

Vitalchi Wellness Sanctuary



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

P: 03 9894 0014

W: www.sanctuarywellness.com.au

Winter 2010 Issue 17

Cosmetic Acupuncture.... Will it really make me look younger?



What is Cosmetic Acupuncture?

Cosmetic Acupuncture is a viable natural alternative to botox, micro-dermabrasion, chemical peels and other procedures that aim at improving appearance of the skin. Cosmetic acupuncture slows the effects of ageing by smoothing out wrinkles and fine lines, reducing the appearance of blemishes on the face and enhancing your complexion naturally by keeping the skin firm and supple.

What can Cosmetic Acupuncture do for me?

Cosmetic acupuncture aims to correct the signs of aging both by using a local treatment and also treating the underlying causes of aging. It has semi-permanent results on wrinkles, sagging chins, and bust lines, is non-invasive, and can reduce the signs of aging by up to 15 years. Cosmetic acupuncture is also painless. It lifts the skin by about 7 millimetres in order to reduce fine lines around the eyes, lips, and nose, and is also effective at raising the bags underneath the eyes and firming the jaw line. It also improves the appearance of the bust.

How many sessions do I need and how much will it cost?

At Vitalchi we have two packages on special until the end of July 2010, otherwise you can pay as you go, each session is \$150.00.

Facial Rejuvenation Package

This is our basic package which includes weekly cosmetic acupuncture sessions for 10 weeks. This package is sure to reduce the appearance of fine lines and wrinkles. Normally this package costs \$1,500.00 for the 10 sessions, BUT as a special deal we are offering this package for only **\$1197**. That's a saving of over \$300.

Deluxe Facial rejuvenation package

This is our ultimate facial rejuvenation program, that is designed to heal you both on the inside and out. This program is tailor made for you and focuses not only on improving the signs of aging but also focuses on improving energy levels, reducing stress levels and improving your diet and lifestyle which will slow the aging process down. You also get a comprehensive anti-aging manual which is over 45 pages of fantastic information and tips, a dermal roller which enhances the ability of your skin to absorb nutrients, a bottle of organic rosehip and essential oils, facial rejuvenation massages, Chinese herbs to get you feeling great from the inside out. Normally this package is \$2379.85, but we are offering it until the end of July 2010 for **\$1997**, that's a saving of over \$380.

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

June Updates.....

Chiropractic now available at Vitalchi



Vitalchi Wellness Sanctuary welcomes Dr. Tim Dunne to the clinic. Tim is a qualified chiropractor, who brings with him years of clinical experience and results. Tim will be available for chiropractic appointments at Vitalchi on Tuesdays 2pm - 7pm, Friday 2:30 - 6pm and every Saturday 9am - 2pm. Tim specialises in Occupational injuries, back and neck pain, headaches, vertigo, shoulder injuries, and sport injuries.

Free Spinal Checks in June



From the 15th of June until the 30th of June 2010 we are offering **Free Spinal Analysis** with our new chiropractor Dr Tim Dunne. During this free consult Tim will assess the function of your nervous system, the health and structure of your spine as well as assess your individual needs as to whether Chiropractic care is appropriate for you. To book a free Spinal Analysis call the clinic on 9894 0014, hurry as this is being offered for a limited time only.

Vitalchi Adopts a Tiger



There could be as few as 3,200 tigers in the wild, most in isolated pockets spread across increasingly fragmented forests, stretching from India to southeastern China and from the Russian Far East to Sumatra, Indonesia. Largest of all cats, the tiger is one of the most threatened species on Earth. These beautiful cats are threatened by growing human populations, loss of habitat, illegal hunting (of both tigers and their prey species) and expanded trade in tiger parts used as traditional medicines. To help protect these beautiful creatures you can donate or adopt your very own tiger, visit www.worldwildlife.org for more information.

Healthy Winter Recipes

by Naturopath Angela Smith



Angela's Chicken soup (preparation time - takes 2-3 hours to cook)

Ingredients

- 2 x free range chicken caucus
- 1 x large free range chicken
- 3 x carrots chopped into cubes
- 3 x celery sticks sliced
- 1 x brown onion chopped
- 2 x sweet potatoes chopped into cubes
- 3 x cloves of garlic crushed
- 1x large broccoli head moderately chopped
- 1 bunch of parsley chopped
- 2 tsp of salt (to taste) (Maldon, Murry river, or Himalayan salt)
- 1-2 tbs of fresh cracked pepper (to taste)
- 1 cube of natural veggie stock (for those who like a stronger soup)

Directions:

1. In a very large saucepan fry the onion and celery in a table spoon of olive oil. Then add the chicken caucus and the whole chicken, cover generously with lots of water. Add 3 bay leaves, chopped onion and 2 sticks of celery plus

a very good pinch of salt and lots of fresh ground pepper.

2. Boil on moderate heat for 2- 3 hours cover with a lid allowing a small amount of steam to escape. Keep turning the chicken and make sure it is fairly well covered with water add a bit more if you need to. Allow it to reduce in the last half hour of cooking. You know it is ready when the flesh is falling off the bone.
3. Take the chicken (flesh and bones) out of the stock, and place in a colander, catch the liquid from removing the chicken and add to the stock later.
4. Separate the flesh off the bone and break up. Discard all the bones and skin.
5. Turn the soup stock back onto the heat. Add one veggie stock if you like a stronger brew, sweet potato, celery and garlic. Allow to boil and turn down to simmer for ten minutes.
6. Add the chicken flesh back into the pot and add the chopped carrot. Keep simmering for another ten minutes.
7. Then add the broccoli and half the parsley and turn off the heat. Taste test to see if it needs more salt or pepper.
8. Let cool for five to ten minutes.
9. Serve with fresh parsley chopped on top.
10. Enjoy!

Kick a germ joy juice

This is an old remedy used for kicking away the **first sign** of a cold such as a sore throat, sneezing, sinus congestion, body aches. The ingredients help prevent the infection from residing within the body and also may assist in shortening the duration of a cold or flu if it is to take hold.

Ingredients

- 1 clove of garlic crushed
- 1 small knob of ginger grated
- 1 tsp of honey

Pinch of cayenne (for the brave)

Juice of 1 lemon

250ml of boiling water

Directions

Crush and chop garlic and ginger, place all ingredients into a large mug and pour over boiling water. Let sit until it's a comfortable temperature to drink. Make sure you chew all the bits in the bottom of the cup. You can have up to three-five cups per day if required.



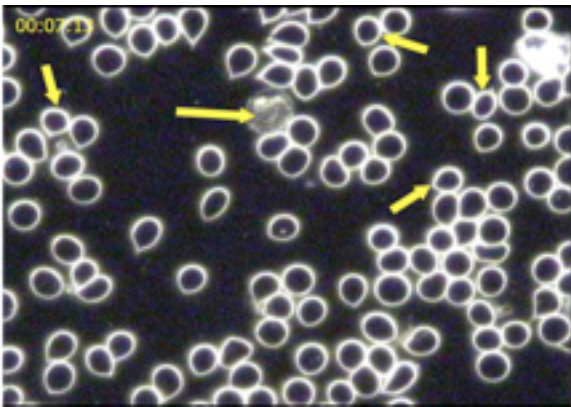
Hemaview, seeing is believing

What is Hemaview?

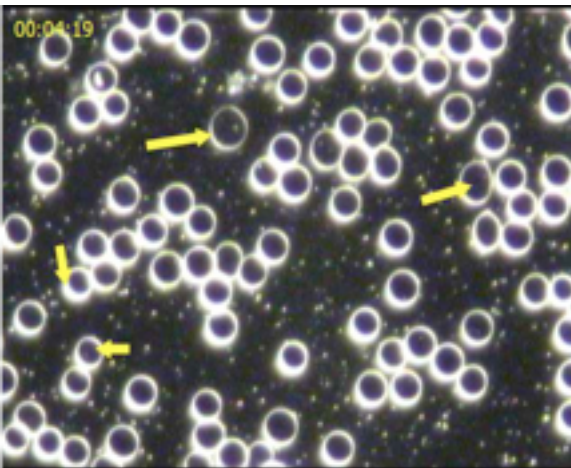
Hemaview is a form of live blood screening and is based on one of the oldest and most highly developed of medical sciences, Hematology. It involves the examination of a single drop of blood under a microscope and is used to investigate the size, shape and ratios of the red blood cells, white blood (immune) cells and platelets.

Hemaview and your immune system

Coming into winter, Hemaview is an excellent screening tool for ensuring your immune system is strong, healthy and balanced. With Hemaview you can actually see the 'viability' of your immune cells. This is an indicator of how healthy, active and responsive your immune system is. Immune cells which are non-viable do not efficiently respond to and attack foreign invaders such as bacteria or viruses, therefore resulting in you being more susceptible to infections as well as contributing to a much slower recovery rate.



This picture shows an example of an active virus, (middle top left) and iron deficiency (note the small cells as indicated by the yellow arrows) which was the cause of this patient's fatigue. Once this was treated her energy returned to normal after 3 years of always feeling tired.



This client presented to the clinic suffering from shortness of breath, dizziness, fatigue and heart palpitations. Her Hemaview showed a severe B12 deficiency. Notice how the two top indicated cells are much larger than the rest? This indicates that the body is lacking in B12 which was the cause of her symptoms. Once treated her energy levels returned to normal and the dizziness stopped.

Wendy Richards Naturopath, Hemaview Specialist & Bowen Therapist

Wendy has extensive clinical experience and knowledge. She assesses each individual case in a holistic and functional medicine approach, that is, as well as treating symptoms, she looks at the interconnectedness of our body systems and addresses the underlying causes of presenting health conditions. Wendy has a very kind and compassionate nature combined with exceptionally high clinical skills and a great passion for complementary medicine. For more information on Hemaview and Live Blood Analysis, visit our website.



Are you suffering from the winter blues?



Some people during late autumn and winter can experience a sudden shift in mood and emotions. For some people the change to the colder seasons can result in a form of depression call Seasonal Affective Disorder (SAD). People can feel depressed and lack motivation to participate in normal daily activities.

Medical science doesn't fully understand the exact cause of SAD. There is no diagnostic testing. Doctors believe that there may be several factors that trigger SAD:

- Research suggests that the lack of sunlight in the colder months alters the brains chemistry's response to the change in season
- The circadian rhythm that regulates sleep and waking patterns is also altered in the colder months due to less sunlight and to the change in brain chemistry
- Some people may be genetically predisposed and have a susceptibility to SAD.

WHAT ARE THE SYMPTOMS OF SAD?

People can experience SAD in different ways:

- Feeling flat
- Unmotivated
- Depressed
- Anxious
- Oversleeping
- Lack of energy
- Feeling tired all the time
- Weight gain and craving carbohydrate foods
- Loss of libido
- Withdrawing from people
- Feeling isolated

HOW CAN TRANSPERSONAL ART THERAPY HELP WITH SAD?

If you're finding that general self-help is not enough to elevate symptoms then it maybe helpful to see a counsellor or a therapist. The aim of Transpersonal art therapy in relationship to SAD is for you to experience new ways to deal with underlying symptoms and issues so that you can regain a sense of wellbeing, allowing you to confidently and happily return to daily life activities. You can:

- Explore new ways to deal with symptoms
- Reframe issues at hand
- Explore ways to find meaning in life
- Engage in creative activity
- Educate yourself with what's happening to your mind and body

WHO DO I SEE?

Loretta is our qualified Transpersonal Art Therapist here at Vitalchi and registered with the Australian Counselling Association. Her passion lies in helping people deal with emotional issues and crisis, in particular with those that have experienced trauma, depression, anxiety, stress and life change.

If you book an appointment to see Loretta before the end of June 2010, present this voucher to receive 25% off your first session.

Valid until the 30th June 2010

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Natures Mood Lifters

if you are feeling flat or wish you could stay in bed just that little bit longer then Mother Nature has provided natural and safe alternatives to help get you through the winter months. Try these herbs as herbal teas and drink 2 -3 cups per day. For more information about these herbs contact the clinic on 9894 0014 and one of our friendly staff will be more than happy to help you.



St John's Wort

Overview

St John's Wort also known as *Hypericum Perforatum*, is probably the best known herb in the treatment and management of depression. Clinical studies comparing the effectiveness of St John's Wort with placebos and antidepressant medication have found the herbal remedy to be superior to placebo and just as effective as standard antidepressant medication for the treatment of mild to moderate depression, making this herb an obvious choice in combating the winter blues.

What are the benefits of St John's Wort?

St John's Wort has many herbal actions making it useful for more than just the winter blues. St John's Wort is effective in the treatment of mild to moderate depression, anxiety, viral infections, stress, and inflammation.

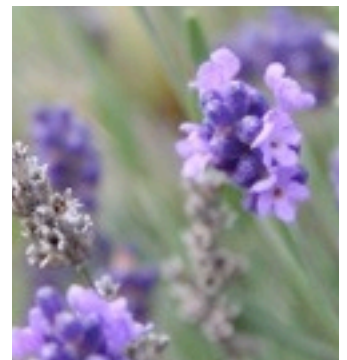
How Should I Take St John's Wort?

Generally speaking an average adult can take between 1 to 3 grams of St. John's Wort per day. It is important to note that St John's Wort will interact with a lot of different medications including: Antidepressants, Warfarin, Tegretol, The Oral Contraceptive Pill and Digoxin. If you take any medications you should first check with your health care professional before commencing St John's Wort.

Lavender

Overview

Lavender, added to soaps, shampoos, facial products and even washing powders to make them smell nice but did you know there is more to lavender than making your products smell good? Lavender actually originated from the Western Mediterranean and is now grown throughout the world including commercially in Australia. Historically lavender was used for ailments concerning the head and brain, to strengthen the stomach and liver, as a gargle for tooth aches, to restore a lost voice, and the essential oil was used externally for varicose ulcers and sores. Today many of the historical uses still apply with scientific studies supporting many of the traditional uses of Lavender including its therapeutic use in depression and anxiety.



What are the benefits of Lavender?

Lavender has been shown to be effective in the treatment and management of depression, anxiety, insomnia, restlessness, irritability, headaches, colic, arthritis, and nervous digestion and externally the essential oil is useful for sunburn and to soothe bites. Specifically Lavender is indicated in depressive states with associated digestive dysfunction, making it the herb of choice for people where stress and anxiety affect their digestive function.

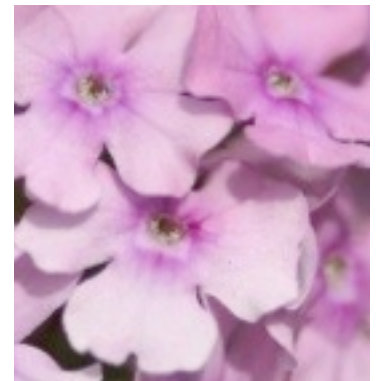
How should I take Lavender?

Lavender comes in herbal liquid extracts, tablets and dried flowers in the form of herbal tea. A healthy adult can take up to 6 grams of the dried herb per day, which can be taken in tablet form or drunk as herbal tea. The essential oil can be applied topically to bites and sunburn. Essential oils are really strong and you only need a few drops, the essential oil should never be taken internally unless prescribed by your health care provider.

Vervain

Overview

Vervain will grow just about anywhere, and is a herb commonly found along the roadside in English countryside. In ancient times Vervain, also known as *Verbena Officinalis*, was used in ceremonies and rituals by both the Druids and the Romans. In fact the name *Verbena* was the classical Roman name for 'alter plants'. The herb was also worn around the neck as a good luck charm and was thought to ward off snakebites. These days we use Vervain for it's ability to strength the nervous system while promoting a feeling of relaxation, making it the perfect remedy for those suffering from stress, anxiety and depression.



What are the benefits of Vervain?

Vervain is indicated in the treatment of anxiety, depression, fever, jaundice, gall bladder problems, insomnia, nervous exhaustion, tension headaches, and in times of convalescence especially after the flu. Vervain can also be used by nursing mothers to increase the flow of breast milk, or in the final stages of pregnancy to promote uterine contractions.

How should I take Vervain?

Vervain is available in Australia in both liquid and dried herbal form. An average healthy adult can take between 6 to 12 grams of the dried herb per day. You should avoid taking this herb if you are pregnant as the herb has been reported to stimulate uterine contractions. There are no known interactions of this herb with other medications making it a safe herb to take even if you take other prescribed medications. However, always notify your health care profession should you start to take any new herbal remedy and especially if you are on pharmaceutical medications.

If you know you are prone to feeling melancholy in the winter months it is recommended to start taking herbal treatment early to boost your natural neurochemistry and prevent the blues before they occur. If you or someone you know is suffering from what seems like more than just the winter blues then you should seek help from a registered health care practitioner.

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