responsibility of looking after your body and its basic and vital needs for survival.

Having fun while you loose weight, enjoying eating well, exercising regularly and listening to your body are all key elements to successful weight loss management and well being.

My name is Tess Sweeney and I'm a nutritionist who specialises in weight loss. I am here to help you reach your ideal healthy weight with natural, safe, scientific and practical methods.

Healthy lifestyle choices will enhance all the different functions of your body and will help increase your level of health and state of wellbeing both on the inside and out.

Now is the perfect time to commit to a balanced weight loss program and to encourage you to take the first step I am offering **half price consults to the first 10 people** who book in to see me.

Call the clinic on 9894 0014 for more information. Offer valid until the 30th of November 2009 or until sold out.

Tess will be consulting at Vitalchi on Wednesday's as of the 15th of November, for more information about Tess Sweeney visit our web site www.sanctuarywellness.com.au

Vitalchi Wellness Sanctuary Presents....

"Pay what you want day!"

Our "pay what you want day" is now becoming a regular event here at Vitalchi as we enjoy providing our loyal clients the opportunity to experience new therapies and pay what they feel is fair.

Our next pay what you want day is on **Wednesday the 4th of November**

Services include: Naturopathy, Kinesiology, Remedial Massage and Life Coaching

Tea Blend of the Month

If you're a regular into Vitalchi you know we love to serve a nice hot cup of herbal tea. But did you also know that different herbal blends have different health benefits. This month we focus on one of our most popular blends:

Lavender, Rose Petals and Chamomile.

All three of these teas have a positive action on the nervous system, so this tea blend is great for times of stress. Chamomile and lavender are also useful in some digestive complaints like stomach upsets, cramps, bloating and pain. Rose petals and lavender are great uplifting herbs for when you are feeling low and blue. Both lavender and chamomile can help reduce headaches and migraines. While rose petals have been proven to have anti-oxidant properties. Rose petals are also great for improving skin complaints like acne and balancing hormonal imbalances in women.

How to make a great cup of lavender, rose petals and chamomile tea.

You can buy the ingredients separately or we can mix them together for you.

In a 100gm bag of the blend we put 40gms of Chamomile flowers, 30gms of Lavender flowers and 30gms of Rose Petals.

To make 2 cups of tea place 2tsp of blended dried herbs into a tea pot or coffee plunger and add boiling water. Let this steep for 10 minutes and then drink. This tea blend is also nice served cold in summer as a refreshing alternative to cordial without the sugar. You can also freeze the tea into ice cubes and add two or three to a glass of water to add something different. You can make it look sophisticated by freezing a couple of the individual lavender flowers into the ice cubes.



Recipe of the Month

Rice with Curry, Carrots and Raisins—Gluten Free

This is a quick and easy meal to make that makes a great lunch to take to work or a snack in the fridge for when the kids come home from school.

- 1 cup long-grain brown rice, uncooked rinsed
- 1/2 cup unsweetened apple juice
- 2 cups water or light broth for added flavor
- 2 carrots, cut into matchsticks
- 1/4 cup golden raisins, diced apple, or any chopped dried fruit
- 1/2 to 1 teaspoon gluten-free curry paste- mild or hot

Combine the ingredients in a rice cooker and follow the manufacturer's instructions - or - combine the ingredients in a saucepan and bring to a boil, cover; reduce heat to low, and cook for 40 minutes or until the liquid has evaporated.

Let the rice rest for 5 minutes before serving. Fluff with a fork and serve as is, or stir-fry the cooked rice in a touch of olive oil with slivered carrots, cashews, or baby spinach leaves.

Protein Boost Options:

- Add grilled chicken pieces
- Serve with a sprinkle of slivered almonds, pine nuts or chopped walnuts
- Add drained canned chickpeas to warm through just before serving
- Serve with a dollop of fresh homemade yogurt on the side
- Serve with hummus

Serves 4. Recipe from Karina's Kitchen visit <http://glutenfreegoddess.blogspot.com>



“Are ADHD Drugs Safe For Our Children?”

Recent findings into the prescription medication used to treat conditions like ADHD are prompting serious medical concerns amongst medical experts, reports The Daily Telegraph. Of course as natural therapists we have long had concerns about these drugs that have had very little studies done on the potential and deadly side effects that these drugs can have.

Leading Australian Child psychiatrist Dr Jon Jureidini, head of psychiatry at Adelaide's Women's and Children's Hospital, says he is worried by new figures showing an increase in psychotic episodes among children taking the medications. Dr Jureidini says it is questionable whether prescription drugs do much good for conditions such as Attention Deficit Hyperactivity Disorder (ADHD) and little research has been done on their possible side-effects.

"Children's behaviour problems are generally a reaction to something that's happening inside them or outside them and I can almost always find a better explanation for what's going on than calling it ADHD, so the idea of whether to use drugs rarely arises," he said.

"We doctors need to be much more cautious about prescribing them; we also need to be much more careful in our assessment of children with behavioural problems."

Here at Vitalchi Dr Jureidini comments come as a fresh breath of sanity! Of course children suffering behavioural issues have something going on for them. There are many factors that can contribute to behavioural problems in children. Including:

- Food Sensitivities and Allergies
- Chemical sensitivities
- Emotional issues at home or at school
- Undiagnosed hearing problems or sight problems
- Undiagnosed learning difficulties
- Poor brain integration
- Nutritional deficiencies
- Candida infections
- Just to name a few

These drugs have been causing children as young as five to attempt suicide. The number of serious reactions to ADHD drugs has doubled in three years, now up to 827.

But the true extent of the side effects is unknown, with many doctors and parents under-reporting the impact, experts said.

I don't have children, and I'm sure that at times children can become relentless and maddening even to the calmest of parents. But as a naturopath who works a lot with these kids, there is always a cause and always an answer, and for the sake of your child's physical and emotional wellbeing getting to the root cause of the problem makes logical sense.

“Are ADHD Drugs safe For Our Children?”

So as a parent what do you do next?

Check your child for the basics like Food and chemical sensitivities which can be tested for by one of our qualified Naturopaths. The test involves a finger prick test to get a few drops of blood. The blood is then sent to a lab and tested for 96 common foods and 100 different chemicals.

Try Kinesiology with Jarrod Bailey who specialises in treating behavioural and learning difficulties in children. We have seen the amazing differences he has had with even the seemingly impossible child. Following is just one of the amazing testimonials received after treating a child with learning and behavioural problems. For more testimonials please visit our web site at www.sanctuarywellness.com.au and head to the testimonial page.



What was it that drew you to our clinic?

It was suggested by a friend to see a Kinesiologist. I surfed the net and read Jarrod's qualifications and comment regarding his previous work with Children with learning difficulties and behavioral issues.

How were you feeling before you made the appointment with us?

Desperate for help! "Is my son a lost cause?" Depressed and helpless

What were you expecting from your first appointment?

Amazement!! Marching (A kinesiology technique for brain integration) Julian, before he was so uncoordinated. His face expression when he marched properly was priceless.

What did your treatment do for you?

Helping with behavior and concentration socially and academically starting to move forward.

How did you feel after your treatment?

Finally some relief

What would you say to others who are not yet sure about contacting us to help them?

Reassure & encourage, just give it a try & keep an open mind.

Is there anything else that we could have done different or better to improve your experience with us?

No, Jarrod has the patience of a saint!

Leonie Daisley from Wheelers Hill

Drugging our children doesn't fix the problem but masks the real cause of their behavioural issues. Helping your child to deal with these problems makes them not only happier and healthier children, but happy and healthy teenagers and adults.

For bookings for either Kinesiology with Jarrod Bailey or food and chemical testing please call our clinic on 9894 0014 or visit our web site www.sanctuarywellness.com.au for more information.