

Vitalchi Wellness Sanctuary



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

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Autumn 2011 Issue 20

Detoxification

By Wendy Richards N.D.

Now that the festive season is well and truly behind us it is a great time to reflect on our over-indulgences and unhealthy lifestyle habits we may have acquired during this time.

In our previous newsletter I discussed how we are subjected to an array of external toxins from food and chemicals and internal toxins from our digestive and metabolic processes on a daily basis and how detrimental these toxins can be on our health. I discussed how these accumulative toxins start to overload our internal detoxification systems, often resulting in many of the symptoms below:

- Lethargy and low energy
- Recurrent headaches
- Skin problems such as dryness, psoriasis, eczema or acne
- Hormonal problems (including PMS and Infertility)
- Abnormal body odour, coated tongue or bad breath
- Adverse reactions/sensitivity to chemicals and odours
- Difficulty losing weight
- Frequent allergies and infections
- Poor memory/concentration
- Digestive problems/constipation
- Muscle aching and weakness
- Generally feeling unwell

NOW is a perfect time to rid the body of accumulative toxins and to increase our vitality, rejuvenate the body and lose a couple of those extra festive kilos! A Clinical Detoxification Program is a great way to achieve this.

So what is a Clinical Detoxification Program and why should we do one?

A Clinical Detoxification Program, supervised by a professionally qualified practitioner, is a safe and highly effective way to eliminate toxins and strengthen our organs of detoxification and elimination (bowel, liver, kidneys and lymphatic system). The clinical program places significant focus on providing the body with the specific nutrients to assist with the removal of toxic substances, inoculation of the gut with beneficial bacteria, provide nutritional factors that feed and sustain the growth of this beneficial bacteria and provide nutrients to help repair the lining of the gut, therefore decreasing its “leakiness”.

What Is Optimal Digestion?

Optimal digestive health should involve opening our bowels 'fully' every day to eliminate our toxins and wastes. Our stools should be long and formed (not pellets or loose) with minimal odour and the colour should be mid-brown. We should not experience heartburn, reflux, excessive belching, excessive wind, bloating, abdominal cramps/pain, irregular bowel habits and bad breath. If you experience these symptoms on a regular basis, it is a strong indication that your digestive system is not functioning optimally.

What Is Leaky Gut?

When the membrane that lines the gut is healthy, it can be selective about what it absorbs. Under these circumstances nutrients are absorbed through the membrane as needed into the lymphatic system and the blood stream, while microbes, toxins and larger molecules are too big to pass through and are eliminated. However, this layer is only one cell thick and can be easily damaged. If the stresses on the cells are too high, gaps begin to form between the cells. These gaps allow the unregulated entry of partially digested proteins, fragments of bacteria and other waste from the gut back into the lymphatic system and the bloodstream. This is referred to as "leaky gut syndrome".

Diseases Associated With Leaky Gut Syndrome

- Acne
- Eczema
- Alcoholism
- Inflammatory Bowel Disorders
- Autism
- Irritable Bowel Syndrome (IBS)
- Attention Deficit Disorder
- Multiple food and chemical sensitivities
- Chronic Fatigue Syndrome
- NSAID use
- Coeliac Disease
- Psoriasis
- Dermatitis



The Liver

The Liver is the body's number 1 detoxifying organ. There are two phases involved in liver detoxification known as Phase 1 and Phase 2.

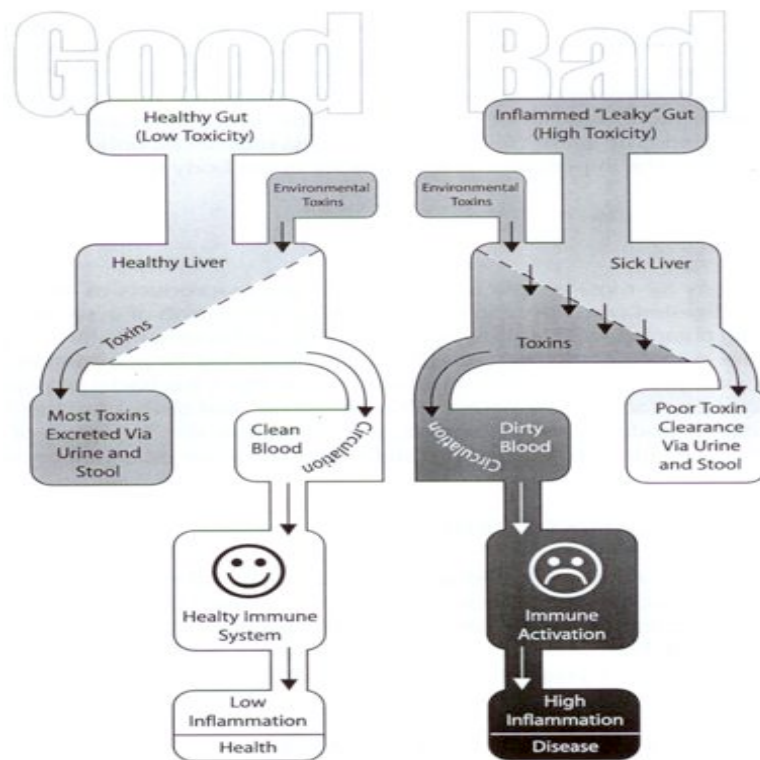
Phase 1 uses enzymes to 'bio-transform' the toxins, for the purpose of making them less toxic and water soluble, increasing the success of their elimination or excretion from the body. After processing by Phase 1, the toxin actually becomes highly reactive, and can act as a free radical. These toxic molecules (free radicals) cause health problems if they are not dealt with promptly.

Ideally, Phase 2 will act on the reactive intermediate (toxin) as quickly as possible, reducing the time available for it to react with body tissues and create damage to cell membranes or DNA. Therefore, it is critical for effective detoxification that Phase 2 keeps up with Phase 1, so that there is no accumulation of these reactive substances.

As you will see from the diagram, our gut and liver are our body's primary defence barriers for protection from reactive toxins and infectious organisms. Defective function of these organs directly increases the toxic burden and this affects our immune and nervous systems, producing inflammatory reactions and neurological dysfunction.

What Is Involved?

I will tailor an individual dietary guideline for you to follow throughout the program. The objective with dietary intervention is to reduce your exposure to reactive foods and chemicals that induce leaky gut syndrome and liver, digestive and immune dysfunction.



A detox program increases your intake of foods and drinks that will cleanse your body and help repair the natural processes of detoxification as well as provide protective antioxidants. It will simultaneously cut out those habits that rob you of nutrients and optimal health.

Many people incorrectly think that fasting solely on vegetables and fruit is a healthy way to “detox” the body. This is untrue and can actually do more harm than good. It is the amino acids derived from protein foods that drive detoxification (particularly liver detoxification). Vegetables and fruits are rich in antioxidants and therefore protect and safeguard the detoxification process.

In addition to a special detox diet, specific nutritional and herbal medicines are prescribed to speed up and support the detoxification process.

Once you have finished your Clinical Detoxification Program I will then tailor a maintenance program for long-term health and wellbeing.

Benefits of a Clinical Detoxification Program

- Prevention of many chronic diseases
- Digestive tract is cleansed of accumulated waste
- Liver, kidney and blood purification
- Mental clarity is enhanced
- Reduced dependency on habit-forming substances
- Stomach size is returned to normal
- Weight loss
- Hormonal system is enhanced
- Immune system is stimulated
- Healthy skin
- Increased energy, wellbeing and longevity

4 Week Detox Special

What does this include?

1. A 45min Naturopathic appointment, assessing health & discussing specific dietary recommendations. This appointment also includes a Cellular Health & Body Composition assessment and herbal and nutritional supplements to support phase 1 of the detoxification program. Phase 1 is predominantly focusing on gut repair and healthy microbial balance.
2. 2 weeks following this is a 30min Naturopathic appointment to review diet and start on the 2nd phase of the program, focusing predominantly on liver detoxification.
3. 2 weeks later this is followed up by a 30min Naturopathic appointment. During this appointment we will repeat the Cellular Health & Body Composition Assessment and discuss future dietary & lifestyle recommendations.

What benefits will I gain?

- Improved energy
- Improved metabolism
- Improved quality of sleep
- Improved digestion
- Improved skin & complexion
- Improved mental function
- Feel fantastic EVERY day

How much will it cost?

Normally this program costs \$603.05, that includes all your consults, two Cellular health & Body Compositions Assessments and all your products - 5 of them including Thermophase Detox which acts as a meal replacement for part of your Detox.

But from the 15th of March until the 15th of April we are offering this special for **\$395**, that is a **saving of over \$200!**

So for **less than \$14** a day you can get more energy, improve your metabolism, get better digestion, clearer skin and improved mental function and feel nothing less than fantastic!

Wendy Richards is a highly skilled and experienced Naturopath, Live Blood Analysis practitioner and Bowen Therapist. Wendy is a specialist in detoxification, digestive disorders, immune disorders (including auto-immune conditions), skin conditions, insomnia and pre-conception care. For enquiries or bookings please phone (03) 9894 0014.



Autumn Specials...

20% Off Sports Nutrition Consults



Daniel our wonderful new Sports Nutritionist and Naturopath is offering **20% off Sports nutrition** consults for the months of March and April. Daniel can help you with specific dietary plans, optimising your energy levels post and pre events, help support preparations for competitions or just help you get a dietary plan that works for you and your individual needs.

Daniel is available for appointments at Vitalchi on Fridays from 11am - 6pm.

25% off Mayan Abdominal Massage Sessions



Mayan Abdominal Massage helps provide relief for many problems ranging from digestive issues to low back pain, including Crohn's disease, IBS, gastritis, abdominal muscle spasms, reflux, constipation, sacral/coccyx pain, lethargy, tired legs, frequent urination, incontinence, urinary or bladder infections, hemorrhoids and restricted breathing due to stress and tension. Women, in particular, find it beneficial for uterus prolapses, addressing the problem by helping lift and guide the uterus, which is held in position by over 10 ligaments, into its optimal position.

4 Week Detoxification Special save over \$200



For *less than \$14* a day you can get more energy, improve your metabolism, get better digestion, clearer skin and improved mental function and feel nothing less than fantastic! Normally this program costs \$603.05, that includes all your consults, two Cellular health & Body Compositions Assessments and all your products. But from the 15th of March until the 15th of April we are offering this special for **\$395**, that is a **saving of over \$200!**

\$30 off Kinesiology Sessions with Penny



Penny Szakiel our fantastic Remedial Massage Therapist has embarked on her kinesiology journey and to celebrate she is offering **\$30 off ALL Touch for Health Consults** (a form of kinesiology) so instead of \$97 a one hour session is \$67. Touch for Health is a fantastic modality if you are wanting to find the real cause of your disease, stress or emotional issues.

So um... What is Kinesiology?

I tend to find, (and have heard similar reports from other kinesiologists recently), that unless someone has actually seen a kinesiologist before, when explaining what it is I often have a short conversation along these lines when I mention this is what I'm now working in:

Me: Yes, I've been studying kinesiology, I loved it.

Kinesiology Newbie : Oh wow, fantastic! That's great! (loooooong pause)

.....So, what is that exactly?

And then away we go with the explanations. I'm always slightly amused by the enthusiasm with which people respond, which they then quickly follow with the sheepish admission that they have no real idea what kinesiology is. It is one of those modalities though that people have often heard of, have heard good things about usually, but have trouble defining what it really is. Indeed, this was never more evident than in my third weekend of study when a fellow student asked of the teacher "So um, when people ask you what kinesiology is, how do you explain it to them?". The teacher chuckled and replied "So after 2 and a half months of studying this subject, you're telling me you still don't know what it is?".

It is difficult though, as kinesiology covers such a wide range of theories and techniques. I tend to say (and my training is based in Touch For Health) that kinesiology is centred around muscle testing as a way of finding out what is going on in the body. Muscles relate to the various energy meridians (think Traditional Chinese Medicine), and depending on whether the muscles 'lock' or 'unlock' when tested, you can gain information about where there might be energy blockages, stresses or imbalance in the body. These imbalances can come from a number of bases including, but not limited to musculoskeletal injury and trauma, emotional trauma, nutrition, stress and/or illness.

Once the imbalance or 'unlock' has been noted, a kinesiologist will employ a range of corrections and techniques to help restore optimal energy flow. These correction techniques can range from working reflex points along the spine, tracing meridian/energy lines through the body to testing certain foods with the body to see if their nutritional components are what the body 'wants' to help it correct itself. (For those completely new to kinesiology, don't be alarmed at all - muscle testing and any correction techniques are very gentle, non-invasive and usually provide a relaxing, calming treatment experience!).

Finally, it is worth noting that, whereas with other modalities where there may be a strict practitioner-client set up (i.e. you go to see the therapist and they 'fix' the problem) with kinesiology its more about the practitioner helping your body to help itself; this is achieved by essentially asking your body what it wants and using techniques that satisfy the body's specific needs. This is beneficial in lots of ways, not least because you then leave your sessions armed with new tools to help you keep on top of things the next time a certain issue raises its ugly head!

Penny Szakiel our fantastic Remedial Massage Therapist has embarked on her kinesiology journey and to celebrate she is offering **\$30 off ALL Touch for Health Consults** (a form of kinesiology) so instead of \$97 a one hour session is \$67. So if you want to experience the magic that is kinesiology call now to book your spot. 03 9894 0014



The Arvigo Techniques of Maya Abdominal Massage™

What is the Arvigo Maya Abdominal Massage™

This amazing technique has its origins in the ancient abdominal massage of the Maya civilisation of Central America and other traditional practices of the time such as herbal remedies and a variety of self-care methods. ATMAM™ is an external non-invasive manipulation that focuses on repositioning the internal abdominal organs that have shifted and restricted the flow of fluids in the body. It achieves this by removing congestion and blockages to the circulatory, lymphatic and nervous systems. The massage also helps release emotional issues.

ATMAM™ is safe for all ages and walks of life and can be combined with any medical treatments and modalities, e.g., naturopathy, acupuncture and reflexology. It supports and enhances health and wellbeing. Research is proving that great results are being achieved and practitioners around the world are reporting that many symptoms are alleviated by this work. Learn more about this modality at www.arvigotherapy.com

What are the Benefits of ATMAM™ ?

In general ATMAM™ helps provide relief for many problems ranging from digestive issues to low back pain, including Crohn's disease, IBS, gastritis, abdominal muscle spasms, reflux, constipation, sacral/coccyx pain, lethargy, tired legs, frequent urination, incontinence, urinary or bladder infections, hemorrhoids and restricted breathing due to stress and tension.

Women, in particular, find it beneficial for uterus prolapses, addressing the problem by helping lift and guide the uterus, which is held in position by over 10 ligaments, into its optimal position. Don Eljio believed that a woman's centre is in her uterus. **"If a woman's uterus is out of balance, so is she,** he would say."

Men, too, may receive benefits from this treatment especially in the case of early stages of prostate swelling by ensuring a full blood supply to the area. Men in the US have reported that they can feel a distinct difference in blood flow after a treatment. It can also help other conditions such as varicose veins, some impotency problems (depending on the cause) and the need to urinate frequently.

If you have any of the following conditions, then you should consider ATMAM™ as part of your health management program:

If you have any of the following conditions, then you should consider ATMAM™ as part of your health management program:

Women:

- Amenorrhea (no periods)
- Hormonal imbalances
- Painful, late, early, or irregular periods
- Painful ovulation and/or irregular ovulation
- Premenstrual syndrome
- Prolapsed uterus and/or bladder
- Headache, migraine, or dizziness during periods
- Varicose veins, tired, weak, or numb legs, sore heels when walking
- Haemorrhoids
- Lower back pain especially during periods.



- Endometriosis
- Frequent urination or bladder infections
- Vaginitis, yeast and uterine infections
- Premature deliveries
- Infertility/ difficulty conceiving and carrying to term
- Reduced ligament elasticity after childbirth
- Chronic Constipation
- Difficult menopause/hysterectomy

Men:

- Prostate swelling and inflammation
- Low sperm count or motility
- Premature ejaculation
- Impotency issues

What to expect in a session

- Discussion on personal health history and current health care needs
- Abdominal massage
- Assessment and massage to the sacrum , lumbar and thoracic spine
- Instruction in Self Care Home techniques to enhance your professional treatment session
- Other recommendation such as herbal remedies, castor oil packs, a faja for abdominal/uterus support, vaginal steam bath

Mafalda Bojanic, Professional Practitioner, The Arvigo
Techniques of Maya Abdominal Massage™
One of only 3 Victorian-based therapists. (other 2 in
Mornington peninsula)

For bookings of more information on this therapy please call our
clinic on 03 9894 0014.



**Don't forget we have 25% off Mayan
Abdominal Massage Therapy for the
month of March.**

Kids & Low Back Pain

Low back pain is commonly considered to only be an adult issue, however studies show that the cumulative prevalence of low back pain in children by the age of 15 years is over 70%.

Low back pain in children is more common during the rapid growth phase of adolescence and more frequently reported in those participating regularly in sports. This is not to say that younger or less active children do not get back pain.

As the bones of the spine do not fully fuse until 25 years old, it is during these formative years of childhood that the foundations for spinal development are established. If the spine is unbalanced, unstable and does not move correctly it increases the probability of degenerative changes that are seen in adults.

Low back pain is most commonly caused by spinal misalignment resulting in nerve interference/irritation and joint swelling. The objective of a chiropractic adjustment is to restore proper spinal motion and alignment, remove interference / irritation to the spinal nerves while reducing joint swelling.

Chiropractic care is shown to be safe and effective in reducing low back pain in children, it is also known to increase the general health and performance of children under chiropractic care with or without spinal pain.

During childhood is the best time to have the spine checked to ensure that the foundation of a lifetime of use is solid. Pelvic and spinal instability can occur from the beginning of life during the birth process and be reinforced through childhood falls and tumbles as an infant. What a great reason to have children checked - balancing their foundations and ensuring a head start in health and well-being.

Who do you know that could benefit from having their spine checked? Speak to our receptionists to book an appointment with our resident Chiropractor, Dr Karen Gregory.

Chiropractic Family Discounts

- 2 adults + 1 child \$38.33 each
- 2 adults + 2 children \$37.50 each
- 2 adults + 3 children \$36 each

What great savings to keep you and your family happy and healthy!

ALL FAMILY MEMBERS MUST COME IN ON THE SAME DAY.



Image Matters – How to create a Wardrobe Capsule

A wardrobe capsule is a group of 10-12 garments that can all be mixed and matched together to create numerous outfits. Once you know your **best colours** and the style of **clothing that suits your body shape and proportions**, it is easy to create your own capsules and make the most out of your wardrobe.

Start with **two of your best neutrals** and then **add two colours** from your colour pallet. All the colours must be complimentary; otherwise it is not a capsule. Each of the tops needs to work with each bottom; likewise the jackets or coats must work with every outfit. Don't forget to add shoes and accessories and remember to have fun with it. You can expand the capsule by introducing another complimentary colour at a later stage or start a completely new capsule. Think of adding to your capsule every time you shop rather than impulse buying.

Special Offer for Vitalchi Clients

Would you like to find out your best colours?

Would you like the knowledge and confidence to only buy clothes that suit your body, personality, lifestyle & budget?

\$25 voucher
Valid for March 2011 consultations

Not to be used in conjunction with any other special offer.



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Pillows.. Why We Need a Good One!

One of the most common causes of neck pain is spinal misalignment causing nerve irritation. This frequently results in disturbed sleep and restless sleep. Prolonged abnormal posture while sleeping is a major factor causing the recurrence of spinal issues.

A soft filled support pillow (feather) quickly loses it's positioning which means the neck muscles and ligaments cannot relax - thereby not supporting the head. Having a contoured pillow that allows for the true spinal curves of the neck while still supporting the head ensures that while you are sleeping you are still maintaining optimal spinal position.

As we spend half of our lives laying down in bed, it is a great reason to have a pillow working for you while you are catching zzz's. For your convenience we stock a varying range of pillows in the Centre!



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