

# Vitalchi Wellness Sanctuary



“Getting you well naturally and keeping you that way.”

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## Boost your immune system and prevent being sick this winter.



The colder weather and change of season means colds and flus start to become common place. Luckily there are some really easy tips that anyone can put into place that will help reduce the frequency and severity of colds and flus suffered this winter.

### TIP 1 - Reduce your Stress Levels

Stress reduces our immune function! Don't believe me? Studies have proven that happier people have a healthier immune system and are less likely to develop a cold and flu even when exposed to them. So whatever you do to release stress, whether it is

exercise, meditation, gardening, or sleeping make sure you balance your stress levels this winter.

### Tip 2 - Stay Warm

Your mother wasn't lying to you when you were a child, staying warm does reduce the chances of catching a cold. According to Chinese medicine a cold or flu enters via the back of the neck so if you are out in the cold make sure you wear a scarf or a top that keeps the back of your neck warm.

### Tip 3 - Eat a Healthy Diet

Anti oxidants found in fresh fruits and vegetables keep your immune system in tip top shape. Eating a diet that has plenty of these foods will help not only boost your immune system but will slow the aging process, helping you feel younger for longer.

### Tip 4 - Avoid Excessive Alcohol Consumption

Drinking too much alcohol suppresses your immune system. How many times have you noticed waking up with not only a hang over but the beginnings of a cold or flu? Make sure you have 4 alcohol free days a week and when you do drink, make sure it is in moderation.

### Tip 5 - Get Plenty of Sunshine

We all know that sunshine makes us feel good, but did you know that Vitamin D found in sunshine helps boost your immune system. Make sure even in winter that you get 15 - 30 minutes of direct sunlight per day.

# April Updates.....

## **Loretta Manger joins the Vitalchi team**



Vitalchi Wellness Sanctuary would like to welcome the newest member, Loretta Manger, to the team. Loretta had been finishing her student placement with us and we have had such overwhelming positive feedback about her skills that we have offered her a permanent position on our team. Loretta practices Transpersonal Art Therapy which allows you as a client to explore and move through issues using art as your therapy. And no your don't have to be good at art to get the most out of this amazing therapy. The art work allows you to explore emotions that are either too painful to vocalize or emotions you weren't even aware that you were feeling.

## **Skype consults now at Vitalchi**



Skype consults are now available at Vitalchi. This means even if you live in Africa you are able to have a consult with one of our fabulous Naturopaths, Nutritionists, NLP practitioners, or Counsellors. We know some of you travel great distances to see some of our fabulous practitioners (and hey why wouldn't you!) but we also know your time is important to you. A skype consult allows you and your practitioner to see each other over your computer monitor which still gives you that personal feeling without all the headaches of travel. For more information about our skype consults or how to get skype call our fabulous reception team at the clinic on 03 9894 0014.

## **The EIS picks up disease before symptoms occur**



As practitioners we love the EIS (Electro Interstitial Scanner) as it is helping us to better diagnose the underlying cause in many conditions, as well as picking up disease before symptoms have occurred which then allows us to prevent and treat it. The EIS uses low frequency current to assess the function of cellular membranes and oxygenation levels of tissues throughout the body. It then feeds back this information through complicated mathematical formulas that as practitioners we then analyze. From this information we can tell if tissues are low in oxygen, inflamed, in the process of healing, if cells are fatigued or stressed and more including screening for heart disease. For bookings or more information about the EIS please call the clinic on 03 9894 0014. You never know the EIS might just save your life!

# Chinese Medicine and Fertility

*“Heaven, Earth, and I are living together, and all things and I form an inseparable unity”*

-Zhuangzi, second century philosopher



As human beings our bodies resonate in accordance with nature. Our bodies and our minds are in tune with the rhythm of day and night, the four seasons and the lunar cycle. If the weather is too cold or too hot, too wet or too windy, our bodies respond both physically and emotionally. When there are pollutants in the air we breathe or in the food we eat, our bodies will suffer. This invisible web that connects us to nature is indissoluble.

Chinese Medicine philosophy and treatment is drawn from this inseparable link between humanity and nature. The human body is viewed as an ecosystem similar to the ecosystems in nature. The systems of the body interact with each other in a similar way to the complex interaction between the elements in nature. The same way the sun, the rain, and the fertility of the soil are responsible for the birth and growth of the huge array of plants and organisms on our planet, so too is the interaction between all the different organ systems in our bodies.

Balance is the essence of Chinese Medicine. In health, every cell and system in the body interacts and communicates harmoniously. In today's day and age the body's ability to maintain balance is being constantly challenged due to stress, lifestyle, pollutants and so on. Fertility is a women's natural state from the time of menarche to the time of menopause, and sub-fertility results from a state of imbalance. This imbalance is not merely just a physical one, but rather one that exists due to a discrepancy in the subtle interplay between the physical, emotional and spiritual levels, as quite often there are no underlying physiological causes for not being able to conceive.

Tino D'Angelo, our Chinese medicine practitioner will investigate many aspects of your health and is trained to recognise and interpret the subtle imbalances that may lead to sub-fertility and interfere with the body's innate ability to conceive. Tino's treatment involves acupuncture and herbs, but may also include diet, exercise and lifestyle advice. Chinese medicine treatment aims at creating balance between all the different systems in the body and becoming more in tune with the rhythm of nature. Once balance is restored the hormones needed for conception are produced naturally, just as nature intended.

## Back from the Jungles of Central America

Duncan and I recently returned home from our 4 week adventure to Central America. Duncan and I have always had an affinity for ancient cultures, and the Mayan culture has always been at the top of our list. The sites and history was amazing and we were very blessed to spend time with the only remaining Shaman of Belize, who took us through his medicine garden. So if you see us shaking your herbal tonics 7 times in a North facing direction, you know where we got the inspiration from.



# Mayan Massage



## **Mafalda's Wellbeing Experience**

Unlike Fiona's and Duncan's journey into the jungles of Central America, I went trekking the virtual rain forests of the same area. My wellness journey took me only as far as Sydney where I attended a three day course at the Doula Centre in Marrickville, listening to the knowledgeable Megan Assaf from the US on the beliefs and techniques behind the Maya Abdominal Massage. In Central America this therapy has been successful for generations in helping the body restore to its natural balance through non-invasive manipulation of internal organs that have dropped or shifted and are, as of a consequence, restricting the flow of blood, lymph, nerve and chi energy.

Once an oral tradition, now this type of massage is becoming more well known throughout the USA and Europe through the work of Dr Rosita Arvigo, a naturopath, who studied for ten years under the wings of the renowned Maya Shaman of Belize, Don Elijio Panti who died in 1996 at the age of 103.

This modality incorporates a holistic approach to health care and includes herbal remedies, good nutrition as well as emotional and spiritual healing. It addresses the position and health of the pelvic and abdominal organs and focuses on the correction of the prolapsed, fallen or tilted uterus in women and for the prevention and treatment of benign prostate enlargement in men.

It was all very fascinating and my aim is to continue with this journey into the professional training when it is finally organised.

# Osteopathy and Neuro Linguistic Programming

Mark Sloam our fabulous Osteopath is now trained in NLP, below Mark explains the link between the mind and the physical body and why combining these two modalities may improve symptoms of pain, stress and anxiety far faster than each therapy used in isolation.

As I am dedicated to be the best therapist I can be, I was searching online for some information relating to studies that combined NLP and Osteopathy. To my surprise I actually found one.

The combined NLP and Osteopathy study was in relation to exhaustion and pain experienced by a ballet dancer. In the study, the ballet dancer was also suffering with stress and anxiety. NLP treatment successfully reduced the levels of stress and anxiety experienced by the ballet dancer but surprisingly also reduced the pain she was experiencing. When the remaining pain was treated with Osteopathy any anxiety and stress she was still feeling was completely diminished.

This study clearly shows the link between body and mind, by helping the mind, we can help the body and by helping the body, we can help the mind.

Now, who of you out there have either stress or anxiety or physical pain? Or a better question is who doesn't? Each of us constantly has stress in some form or the other. It might be about your relationship, your finances, your work, children, family etc etc.

So it made me remember this simple point, if any of us have stress, fear or anxiety then there is a great chance you will have some sort of physical pain. And if you have a physical pain then you will have some form of stress, fear or anxiety.

If you have tried treatments in the past to reduce your pain levels and they haven't worked there is a good chance that stress is preventing the pain from diminishing altogether. And visa versa if you have addressed your stress levels but you are still experiencing physical pain then maybe it's time to address the pain which will reduce your stress levels. As an Osteopath and a NLP practitioner I can offer these services combined or separate depending on what you need and want.

And to make it easier for you to take the first step I am offering \$20 off your first treatment when you book either an osteopathic or NLP consultation with me before the end of May 2010. Just cut out the voucher below and present it to reception at your first consultation.

This Voucher entitles you to **\$20 off** your Initial Consultation with Dr Mark Sloam for Osteopathy / NLP services.

Valid until the 31st May 2010

# Exploring Alternative Therapies in the management of Allergies and Digestive Complaints

Chronic stress is probably the primary cause of immune deficiency in the modern world, especially in the crowded urban centers of industrially developed societies. The human body is equipped to deal with the sort of stress people faced in the pre-industrial world, such as crossing paths with a saber-toothed tiger, tribal warfare, avalanches, floods and other situations that provoke the fight-or-flight response. Today, the same biochemical responses are triggered, hundreds of times throughout the day and night by frustration in the office, marital strife, repressed rage, bad news on television, fear, alienation, peer pressures and other hazards of modern life. However, instead of making high-energy physical responses, people repress their rage, fear and other negative emotions provoked by stress, thereby failing to utilize the powerful hormones and neurochemicals released into the blood.

These potent biochemical's quickly break down into various toxic by-products that poison the system, suppress immunity, interrupt healthy digestion and increase the risk of allergies.

As a Natural Therapist our number one rule is to 'treat the person and not the disease' and 'treat the cause and not the effects of disease'. It is for this reason that reducing stress is often paramount in the management and treatment of allergies, digestive complaints and overall wellbeing and vitality. The following is just some of the therapies used to assist in the management of such conditions.

## **Acupuncture**

Acupuncture is an ancient system of healing that was developed as part of the traditional medicine of China, Japan and other Eastern countries over 3000 years ago. Acupuncture primarily involves the insertion of fine, sterile needles into specific acupoints on the body. This promotes healing by rebalancing the body's natural Qi or energy flow through channels called meridians. According to Chinese medicine theory the imbalance of a person's Qi (pronounced chee) causes diseases like digestive complaints and allergies. Instead of treating symptoms an acupuncturist treats patterns of disharmony, like excess wind, which is often a characteristic in allergies. By rebalancing these patterns, symptoms may be reduced immediately and in some cases permanently.

## **Reflexology**

Reflexology is based on the principle that all areas and organs of your body are mapped onto your feet. Congestion or tension in a part of the foot may "mirror" congestion or tension in the corresponding body part. Similar to acupressure principles, reflexology works with the body's energy flow to stimulate self-healing and maintain balance in physical function. The feet contain over 7000 nerve endings and over one quarter of the body's bones. Reflexology helps to break up toxins, and the neurochemicals produced by stress and encourages the body to release them. Reducing the load of these chemicals on the body in turn enhances the function of the immune system potentially reducing the effect of allergies.

## Reiki

Reiki' is a Japanese phrase that literally means 'Universal life energy'. Using gentle contact through a sequence of hand positions, practitioners access this 'Reiki' energy, which enhances the receiver's sense of wholeness and wellbeing and supports their body's natural healing ability. Reiki is useful in treating allergies where there is an emotional component to the allergy or condition. If symptoms are worsened by stress or fatigue then Reiki is a great option to help balance underlying emotional issues that may be contributing to digestive complaints and allergies.



## Bowen Therapy

Bowen Therapy is a gentle and safe yet dynamic remedial type of therapy that facilitates the body in healing itself. It is a non-invasive muscle release technique consisting of a series of gentle cross fibre moves over the fascia or connective tissue of the muscle on key points on the body. Stimulation of the fascia with specific Bowen Therapy moves sends neurological impulses up to the brain via the nervous system, resulting in muscle relaxation. The principal benefit of Bowen Therapy is the rapid and long term or permanent remission from pain, reduced stress, greater joint mobility and an overall improvement in physical, mental and emotional wellbeing. Also, because Bowen Therapy produces a holistic body response, additional benefits can include improved circulation, lymphatic drainage, immune function and detoxification, all of which may aid in the management and reduction of allergies and digestive complaints.

## Craniosacral Therapies

Craniosacral therapy has been used all over the world to help treat and manage allergies, stress, emotional imbalances, sinusitis, fatigue and digestive complaints. Craniosacral therapy is a gentle, hands-on therapy that corrects imbalances in the body centred on the skull, vertebral column, sacrum and cerebrospinal fluid. The Craniosacral System refers to the fluid (cerebrospinal fluid) and compartments found in and around the brain, the spinal cord, as well as to the bones that either directly or indirectly interacts with this system. Craniosacral therapy is perhaps better known for its effectiveness in treating sinusitis and asthma by opening up the sinus and chest area improving circulation, lymphatic flow and the removal of mucus from these areas.

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