

Vitalchi Wellness Sanctuary

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Getting you well naturally and keeping you that way

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Autumn 2012 Issue 24

Daylight savings has ended and the days are getting shorter, however nature rewards us with a beautiful Autumn display as a reminder that all things change and everything has its correct timing.

In this Autumn edition we welcome a wonderful new practitioner to our centre, Lisa Holthouse and look at the role of Kinesiology in managing your health. View the best foods to eat in season, how to ensure you support your spine and examine some root causes of auto immune disease. This month we also introduce a new technology for assessing genetic markers in your DNA that can assist in determining the optimum health and nutritional routine for your own unique genetic makeup.

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Vitalchi Welcomes Lisa Holthouse, Kinesiologist to the Sanctuary

Have you been looking for a therapy that encompasses the mind, body and spirit in a holistic healing network?

Are you frustrated with your constant struggles to lose weight?

Are you feeling cloudy in the head and in need of some motivation and direction?

Are you finding there's an increasing gap between the person you are and the person you aspire to be?

Kinesiology can find the root cause and underlying pattern to your current condition or state and uses gentle vibrational techniques to clear these patterns in your body for good!

Does this sound like something that could assist you?

What exactly is Kinesiology?

The more you ask and read the more confused you may become! **To put it simply;**

Kinesiology is a complimentary or natural therapy that stems from chiropractic and applied Kinesiology muscle monitoring techniques. It is also based on the Chinese acupuncture theory of chi (energy), and ancient sanskrit teachings of chakra prana (energy) systems.

Today Kinesiologist's utilize this muscle monitoring technique to determine where your body is out of balance. This muscle monitoring helps to identify stress and blocks in your body that, when removed, allow your body to heal itself.

Here's a **definition from the Kinesiology federation;**



“Kinesiology, literally the study of body movement, is a holistic approach to balance the movement and interaction of a person’s energy systems. Gentle assessment of muscle responses monitors those areas where blocks and imbalances are impairing physical, emotional and energetic well-being. The same method can identify factors that may be contributing to such imbalances. The body’s natural healing responses are stimulated by attention to reflex and acupuncture points, and by the use of specific body movements and nutritional support. These can lead to increased physical and mental, emotional and spiritual well-being.”



[Lisa Holthouse](#) brings her years of experience as a Holistic Kinesiologist, as well as her passion for health and happiness, to Vitalchi Wellness Sanctuary.

Book your free 15 minute energetic system check with Lisa today on 9894 0014!



As the days get shorter, and there's a freshness to the mornings, it becomes obvious that the cooler seasons are approaching. Autumn is a time when we start to withdraw from the outdoors, getting ready to consolidate for the winter and go within. I always think of animals, they've got living in harmony with nature down pat. Think of bears, in autumn they ensure that they eat hardily, building themselves a nice den to keep them warm through the winter and then they go into hibernation. Us humans, aren't as extreme, but we need to take heed from nature and adjust ourselves to the this time of year.

As everything slows down in Autumn, there is a downward shift, less light, trees lose their leaves and energy goes back into the earth. Autumn is very much about letting go and the lungs and colon are the associated organs for this season which are part of the elimination channels of the body. Emotions associated with autumn are grief and sadness often leading to unresolved emotions being expressed as physical symptoms such as coughs and gastrointestinal problems.

As the weather gets colder, we also get drier: dry skin, chapped lips, constipated, dry scalps and coughs. Oily foods rich in natural healthy fats such as tahini (sesame paste), avocado and oily fish are ideal to help retain the natural moisture in our bodies over the cooler months. Foods which moisten the body are particularly important and in season at this time of year are sweet potatoes, carrots, zucchini, leeks, spinach and apples, pears, grapes and figs.

Stand out fruits and vegetables in season in Autumn

- ◆ Butternut pumpkin a great source of Vitamin A, Vitamin C, potassium and fibre. Try butternut pumpkin in a lasagna or roasted.
- ◆ Eggplants are a unique vegetable high in manganese along with loads of vitamins and minerals. They are also a good source of antioxidants.
- ◆ Silverbeet is an outstanding veggie jam packed full of vitamins including vitamin K, vitamin A, vitamin C, magnesium, manganese, potassium, iron, vitamin E, and dietary fiber. Saute with some veggies or serve as a side to roast lamb or fish.
- ◆ Pomegranates are a good source of fibre and folate, and a very good source of Vitamin C and Vitamin K. Eat the seeds as a snack or add them to tea for a boost of color, flavour and nutrition.
- ◆ Sweet potatoes are high in fibre, are a good source of B vitamins and folate whilst being anti-inflammatory and rich in antioxidants. Try them roasted in place of white potatoes.



List of fruits and vegetables now in season

Apples, avocado, beans, beetroot, brussel sprouts, cabbage, capsicum, carrot, cauliflower, celery, chillies, corn, cucumber, eggplant, figs, grapefruit, grapes, kiwifruit, leeks, Lemon (all year), lettuce, mandarins, oranges, mushrooms, onions, oranges, parsley, parsnips, pears, peas, Pomegranate, potatoes, quince, rhubarb, silverbeet, spinach, spring onion, squash, strawberries, sweet potatoes, tomatoes, zucchini.



Seasonal food plays an important role in our overall health as most fruits and vegetables grow during the season which requires an abundance of those specific nutrients. The diversity and variety of eating seasonally also ensures that you get a wide variety of vitamins and minerals not to mention unbeatable vitality and freshness of food full of flavor.

Buy these wonderful Autumn fruits and vegetables from your local farmers market or organic shop, experiment and have fun with these amazing gifts from nature. Not only tickle your taste buds but enhance your health too!

Sit right and sit less for a healthy spine Sit Right this Spinal Health Week (21-27 May)



Do you spend most of your day sitting, whether it's at work, in the car, on public transport, or watching TV? Well, you're not alone. Australia is a nation of 'sitters' and its starting to take its toll on our health.

As part of Spinal Health Week 2012, chiropractor Dr Megan Azer will be encouraging patients and the Blackburn community to prioritise their spinal health by sitting less and moving more. The week heralds the launch of *Sit Right*, a national initiative that aims to encourage Australians to take note of the potentially dire health consequences from prolonged sitting.

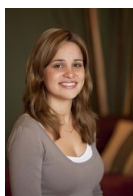
Australians are spending more time than ever sitting which not only causes spinal damage, but increases the risk of disease and even death. *Sit Right* focuses on the dangers of long-term sitting, especially for office workers, and offers solutions for common 'sitting sins.' So why not improve your health simply by standing up and moving around more? It's also important you take regular breaks from sitting to stretch, stand, change or correct your posture or walk around your office.

And while you are sitting, here are a few things to remember:

- ◆ Keep your hips, elbows and knees at open angles (slightly more than 90 degrees)
- ◆ Recline slightly to ease lower back pressure
- ◆ Ensure your feet are flat on the floor or on a footrest
- ◆ Position the centre of your computer screen at eye level and tilt the monitor upwards slightly
- ◆ Only use wrist rests while resting, not while typing

An active spine is a healthy spine and a healthy spine leads to a healthier life. Why not use Spinal Health Week to make an appointment with our clinic to assess your spinal health and discuss how being more active will improve your wellbeing?

During the month of May, Dr Megan Azer is offering to conduct workplace health presentations to educate local businesses and their staff as well as free 15 minute posture checks at the clinic.



To improve your spinal health,
contact [Dr Megan Azer](#) for an appointment today on 9894 0014.

Recipe of the Month

Eggplants with Lentils & Ginger

- 8 eggplant
- 3-4 Sachets dashi
- Olive oil
- 1 Tsp sesame oil
- 1 Large leek, halved and cleaned
- 2 Tsp tamari
- 2 Cloves garlic, crushed
- 2 packet tempeh, cut into small squares
- 1 Green chilli, chopped
- 4 Spring onions, sliced on the diagonal
- 1 Tbsp ginger, finely chopped
- 2 Tbsp coriander leaves
- 1 Tbsp coriander stems, finely chopped



Serves 4

Slice the eggplants into wedges approximately. Brush the eggplants with oil and grill or bake.

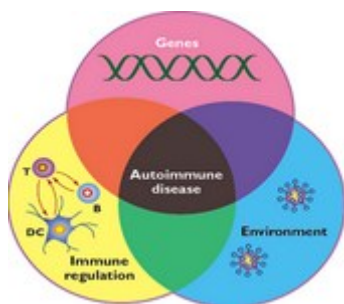
Slice leek into half moons and place in the same pan with the rest of the oil. Cook over medium heat, adding garlic, chilli, ginger and coriander stems and cook for a minute. Add the eggplant with enough water to cover, and then add the dashi, sesame oil and Tamari. Let simmer until the eggplant is soft and tender, about 10 minutes.

Add the tempeh to the pan to warm through and absorb flavors for another 5 minutes or so. Serve with spring onions and coriander leaves.

Serve with organic quinoa or brown rice.

Autoimmune Disease (AD)

Daniel Cerny—Naturopath



Autoimmune disease (AD) is one of the most serious diseases of the immune system. Its severity lies in the fact that having the condition is like carrying within one's body a self-destructive program. At present, synthetic medicines are not able to directly address this disease, and treatments can generally only respond to manifestations of AD symptoms.

The immune system responds inappropriately to this condition in an effort to resist the attack of viruses, germs, toxins, allergens, and chronic stress. Paradoxically, the body creates the antibodies that then attacks its own tissue, so it is an actual self-destructive process.

As a Naturopath I have observed many clients who suffer from some form of AD. There are some recurring elements which I have observed across different cases of the disease:

- Often, in childhood the client had parents who frequently quarreled, or divorced, and experienced situations associated with humiliation, indignity, ridiculing, bullying by siblings, classmates, and close company; situations which typically form the basis for low self-esteem and contribute to a self-destructive program within the body
- During puberty, especially for girls, a tendency to develop eating disorders and distorted body image. In such cases body image and others' perceptions, forms the base for low self-esteem
- During adulthood, conflicts with their partner, divorce and job loss
- Commonly known elements/factors: responses to vaccination, viral, bacterial and fungal diseases, hormonal contraception, over-use of antibiotics, smoking and chronic stress.

With many patients, an analysis of the patient's life brought to light a very strange phenomenon; that the patient, in effect, has tried various forms of camouflage (cover-up), in the sense that the disease gives them a subconscious protection.

From a psychological point of view it is possible that such clients have an unmet need for attention and compassion from others due to their negative experiences in early life, and therefore it could be argued that they possess the unconscious desire to not heal themselves.

Medical studies have shown that stress, fear, negative feelings and mental negativity distort the functioning of immune cells. For people who have experienced chronic states of anxiety, long periods of humiliation, pessimism, uninterrupted tension or non-love, it has been found that they have twice the risk of certain diseases including asthma, arthritis, headaches, heart disease, and AD.

Each person has a natural innate ability to heal, one of the under-appreciated and most important factors assisting recovery. This "Self-healing" ability lies in the complex and subtle processes in human consciousness. All who have an illness or injury could take this as a challenge, confirming that health problems were the reason to be able to stop and gaze at your life from a different perspective. We can cure the disease through a new way of evaluating and processing our own mental experience, which is allowing to review the past with new eyes and see the future in more positive perspective.

Come and see [Daniel](#) to discover how to maintain a healthy mind and overcome illness.



Currently, considerable research efforts are being focused on how nutrition might optimise and maintain cellular and whole body health, especially as we age. A major discovery of this research has shown that a large part of whether we stay healthy or succumb to diseases earlier in life is determined by the combined effect of our genetic code (genes) acting with our diet (nutrition) and lifestyle choices (e.g smoking or stress). Nutrigenomics is one term used to describe this science. Nutrigenomics helps explain how foods and nutrition affect certain genes that are passed on from our parents.



Nutrigenomics is a very new area of science and it is hoped that by building up knowledge in this area, it will promote an increased understanding of how nutrition influences the way our body functions, detoxifies and protects itself against chemicals and disease. This information can then be used to prevent the development of chronic dietary-related diseases such as obesity and type 2 diabetes.

What are genes?

Genes are like sets of instructions that decide not only what you look like, but whether or not you are more likely to develop certain diseases, and how you respond to environmental triggers such as diet, alcohol, smoking, etc. They are switched on or off during life depending on these triggers. As we are all genetically individual, we all differ in our response to foods, food components, dietary patterns and lifestyle.

How does this food and gene connection work in the body?

Nutrients in foods are seen as signals that tell a specific cell in your body about your diet. The nutrients are detected by a sensor system in your cell. Once the nutrient interacts with such a sensory system, genes can be turned on or off. As a result, different diets elicit different patterns of gene activation and therefore a potentially wide difference in body chemical and cell processes over many years. This may raise or lower disease risk depending on the chemical and cellular balance triggered with in the body.

What is a Nutrigenomic test?

In a nutrigenomic test, a sample of your DNA is analysed for a range of genes that are known to be involved in increasing or decreasing the risk of a number of common diseases including heart disease, cholesterol levels, type 2 diabetes, our ability to detoxify waste chemicals and problems with weight gain. The genes in your DNA can be compared to what is known about how these genes react to certain signals, such as foods and a recommendation can be made on the healthiest diet and lifestyle choices for your particular profile.

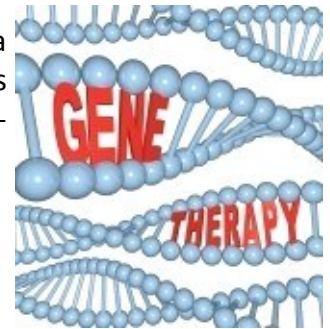


Part of the approach of nutrigenomics involves finding markers of the early phase of dietary-related diseases. This is the phase at which intervention with good and specific nutrition can improve your health and wellbeing.

Fact: A large part of keeping your genes healthy and your body functioning properly is good nutrition.

What does this test involve?

The genetic testing used by Vitalchi is a saliva test. You are required to fill a small tube. This saliva sample is then sent to the laboratory and your DNA is analyzed by a scientist. The results are sent to your practitioner and your personal profile is assessed and then discussed with you.



What will this test do for you?

- It will enable specific preventative health strategies to be used for your long term health.
- It will enable better weight management and understanding of your specific dietary needs.
- It will identify how well your body can detoxify.
- It will assess your genes involved in anti-oxidative defense, in other words, how well your body protects itself against harmful environmental chemicals.
- It will evaluate your inflammatory response. Inflammation has a key role in chronic diseases.
- Your practitioner will recommend a specific nutritional program for you based on your specific gene expressions.

When your body is healthy and has access to the nutrients it genetically needs, you typically:

- Age more slowly
- Experience a higher quality of life
- Suffer less with unhealthy conditions
- Think more clearly
- Feel less stressed
- Potentially prevent chronic diseases

What this testing won't do..

- It will not tell you that you will develop cancer or Alzheimer's disease.
- It will not identify specific genetic diseases.

Remember..... It's Your genes, Your lifestyle and Your diet that dictate

YOUR health!!



Wendy Richards is a highly skilled and experienced Naturopath, Live Blood Analysis practitioner and Bowen Therapist. Wendy is a specialist in nutrigenomics (gene analysis), detoxification, digestive disorders, immune disorders (including auto-immune conditions) and skin conditions.

For enquiries or bookings please phone (03) 9894 0014.