

Vitalchi Wellness Sanctuary



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

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Spring Clean Your Insides

If you want to have a clean start for Spring, try a “Mini Detox”. Our ‘Mini Detox’ will help get your digestive system and liver back into gear for Spring, leaving you feeling fresh and lively!

Detox is not a dirty word!

Do you cringe at the thought of having to do a detox? Detoxification is a great way to begin spring and it doesn't have to be hard. Detoxification encourages the body to remove toxins and may improve energy, fitness and weight loss as well as helping to prevent chronic disease and aging.

The gut is the seat of health

One of the most important considerations for health is your digestive system: in natural medicine, the gut is considered to be the centre of health. If your digestive system gets out of balance it can increase the amount of toxins you absorb, leaving you feeling tired and run down. The type and amount of bacteria in your digestive system plays an important role in keeping both you and your gut healthy. If there is an overgrowth of bad bacteria or yeast in your gut, this can make you more toxic and may also reduce your ability to get rid of toxins.

Weeding out the bad bugs

Our simple, two week “Mini Detox” plan is designed to help restore balance to your digestive system. Antimicrobial herbs such as black walnut, wormwood, barberry, and antimicrobial oils such as oregano, cinnamon and thyme can be taken in a convenient tablet form to kill off any detrimental bacteria and yeasts that may be upsetting your gut. These herbs can be combined with a high potency colostrum powder, to help prevent the adherence of harmful microbes to the gut wall. This potent combination will help to weed out all the bad bugs that may have made themselves at home, helping to restore your digestive function after all the parties have ended.

Putting the good bugs back in

Part of the “Mini Detox” involves not only killing off any bad bacteria and yeasts, but replenishing your digestive system with beneficial bacteria known as probiotics. There are different types of probiotics; and whilst they are all beneficial for digestion, their functions can vary slightly. For example, *Lactobacillus acidophilus* NCFM and *Bifidobacterium lactis* are good for restoring general balance and maintaining overall digestive function, while *Lactobacillus plantarum* 299v is more specific for medically diagnosed



irritable bowel syndrome and Lactobacillus rhamnosis is great if you are prone to allergies and eczema. With so many different beneficial strains of probiotics available we can choose the most appropriate strain for you, tailoring your “Mini Detox” to suit your needs.

Digestive repair

Stress, toxins, alcohol, junk food and processed food can cause damage to the delicate cells of the digestive tract. This may lead to ‘leaky gut’, a condition in which undigested food and toxins pass from the digestive tract and into the blood stream. If this occurs, it can cause digestive upset, inflammation and increase our risk of food allergies and other diseases. If you have poor digestion and possibly a leaky gut, then it may be a good idea to use healing nutrients and herbs such as glutamine, Aloe vera, licorice, and zinc as part of your “Mini Detox”. These nutrients and herbs may be able to reduce your leaky gut, improving digestion and health.

What about something to liven up the liver?

Once we have healed the gastrointestinal system, it is time to liven up your liver! Your liver is your body’s main cleansing unit and to give yourself a good clean-out on the inside, you need a healthy liver that is functioning at optimal capacity. Herbs such as St Mary’s thistle, watercress, globe artichoke, turmeric and schizandra can all work together to support liver function and stimulate detoxification. These herbs can be taken in a convenient tablet or powdered form – just ask us which supplements best suit you.

What are the best foods for detoxification?

Excessive sugar, alcohol and junk food may upset your digestive balance and can burden your liver, so reducing these will help detox your digestive system and get your liver back into balance. As part of the simple, two week “Mini Detox” plan we can offer you simple dietary tips for detoxification. For example, freshly made fruit and veggie juices can be added to a healthy diet to improve detoxification. Here are some suggestions of some great juices: lemon, beetroot, ginger and apple; or try watermelon, carrot, lemon and beetroot. There are many different combinations, just use your imagination! Of course it is also important to make sure you drink lots of pure water while you are doing a “Mini Detox” as this will help flush the toxins out of your body.

Nature has provided us with many wonderful foods to help remove toxins from our body, and as part of our “Mini Detox” plan, we can give you lots of great meal ideas to encourage your body to ‘clean out’.

A clean start spring time...

So don’t let the word ‘detox’ scare you off! Start spring this year in a healthy way and see how good you can feel and look! Remember, we are here to help you find a detoxification program that is right for you so that you get the results you want. Ask us about doing a “Mini Detox” today. Call the clinic on 03 9894 0014

Vitalchi Wellness Sanctuary, 6 Main Street, Blackburn, Vic, 3130.

Spring Updates.....

Dr Karen Gregory now available at Vitalchi



Vitalchi Wellness Sanctuary welcomes Dr. Karen Gregory to the clinic. With her strong vitalistic health philosophy aligned with science, Karen helps to educate her patients on the body's own healing potential. Karen enjoys seeing patients transform as their innate healing potential is being unleashed through chiropractic adjustments and lifestyle changes. Karen also has a special interest in working with Children. Karen is available for chiropractic appointments at Vitalchi on Tuesdays 9am - 7pm, Friday 2:30 - 6pm and every Saturday 9am - 2pm.

Free Transpersonal Art Therapy Consults



Loretta our Transpersonal Art Therapist is offering a free initial consult valued at \$87. Transpersonal Art Therapy offers a positive approach in dealing with mental health issues such as depression, stress, anxiety and other forms of emotional difficulties or even for those that wish to discover their life purpose. By visiting Loretta you will be able to talk to her about the issues you want to address in a creative, caring and positive environment.

Walk For Water



Help make a difference, one of our clients Carolyn Lipscomb is trekking to Mt Everest base camp taking part in Walk for Water on the 4th to the 22nd of October. She is taking 10,000 steps each, every day for one month (or probably a lot more!!!!) - the distance a majority of people in poor communities have to walk to collect something as basic, but vital, as water.

You can donate to help Carolyn raise money for this important cause by visiting her web page at www.walkforwater.com.au then search for Carolyn Lipscomb from here you can donate.

The mind and its connection to weight gain and reduction

Carol Goddard VitalChi's Life and Soul Coach

When we look beyond the obvious reasons for weight gain of eating more energy than you are using, you see that your mind, your thoughts and your emotions are keys to understanding what is going on. From this understanding you then know how to move forward in the direction you want to go to achieve meaningful and lasting weight reduction. You have within your mind and within your body the tools and ability to achieve your natural weight, and we will help you find and harness that power to achieve this.

Weight is just the tip of the iceberg

Weight gain is an outcome of something else, a symptom of something else, 'the tip of the iceberg'. If you just deal with the 'tip of the iceberg', the weight, then you still have the underlying currents that created it in the first place, that will recreate the outcome again. Now is your opportunity to look below the surface, to the source of the weight gain and working on this level to resolve what ever the cause. Then just like when you upgrade your computer software, it directs your computer hardware in a different way, realigning your inner core then directs your body to health and wellbeing so that it is simple and easy to be your natural weight.

Why do you do what you do when you know what you know?

If it was just as simple as having the knowledge of healthy eating and lifestyle habits to maintain your natural weight then you would be your natural weight now. So if it isn't just about having the knowledge what is it about?

Below the level of your conscious awareness in your subconscious mind you can have barriers that are limiting you. These can include issues and beliefs about your self that are destructive, you

may feel you lack self confidence, have low motivation, fear of failure (or of success), self sabotage, cravings, and other reasons. What ever it is, we can assist you to move through it and find an easy path to your natural weight.

Understanding the power of your mind:

Have you ever noticed that if you try to change one of your behaviors, like your eating habits for example, that you can keep it up for a while and then something happens and you are back to where you were originally eating the things you had decided not to eat? So what is going on here? Let's look a bit deeper. If you have an underlying belief about yourself like 'You will always be fat' or 'You have no will power' or 'You don't deserve to be happy' or something similar, then this underlying belief will over time dictate how you behave, and in terms of eating habits will maintain the habits that you are looking to change.

The great news is that it is simple and easy to heal and move through these underlying beliefs so that you can allow your mind to make peace with itself and then from a healthy place your mind is directing your body to behave in ways that support you in the direction of health and wellbeing.

Getting off the self sabotage merry-go-round:

Can you relate to the cycle of weight coming off and going on again? Why does it happen? Again let's look deeper, and see this as a sign that there are underlying beliefs that can be healed and moved through so that this doesn't keep happening. By helping you to understand why you may have struggled with weight in the past you can prevent gaining weight in the future, this means NO YO YOING with your weight.

The power of thought:

Remember nothing happens to your body unless it first happens in your mind ~ by understanding this and changing your mind you can affect positive changes in your body.

Shifting your thought patterns around weight reduction helps you overcome any emotional blocks or sabotages that may have prevented you from reaching and maintaining your ideal weight.

Emotions and how we respond to them with food: It is very helpful to start noticing how you respond to food when you are in different emotional states. Noticing and becoming aware of patterns is the first step in doing something about it. And then owning up to what ever the pattern is. This will indicate any underlying beliefs you have that are being triggered in different emotional states. Fear of failure and a fear of what will happen if you succeed ... are often underlying reasons you sabotage the choices you make around diet and food.

The hypnotic effect of habits:

Have you noticed that when you do something lots of times, the habit becomes hypnotic? If this is the habit of eating certain foods for example, you can get to a stage where your awareness of what you are doing decreases over time, often then denial kicks in until something happens, and you start to 'wake up' out of the trance. Some times it is a health scare that wakes you up or

maybe you have reached a certain weight that has 'shocked' you into waking up.

Being Conscious of your choices and responsible for your actions:

Our program has a big emphasis on preventing weight gain in the future, by educating and empowering you to make the right choices now and for the rest of your healthy life to come.

Raising your awareness allows you to be conscious of your choices rather than blindly behaving out of habit. Then you become responsible for your actions and find this a very liberating step.

Language that empowers:

Become aware of language you use and the effect it has on you.

If you 'lose' something you can be hard wired to find it again, just think of your car keys. So if you feel like you are 'losing weight' you may be hard wired to find it again.

Also 'loss' is often associated with grief and pain. Remember you are not trying to 'lose weight', so lets choose words that empower with the energy behind them. You are reducing your weight to your natural weight for you. You are 'coming home to your natural state, your natural weight' with the sense of welcome of coming home.

Our program works because it is made just for you. For more information on how Carol can help you achieve your healthy weight call the clinic on 9894 0014.



Manual Lymphatic Drainage

The relaxing way to Detox this spring

How would you like to be able to help your body fight infections, detoxify, and more efficiently transport metabolic waste, excess fluid, toxins and bacteria out of the body, all in a relaxing, calming 90 minute treatment? Maybe you would like to reward yourself as part of a weight-loss or detox program and give yourself a well-earned treat? Read on to discover the benefits of Manual Lymphatic Drainage!

What Is Manual Lymphatic Drainage (MLD)?

Manual lymphatic drainage is a very specific massage technique which helps to ensure our body's ability to rejuvenate and establish resistance to all types of stress placed on it, encouraging the natural circulation of lymph through the body. About 1.5-2 litres of lymph per day circulate throughout the whole body. Efficient activation of the lymphatic circulation can increase this figure to 15-30 litres per day!

MLD is not a muscular massage but a harmonious manual treatment using gentle techniques to facilitate decongestion of lymph ducts. This allows regenerative fluid to flow and improves circulation and toxin removal as well as carrying vital substances to areas where it is needed, thus hastening healing times.

Why do I need MLD?

The lymphatic system is the body's waste disposal unit, acting as a giant detox plant, mopping up daily toxins. It picks up excess fluid and protein thus preventing toxic shock. It is also involved with the immune system, helping to transport immuno competent cells around the body to fight infection.

Given these important roles it plays in the body, obviously we want our lymph fluids to be flowing optimally at all times.

Lymph stagnation in the body can be caused by a variety of factors, including:

- fatigue
- stress
- emotional shock
- being overweight
- chemical overloading
- food additives
- toxin accumulation
- sedentary lifestyle (SeDS)

The benefits of MLD treatments throughout the body are many and varied.

Nervous system: MLD stimulates the parasympathetic nervous system reducing pain by sedating sensory nerve endings. It also has an analgesic/anti inflammatory effect.

Immune system: the passage of lymph in the lymph nodes stimulates the immune system. According to research, the body produces 30% more immuno competent cells post MLD.

Fluid circulation, elimination & detox : by activating lymph function and circulation there is a reduction of fluid and greater elimination of fluid from the interstitial tissues.

What specific conditions is MLD used for?

Most people can enjoy the benefits of MLD treatments, but there are some conditions in particular that really benefit:

- Fluid retention
- Lymphoedema
- Sinusitis/hay fever
- Liposculpture
- Breast surgery (segmental, simple & total mastectomy)
- Neurology - migraines
- Pain relief & to reduce inflammation
- As part of a body detoxification program

- Constipation and digestive disorders
- Carpel tunnel
- Pre and post surgery
- Post sporting
- CFS (myelgic encephalomyelitis)
- Fibromyalgia
- Bruising
- Oedema during pregnancy

*There are also some conditions that are contra-indicated for MLD work, so please make sure you let us know of any current/past medical circumstances when booking an appointment so we can ensure you receive the best possible care.

SPECIAL OFFER FOR SPRING!

To help get you in optimum shape, assist with any Spring detox programs or for those interested in trying out a new therapy, we have a special offer for Vitalchi clients.

Book in for a 90 minute MLD treatment for the special price of **\$97**
that's a saving of \$23

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