

Vitalchi Wellness Sanctuary

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Getting you well naturally and keeping you that way

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Spring is here and, for many of us, that means coming back out into the sunshine and getting active again. In this Spring edition of our newsletter we have a look at cleaning out the system and choosing the right foods for maximum health and vitality. We examine the common spring affliction of Hay fever, check in on the symptoms and treatment for eating disorders, delve into chiropractic care for pregnancy and also have a look at one of the most scientific and accurate diagnostic tests available.

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“Spring-Clean” Yourself Back into Great Health!

By Wendy Richards N.D

Spring is finally here and this means warmer, sunnier days and longer daylight hours! It is now time to awaken from our winter hibernation and put a spring back into our step! A great way to do this is through a Safe Clinical Detoxification Program. A Clinical Detoxification Program will not only help you spring back into life but it will also improve your metabolism and energy, break unhealthy habits and help get you back into a healthy lifestyle regime.

After this chilly winter season do you have or experience any of the following?

- ◆ *Bloating, constipation, diarrhoea, excessive flatulence?*
- ◆ *Low energy?*
- ◆ *Sluggish metabolism?*
- ◆ *Headaches or difficulty concentrating?*
- ◆ *Cellulite?*
- ◆ *Skin conditions?*
- ◆ *Hormonal imbalances, mood swings?*
- ◆ *Food sensitivities?*



If you answered yes to at least one or more of the above then your body may be overburdened by toxins, explaining why you feel sluggish and unwell.

In previous newsletters I have discussed in detail the benefits of a Safe Clinical Detoxification Program and why it is so vital for optimal health and healthy digestive function, how it can help facilitate weight loss (especially to help lose those extra couple of kilo's from over-indulging in winter comfort food!) and what is involved in the process. **If you would like to view these articles again for a more detailed review please go to the link http://sanctuarywellness.com.au/newsletter-documents/2011_autumn.pdf**

In Summary, a Clinical Detoxification Program helps to clear environmental toxins such as heavy metals, chemicals, drugs, pesticides, pollutants out of your body that you have been exposed to through water, air, food and cosmetics. It also helps to clear 'internally-generated' toxins produced from 'bad' bacteria, yeast, fungi and parasitic infections in your digestive system. Toxins are absorbed into your bloodstream and ultimately cause ill health. They are also absorbed into the lymphatic system, causing congestion and an increased load on your immune system. They can also be stored in your fat tissue, resulting in cellulite. A Safe Clinical Detoxification Program reduces your exposure to reactive foods and toxins as well as safely supports your body's detoxification process through specific dietary recommendations and the use of herbs, nutrients and specific pre and probiotics. It also involves increasing your intake of foods and drinks that will cleanse your body and provide protective antioxidants.

Benefits of a Spring Detox

- ◆ Improved energy
- ◆ Improved metabolism
- ◆ Improved quality of sleep
- ◆ Improved skin & complexion
- ◆ Improved mental function and clarity
- ◆ Improved Immune function
- ◆ Weight Loss
- ◆ Return your stomach size back to normal
- ◆ Improved digestion and clear digestive tract of accumulated waste
- ◆ Feel fantastic **EVERY** day

Here are few tips and recipes to help begin the process!

- Drink 2 litres of filtered water daily
- Avoid all processed food, sugar and alcohol
- Exercise at least 30minutes 4 x weekly
- Start the day with a mug of half boiled and half cold water with 1/4 lemon squeezed into it (helps to stimulate liver and gall bladder detoxification)
- Dry skin brushing with a natural loafer before showering daily (Great to stimulate the lymphatic system)
- Be mindful of negative thoughts and without judgement, replace them with positive thoughts
- Laugh and have fun with family and friends!

Spring Detox Juice Recipe

A great juice to help support the liver, kidneys and bowel!

Ingredients

1/3 Beetroot

1 Carrot

2 Celery Stalks

1 Apple

Ginger

Directions:

Freshly juice and drink daily.



Recipe of the Month—Baked Mackerel with a crunchy side salad

Ingredients

Fish

- 2 Whole Mackerel (scaled & gutted)
- 2 Tbsp of chopped parsley
- 1 Lemon
- 1/2 Tsp Sea Salt

Filling

- 2 Tbsp of chopped parsley
- 2 Tbsp of chopped pine nuts
- Zest of 1/2 lemon
- 1 finely chopped garlic clove

Crunchy Salad

- 1/4 Cabbage (grated)
- 1/2 Beetroot (grated)
- 1 Carrot (grated)
- 1 Celery Stalk (finely sliced)
- 2 Handfuls of rocket or baby spinach
- 1 dessert spoon of sesame seeds
- 1 dessert spoon of chopped parsley

Dressing

- 2 Tbsp of cold pressed extra virgin olive oil or flaxseed oil
- 1 Tsp of apple cider vinegar
- 1/2-1 Tsp Dijon mustard
- 1/2 garlic clove crushed (optional)

Method

Fish

Preheat oven at 180 degrees Celsius.

Combine the filling ingredients together and stuff the cavity of the fish. Place the fish in a baking tray. Sprinkle sea salt and parsley over fish. Slice the lemon into fine slices and place over the fish. Bake for approximately 15-20min (please note this is for 175-200gm size fish. Baking time may vary depending on size of fish, cooked fish should flake apart easily when knife is placed through. For a 275-350gm whole fish cook for approx 25-30min).

Allow to rest for 3-5 minutes.

Crunchy Salad

Combine ingredients together in a large bowl and drizzle the dressing over salad and serve with the fish.



How Do I Start a Safe Clinical Detoxification Program?

[Schedule an appointment](#) with myself or your Naturopath and we will tailor a safe and effective step-by-step detoxification program for you as well as review current lifestyle habits and advise accordingly.

Most importantly, we will help you **SPRING back into life!**



Hay Fever

By Lina Capovilla, Clinical Nutritionist

Spring is in the air, the birds wake us up singing, new buds are forming on the trees, the weather is improving and nature is starting to wake up with the wonder and rebirth of Spring! Whilst many of us love this time of year, with the warmer weather, sunshine and the promise of new beginnings, HAY FEVER sufferers dread it!

There is nothing worse than the itching, sore red eyes, stuffed up head, sneezing, runny nose and itchy skin, which can often plague so many people at this time of year. These symptoms can leave you feeling miserable, tired, irritable and depressed.

Whilst some people experience these symptoms all year, Spring usually aggravates them or brings them on for those who only experience them at this time of year.

Hay fever or allergic rhinitis is an allergic, hyperactive response of the immune system to certain foreign substances including pollens, dust, animal hair, fungus, moulds and foods. The hyperallergenic response of the immune system results in the release of histamine.



Conventional medicine treatments including anti-histamines, treat the symptoms only. They function by suppressing the immune system so that you don't get that hypersensitive response, however they don't ever address the cause, leaving you to continue to experience the same symptoms year after year or all the time for those unfortunate individuals who experience these symptoms all year.

So what can we do about it?



Poor nutrition is often a major contributing factor in allergic rhinitis, as a good diet is essential to support the optimal functioning of your adrenals, immune system and digestion. People who are allergic to airborne allergens are often also sensitive to other foods.

Decreasing your consumption of common dietary antigens (which are foods that are known to cause allergies) such as wheat and dairy foods, (highly refined foods, stimulants such as caffeine, alcohol and sugar can go a long way in reducing your symptoms. Dairy is also mucous forming, further contributing to your symptoms. Reducing your consumption of saturated fats can also improve your immune function. Avoiding these helps to reduce the over stimulation of your immune system (which contributes to hypersensitivity conditions) and the toxic build up in your body.

Common dietary and lifestyle choices can increase your sensitivity to hay fever, so following some basic advice can substantially help you reduce your duration and severity of your symptoms.

Ensuring you have a fresh balanced whole food diet with plenty of fresh (preferably organic) fruit and vegetables, is the most important foundation. This will ensure that you are getting all the essential nutrients to support healthy immune function.

Drink at least 1.5 to 2 litres of water a day to support healthy elimination of stored toxins from the body, which only exacerbate symptoms.

Instead, include these foods in your diet: dark green leafy vegetables, deep yellow and orange vegetables, cabbage, beets, carrots, yams, onion, garlic, ginger, cayenne, and horseradish.



Increase quercetin rich foods into your diet as this is an antioxidant THAT inhibits the release of histamine which is involved in allergy symptoms such as sneezing and itching. Apples (with the skin on), berries, red grapes, red onions, capers, and black tea .

The pharmacy in our kitchen!

Unbeknownst to most of us, nature has given us the most amazing collection of medicines that most of us have in our kitchen all the time. Ginger is a antimicrobial, antifungal and powerful anti-inflammatory which is known to strengthen the immune system and work like an expectorant, helping to break up all that mucous which makes us feel like we have cotton wool in our head or the heavy chest. Garlic, another of natures amazing foods, is also anti-inflammatory and helps clear congestion.



We all know that Vitamin C is important for our immune system but it's also a powerful antioxidant and an antihistamine. It also helps to eliminate excess histamine from our system which is one of the major culprit's for our symptoms.

Help is at hand

So try some of these tips and you'll find that Spring will be a far more welcome season in the future.

There is so much you can do NATURALLY to support your body to cope with the onslaught of Spring and to reduce and, in some, cases even resolve your hay fever symptoms.

For more information, or a personalized consultation which focuses on conducting a full analysis on your immune function, testing to ensure adequate nutritional status and comprehensive dietary and lifestyle support, call us now on 9894 0014 to book in to see our nutritionist Lina Capovilla and take control of hayfever in time for Spring!



Mention this newsletter for a special introductory offer of
\$30 discount off your consult with Lina

11 Super Foods To Recharge Your Body & Life

By Duncan Capicchiano N.D

Wouldn't you love to access your fridge at home, like a mechanic accesses his toolbox, to heal yourself as he would 'heal' his car? Sounds impossible right? Well it's not.

Through today's research a lot of the old anecdotes are now confirmed if not exceeded in their validity. We all heard the sayings "Eat your vegetables they will make grow big and strong" or even "It'll put hair on your chest!" ...Though that latter I still have my doubts on.

Through scientific research they have confirmed certain foods are in fact higher, pound for pound, in their nutritional and phytochemical content, thus making them "Super Foods" (or foods that give you more bang for your buck).

What are phytochemicals? Phytochemicals are naturally occurring compounds that plants produce to protect themselves (against bacteria, viruses and fungi), improve their structure or even act as chemical messengers within the plant. Once eaten by humans however, they (phytochemicals) take on a new role turning into some of the most potent health enhancing substances known to man.

*"Let food be thy medicine and medicine be thy food"
(Hippocrates –AKA: 'the father of medicine' 460BC – 370BC)*

So where to start and what are the best super foods?

In the media there seems to be more and more foods being labelled "super foods" in a bid to cash in on this new catch term, unfortunately this is causing confusion within the public. So I have selected my best of the best, to get you kick started quickly to optimum wellness. To begin your journey to optimum wellness it only takes one serve a day from the selection of super foods listed below. Add more if you desire, though rotation is key.

Here are my top 11 super foods to recharge your body and life:

- **Turmeric:** Anti-oxidant, brain health, digestive health, anti-inflammatory, liver tonic, anti-carcinogenic, anti-microbial
- **Garlic:** Anti-microbial, lowers cholesterol, lowers blood pressure, assists weight loss, digestive health, anti-carcinogenic
- **Cinnamon:** Blood sugar lowering, digestive tonic, anti-microbial
- **Blueberries:** Anti-oxidant, assists weight loss, anti-carcinogenic, diabetic protective, vision health
- **Quinoa:** High (complete) protein grain, low allergenic, low GI, high fibre
- **Walnuts:** healthy heart & brain, high in EFA's
- **Flaxseeds:** kidney health, healthy heart, joints & skin, anti-inflammatory, high in Omega 3's
- **Red Grapes:** Anti-oxidant, antiaging, heart health, anti-inflammatory, anti-carcinogenic
- **Broccoli:** Liver detoxifier, anti-carcinogenic
- **Green Tea:** are fantastic anti-oxidant, helps weight loss & anti-carcinogenic
- **Salmon:** Anti-inflammatory, healthy heart, joints & brain, protein rich

Other notable mentions include: Maca (Peruvian vegetable), Noni juice, Pomegranates, Rooibos Tea, Goji Berries, Coconut oil, Spirulina, & Avocados.

You won't find vitamin enriched Cereals (or the like) in the super food group, every super food is a 'whole' (unprocessed) food.



Bringing it all together...

No food is “super” on its own, so you can’t get away with one super food in your diet and all the rest garbage (I know, I am sorry, it doesn’t work like that), all the principles of a healthy diet still apply; though by adding a selection of the above foods to the mix, unlimited health can be yours.

If you would like further information on super foods, please make an appointment to see Duncan Capicchiano at the clinic on 03 9894 0014.

Mention this article when booking to receive a **50% discount** on your initial session with Duncan



Help your body detox the natural way

By Penny Szakiel, Massage Therapist

About this time of year, people start talking about detoxifying and toning for Spring – you start swapping the stews and stodge for salads, increase the exercise, and break out your warm weather clothes. You want to look and feel your best. The good news is, there’s a way to help your body get into tip top shape, AND its so relaxing you can even use it as a reward for all the hard work you’ve been putting in!



Manual lymphatic drainage (MLD) massage is a very gentle massage technique that, as the name suggests, works the lymphatic system, primarily the lymph fluid that lives just beneath your skin. During this treatment, the slow, gentle massage strokes encourage the lymph fluid back into the veins so that it can circulate more efficiently through the body. This is a good thing, as its this fluid that collects nasties and toxins from your system, filters them through your lymph nodes and gets rid of them through the kidneys. In fact, 1 MLD massage can increase lymph flow by up to 10 times! An added bonus to all this is that many immuno-competent cells that we need for fighting off infections are also stimulated during this type of treatment, so you’re giving your immune system a healthy boost at the same time!

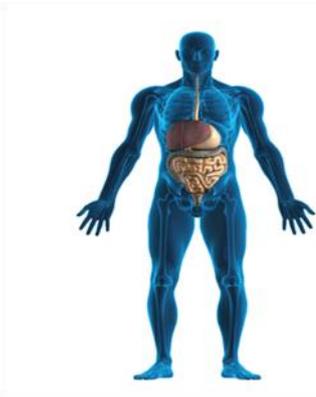
As well as helping with the body’s natural detoxification processes, there are many other conditions that benefit from MLD too, including oedema (e.g. lymph oedema, oedema/swelling during pregnancy), on-going fatigue and general low immunity, fluid retention and weight gain, arthritis (even during flare-ups) and chronic fatigue syndrome to name a few.

So if you’re suffering from one or other of these complaints, or simply want to give your body the best start for Spring, call the clinic on 9894 0014 to book or just find out more about this fantastic massage treatment!

Electro Interstitial Scan - Diagnostic Testing

The EsTeck or EIS device is a scientifically validated, total body health scanning device allowing your practitioner to quickly and non-invasively assess the health status of all of the major organs of your body. This means we can reduce your risk of potentially serious disease and your practitioner can make more accurate decisions regarding your treatment plan.

"The EIS Scan, It Could Save Your Life"



The EIS was designed by a medical practitioner who wanted a way of detecting early signs of disease occurring in the body before the symptoms of that disease occurred and before the disease 'took hold'. The Therapeutic Goods Act has approved this device and states that: "It is used to detect, record, and map the differences in capacitance and resistance between neoplastic (neoplasm or tumour) and surrounding normal tissue".

The EIS scans and analyses all of your body's systems including:

- Respiratory System
- Digestive System
- Immune System
- Cardiovascular System
- Brain and Nervous System
- Hormones
- Neuromuscular system,
- Bladder and Kidney Function

Special Offer saving \$130 on EIS scan and consult

The EIS is also sophisticated enough to further analyse:

- Body composition including Fat mass, Lean Mass, Muscular Mass, Intracellular Water, Extra Cellular Water, Total Body Water Weight Analysis.
- Oxidative Stress Analysis
- Hormonal Balance, including DHEA (longevity hormone), Thyroid, Insulin, Cortisol, TSH, Aldosterone, Adrenal hormones, ADH (Stress hormones)
- Ions and Minerals such as iron, sodium, potassium, magnesium.....
- Neurotransmitter Balance/s – great for Anxiety and depression
- Biochemistry Balance such as Glucose and Cholesterol Analysis (HDL/LDL ratio)
pH, Oxygen and CO2 levels, Hydrogen, Bicarbonates, Concentration and Bone Density.

The EIS may help to prevent and monitor serious health conditions including Heart disease, Mental Health disorders, Alzheimer's, Adrenal health, Hormone imbalances, Obesity and other serious health conditions.

Make an Appointment

Call the clinic on 9894 0014 for an immediate booking or simply [book an appointment online](#).

Enhancing your pregnancy journey with chiropractic care

Dr Karen Gregory, Chiropractor

Pregnancy is one of the most magical and rewarding journeys women will ever encounter in life. From the moment of conception the female body undergoes various transformations – structural, chemical, hormonal and even emotional. Each transformation is flawlessly ordered by the natural wisdom of the body to prepare, perfect and produce a unique individual bundle of wonder and joy 40 weeks later!

Natural Pregnancy

This perfectly organised process of pregnancy is designed to ensure that both the mother and newborn can adapt and develop with minimal stress, with as much ease and with no or few complications.

During this preparation the normal signs of pregnancy range from breathlessness to constipation, swelling and loosening of the joints to haemorrhoids, and fatigue to back aches, just to name a few. While these seem normal, some may be reduced, managed or avoided with a body functioning at its optimal level.

As the growth and enlargement of the foetus occur, a woman's posture changes. The centre of gravity moves and weight increases causing a shift in the areas of stress and strain on the joints of the body. Hormones are produced and chemical changes occur, all ensuring that delivery and arrival of the newborn can occur with as little challenge and with as much ease as possible.



Chiropractic & Pregnancy

Chiropractic is one of the least invasive, most gentle and safe approaches to ensuring the human body is functioning at its optimum. The benefits of regular chiropractic care to the pregnant and post-partum woman has been shown to assist her along her journey.

It has been documented that chiropractic has helped women and have positive effects in:

- ◆ Reducing labour times
- ◆ Creating more ease during labour
- ◆ Helping them cope with stress more easily
- ◆ Managing normal changes of pregnancy
- ◆ Reducing discomfort of spinal and pelvic pain
- ◆ Encouraging them to be more informed about their choices
- ◆ Providing ergonomical advice as the body changes

The profession of chiropractic is a science, art and philosophy focusing on assisting the natural wisdom of the body to be optimally expressed, allowing for adaptation, growth and development to occur with as much ease and as little stress as possible.

Chiropractors look to the relationship of the biomechanics of the spine, pelvis and cranial bones and the nerve system. When there is compromise to this relationship subluxations can occur. Subluxations are interferences to the nervous system due to altered spinal motion and tension of the spinal cord altering the flow of information and energy resulting in decreased function of the body.



**Book an initial appointment with Dr. Karen Gregory
and receive a 50% discount on your consult.**

Are you struggling with an eating disorder?

Daniel Cerny N.D

There are different types of eating disorders, which present with a diversity of characteristics. However, if you are someone who feels driven to be thin, are afraid of gaining weight, restrict how much you eat, and have dysfunctional eating habits or distorted self body image, you may not be aware that you are suffering from an eating disorder. It is crucial to know that you are not alone in suffering from an eating disorder. It is hard to determine exactly how many people suffer from them because some hide and deny their symptoms and avoid seeking treatment.

The good news is that, no matter where you are at, alternative medicine in combination with Mindfulness integrated Cognitive Behavioural Therapy (MiCBT) can offer a solution to this problem. Multiple factors are usually involved in creating an eating disorder, and we can help you identify those factors at your own speed and transform your life.

Have you wondered what your life would be like without eating disorder?

On one hand, we have rising rates of obesity in society and on the other hand there is an ever increasing number of people with eating disorders. Sometimes both patterns occur within a single individual (for example, the bingeing and purging of bulimia). In all cases though, the individual has allowed thoughts and feelings about food to take control of their behaviour. Mindfulness cognitive behaviour therapy (MiCBT) takes a radically different approach. Instead of trying to change one's thoughts and feelings first, MiCBT changes the way people respond to their thoughts and feelings.

Instead of running away from our thoughts and getting occupied by distorted behaviours around food, MiCBT teaches us how to watch our thoughts gently, without judgment, without entanglement and to skillfully do what needs to be done in any given situation. People suffering from an eating disorder (anorexia) know very well that it is not easy to just snap out of it and start eating more. One of the reasons we have chosen to treat clients with an eating disorder is that we admire their strength. They are among the most driven and committed people we have ever met.

You can do it!

At times you may find the path to recovery difficult, however it is part of the healing process, and changes will occur gradually over time. There is a Buddhist saying that the journey of a thousand miles begins with a single step, so give us a call and make the first step to your recovery. Through MiCBT you will learn that letting go of the desire to be thin will free you to discover the value of your life and give you the energy you need to move forward.



**Mention this newsletter when booking to receive a
50% discount on your initial session with Daniel**