

# Vitalchi - Winter 2012

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*Getting you well naturally and keeping you that way*

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Winter 2012 Issue 25

Is it just me, or is it really cold this Winter? Cold weather, lots of rain and even an earthquake sure lets you know we live in a dynamic and exciting environment. For those who like to ski, it looks like we will have a bumper year.

In this Winter edition we examine ways to boost your immune system, increase your T cell functioning and have your body at its strongest for this chilly Winter. We also take a look at the foods to eat to ensure your nutrition supports your bodies natural immunity.

We have an article on how children form perceptions about their body and what can be done to strengthen and support this. We also discuss the ancient Chinese medical philosophy of the five elements and examine the water element associated with Winter.

## Special Winter Offer

Make any new booking for a Monday in July and receive 20% off the usual fee.

Valid for initial [appointments booked](#) for a Monday in July 2012

### Articles in this edition

- ◇ How does Chiropractic care enhance your Immune System
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- ◇ Recipe of the Month—Chicken Noodle Soup
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# How Does Chiropractic Care Enhance Your Immune System?

Dr Megan Azer—Chiropractor

The immune system protects us from the flu, as well as any other infectious disease, and strives to get us well again when we do fall ill. Our immune system, like every other system in the body, is coordinated and controlled by the nervous system. For example, nerve cell endings in the skin and white blood cells of the immune system are in intimate contact, and chemicals secreted by the nerves can shut down immune system cells nearby.

During an immune response, the brain and the immune system 'talk to each other' and this process is essential for maintaining homeostasis or balance in the body. If the nervous system is not functioning properly, then the immune system cannot function at 100%, thus the body becomes fertile ground for bacteria, viruses and illness.



Chiropractic adjustments restore motion to the spine allowing the body to normalise physiology, this promotes drainage of the lymphatic system, helps to decrease muscle tone of affected surrounding muscles and aids the immune function to recover from underlying microbes. People under chiropractic care have been found to have a 48% increase in immune system function (T cells) compared to those not under care\*.

Even though you are not sick, your body may be acquiring misalignments of the spine (subluxations) that are interfering with your nervous system and thus your immune system. Regular chiropractic check-ups can help you to maintain a healthy immune system and stave off illnesses or allergies.

A chiropractic adjustment will restore the balance of your nervous system and restore the flow of energy and information throughout the body, thus validating one of the great benefits of chiropractic care!

\*JL Selano, BC Hightower, B Pflieger, KF Collins. The effects of specific upper cervical adjustments on the CD4 counts of HIV positive patients. Chiropractic Research Journal. 1994; 3(1): 32-39.



If you know of anyone who may benefit from Chiropractic care why not refer them to see Dr Megan Azer. They will receive 50% off their initial visit and you will receive a \$20 voucher to use towards your next adjustment as our way of saying thank-you for the referral.

## Flu Immune Support – NET Homeopathic Remedy

**#12 Flu Immune** can be used by the entire family for flu symptoms as well as taken as a preventative. It is recommended for the relief of flu-related symptoms such as aches, pains, fever, and chills.

The ingredients in Flu Immune help stimulate the body's natural immunity and will not mask symptoms of an underlying serious condition. This remedy, combined with NET remedy #9 ER911, is recommended as the first line of defence against flu symptoms. #12 Flu Immune contains the ingredient that is the number one homeopathic medicine for symptoms related to the flu in the U.S., Canada and France. Clinical studies have shown that 63% of patients who were given the same ingredient that's in this product showed a clear improvement within 48 hours.



If you have questions regarding the use of Flu Immune Support or any other NET Remedies, contact [Dr Megan Azer](#) for an appointment today on 9894 0014.

# Keep the Winter Bugs Away & Stay Healthy this Winter

Lina Capovilla—Clinical Nutritionist



Winter is synonymous with the cold, shorter dark days, hibernating more in-doors and cold and flus! There is nothing worse than feeling run down, sniffly, congested with a sore throat cough, headache or fever.

When our immunity is at it's optimum, we are able to stay well even when those around us are coughing and spluttering. However, if we are run down, we are susceptible to infection. Major culprits of compromised immunity are stress, not enough or poor quality sleep or rest, inadequate exercise, poor diet and nutritional deficiencies.

## So what can you do?

Building up your immune system is by far the best way to avoid these bugs as prevention is always better than cure. Sometimes it is too late and we are faced with the problem of dealing with it. Listed below are some strategies to help counter it.

### Nutrients for Immune Support

- ⇒ **Zinc** is imperative for our immune system whilst being important for up to 300 reactions within the body. Eat lots of zinc rich foods including oysters, sesame seeds and tahini (sesame paste), red meat, pumpkin seeds, oats and turkey.
- ⇒ **Vitamin C** is well known for it's effect on immunity and healing. Citrus fruits, kiwis, capsicum, brussel sprouts and kale are high in vitamin C so ensure you include these in your diet.
- ⇒ **Vitamin D** is another nutrient which is important for immune function. the major source of this vitamin together with types of oily fish (e.g. salmon, herring, mackerel) and eggs (particularly the yolk).
- ⇒ **Vitamin A** made in the body from beta carotene, found in most yellow, orange and green fruits and vegetables. Think carrots, sweet potato, spinach and kale.
- ⇒ **Omega-3 Fatty Acids** Important for a myriad of functions within the body, they also help improve immune function. Foods high in omega-3 fatty acids include oily fish like salmon, sardines and tuna . Other sources are walnuts, flaxseed oil, pumpkin seeds and lean red meat.
- ⇒ **Garlic** the super anti-microbial food! Add lots of garlic to your cooking during winter to boost your immune system although if it's too late and your battling a cold, you can make this Winter fighting tea to help chase it away.



Cook hardy warming meals in winter. It's what nature intended and what our bodies often crave. Think beef casserole with carrots, sweet potatoes, green leafy veggies, Brussel sprouts and lots of garlic and ginger.

Have oven baked fish fillets or whole fish served with a tahini, sesame and pumpkin seed dressing and a side of capsicum and citrus warm salad.

Don't forget the good old favorite "Chicken Soup". Whilst we know it's been a family favorite forever, recent research demonstrates it helps fight colds by it's anti-inflammatory action. The hot soup also helps clear the congestion in the sinuses and chest and is warming and easily digested.

See our recipe section for hardy chicken soup recipe.

## Keep the Winter Bugs Away & Stay Healthy this Winter (Continued)

Lina Capovilla—Clinical Nutritionist



### Winter Flu Fighting Tea

Add 2 cloves of garlic - crushed

Piece of ginger about 2 cm cubed - crushed

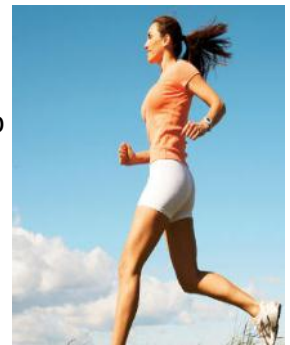
2 -4 hot chilies - coarsely chopped with seeds (depending how hot they are)

Boil with 2 cups of water for 10 minutes, strain and add a good squeeze of lemon and as it starts to cool, add raw honey to taste. Drink up to 4 cups a day when sick.

### Strategies to Strengthen Your Immunity

So make some simple dietary and lifestyle changes to keep you healthy and reduce your risk of colds and flus:

- ⇒ Eat a well balanced diet with lots of fresh vegetables, fruits, nuts, seeds, fish, eggs, legumes and lean meat.
- ⇒ Cook with ginger, garlic and onions which have potent anti-microbial properties.
- ⇒ Reduce your intake of mucous-forming foods such as dairy and refined foods.
- ⇒ Avoid nutrient empty foods such as foods high in sugar, white flour products and alcohol.
- ⇒ Drink a minimum of 2 litres of either filtered water or herbal teas every day.
- ⇒ Exercise regularly.
- ⇒ Include stress management strategies if it is an issue and get a good night's sleep and take time to rest and relax.



### Boost your Immunity Now!

For a limited time Vitalchi is offering a Winter Immunity Special! Book in to see our [Nutritionist](#), Lina Capovilla, for a comprehensive 1 hour analysis of your nutritional status to ensure optimum immunity this winter for only \$97.

Call the clinic today on 9894 0014. Don't let the winter bugs get the better of you!

# Children & Body Image

## John Merritt— Success Coach & NLP Practitioner



The way a child feels about their body can be referred to as their body image. Regardless of weight or height, children will develop a unique sense of their own body image, this image may be a positive, neutral or negative view. In today's society with constant media exposure to celebrity body images and commentary on body shape, it is not uncommon for children as young as preschool to develop negative body images.

Establishing a child's healthy body image is something that all parents can play a significant role in.

Children who have developed a negative body image often feel anxious, left out of the group, overly self-conscious and often concerned with food. These feelings, if left untreated can lead to a higher incidence of eating disorders, weight problems and in some instances, psychological problems. Children with a healthy self image however are more inclined to participate with others, engage in more physical activities and are generally more confident and outgoing.

*How can a parent or mentor assist in establishing a healthy body image for your child?*

Below are four ideas you may wish to consider:

### Teach your child about normal body types.

Various media portray images of famous celebrities and models using images that have been edited, enhanced and 'photo-shopped' to present pictures of bodies that are neither real nor natural. Teach your children about these facts and explain that healthy bodies come in many sizes. Individuals have their own genetic pre-disposition for a unique body type. A healthy body shape for one individual may be very different from that of someone else.

### Focus on Healthy Eating and Activity - Not Weight

Children are naturally active and this should be encouraged and nurtured. Children seek outlets for their energy and enthusiasm. When given the right opportunity and guided with play, adventure or sporting activity, a child will grow in both strength, confidence and abilities. Natural movement promotes coordination and an appreciation for their own bodies capabilities. While TV and computer games are highly prevalent today, these should be a minor part of a child's leisure time and not the first outlet. Physical activity with friends or family members is best, as it also teaches interaction skills, teamwork and sportsmanship. While coordinated activities can be a great starting point for a child, the main ingredient is providing the stimulus and opportunity for the child to move and play.

Teach your child about healthy food choices. Advertising is strong for many less than ideal food choices, so education from the parent is essential. If a child is not taught of the importance of healthy nutritious foods they will simply lean towards what is being presented to them from the media. Encourage fruit snacks, healthy drinks and wholesome food at every opportunity. Teach and show your child that they have choices and that their choices can make them healthy.

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# Children & Body Image (Continued)

## John Merritt— Success Coach & NLP Practitioner

### Promote Physical Activities That Your Child Enjoys

Children as individuals will have natural inclinations for different types of activities. Don't push a child into a specific type of activity if they are more inclined to another, as this will only demotivate them and potentially have them reject the activity. Instead, play with your child to find out what activity they



enjoy. Some will be natural runners, others dancers or swimmers. Others will enjoy team sports with friends, tennis, karate or perhaps walking in the bush. What is important is that they are moving and having fun! Don't treat exercise as a chore nor something they must excel at. If the child enjoys the activity enough, they will seek to become better as a natural progression. Remember, this is the child's leisure time and participation is far more important than winning.

### What Messages Are You Sending?

We've all heard the expression 'Walk the Talk'. However, unfortunately it is often more the case of 'Do as I say, not as I do'. As parents we are the prime role models for our young children, and even as the child matures we continue to be a significant shaping factor in the child's learned behaviours and beliefs. If we want our children to have a healthy and positive body image it is important that as parents we are not giving off opposite signals.

What food choices are you making?

How do you speak about your own body?

Do you obsess about weight?

What comments do you make about other's body shapes and sizes?



Simply paying attention to your actions and language may uncover some areas you might like to change, to ensure you are sending the right signals to your child. Our children are precious, give them the gift of a healthy start both physically and mentally.



At Vitalchi Wellness we can assist with Child Nutrition, Eating Disorders, Healthy Living and Positive Mindset. If you would like to help your child in these areas simply give us a call.

We would love to help.

[John Merritt](#)

# Recipe of the Month—Chicken Noodle Soup

## Chicken Noodle Soup (serves 4)

When having roast chicken for dinner, keep the chicken carcass plus some skin, fat and bits of meat, and reserve at least half a breast of meat to make soup for another meal. Add any vegetables you like to give your meal some extra bulk and nutrition. This soup can be made and frozen for the days when you just can't muster the energy to put together a meal.

### Ingredients

1 chicken carcass

Chicken pieces with bones and skin

Olive oil

### Veggies:

1 onion

1 carrot 1 leek, carefully washed

2 celery sticks including leaves

2 cloves garlic, crushed

All roughly chopped.

2 bay leaves

1.5 litres water (or enough to cover chicken in the pot)

Salt (to season according to taste)

100g thin spaghetti (e.g. angel hair, linguine) broken into 5cm long strands

Chopped fresh parsley



### Method

1. Dice chicken breast meat and reserve
2. In a pot sauté onion, carrot, celery, leek, garlic and bay leaves in butter or oil until onion starts to turn translucent
3. Add chicken carcass with chicken pieces
4. Cover chicken with water
5. Bring to boil then adjust heat to simmer for an hour and a half
6. Season to taste
7. Sieve liquid into a bowl and discard carcass keeping veggies and chicken flesh
8. Sit the bowl of liquid in a larger bowl or sink half full of cold water
9. Wait for crust to form at the top of the liquid, skim crust and discard - you now have chicken stock
10. Wash out stock pot. In the clean pot sauté onions and add any extra vegetables as you prefer
11. Add cooled stock, bring to boil
12. Add spaghetti and boil covered, stirring occasionally, until spaghetti is nearly cooked
13. Add the diced chicken breast and veggies and heat through
14. Serve soup with a sprinkle of parsley and fresh crusty bread

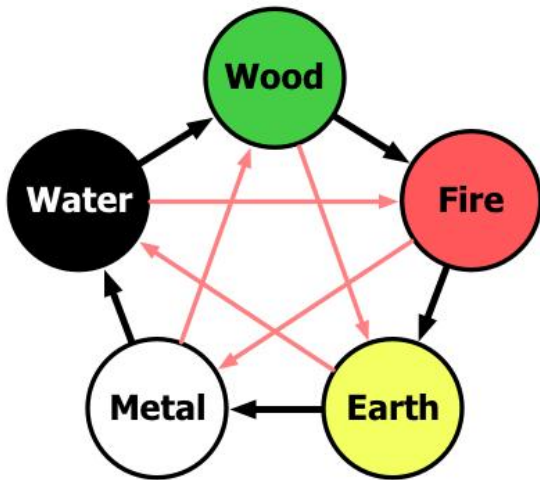
### Basic Chicken Soup

For a basic version, place a whole chicken cut up into pieces into a 2 litre pot and cover with filtered water. Add onion, garlic and any vegetables you have on hand including celery, carrot, potato or leafy greens. Throw everything into the pot except the green leaves. Season to taste and add any herbs or spices to taste including parsley, coriander, oregano etc.

Bring to boil, then allow to simmer for about an hour or so. Remove chicken pieces, allow to cool then strip the chicken and add back to the soup discarding bones, fat and skin. Serve with fresh lemon juice squeezed on top and parsley. Be creative and enjoy!

# The Water Element

Lisa Holthouse - Kinesiologist



Ancient Chinese philosophy relates our winter season to the element of water. The Chinese believe that each season, food and behaviour type relate to particular elements in our environment. These elements include; Earth, Water, Metal, Fire and Wood.

Each element in the Chinese system relates to particular organs. The water element relates to the Kidney and Bladder organs and meridian system. The Chinese believe that humans should live in harmony with nature and its seasons. The dark and cold of winter urges us to slow down, reflect and replenish our energy. This conserving of energy enables the out-

burst of new life and energy in spring!

The water element relates to salty foods which we may crave more of in these winter months if we are feeling a bit “out of balance.” The emotions that relate to this time of the year are Fear and Depression. It’s important to seek assistance and reach out to those around us in these low times so that we can keep our Kidney Qi topped up and in abundance. The Chinese believe that the Kidney’s are the source of all our energy and Qi reserves so it is vital that we reduce stress, fearful thoughts and anxiety to keep our immune and energy levels high.

Winter is a time to go to sleep early and rise late. Follow your body’s instinctive desire to rest, reflect and conserve energy at this time of year. Prioritise rest and rid your busy schedules of all that is inessential and draining.

Eating warm wholesome soups, roasted nuts and whole grains will keep you nourished and warm your body to the core!

