

Vitalchi - Spring 2013

6 Main St, Blackburn 3130



Getting you well naturally and keeping you that way

P: (03) 9894 0014

W: www.vitalchi.com.au

Spring 2013 Issue 30

Check out our Spring edition of the Vitalchi Newsletter and help get your mind and body in top shape for the warmer months.

It's amazing how our mind, movement and diet play such an vital role in keeping us in peak shape, both physically and emotionally. By attending to these areas and following some key advice, your body can literally be its own healing source. Read on to find out more...



Give your body a Spring clean and lose weight

Eating for Two:
Foods to enjoy while
Pregnant.

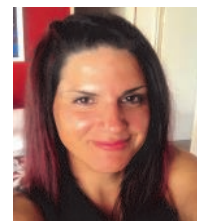


Spring Recipes



Spring Is Here-Let's Get Exercising

Hypnosis for Weight Loss



Give your body a Spring clean and lose weight

Lina Capovilla—Clinical Nutritionist

Spring Clean Your Body

- Increase energy
- Improve digestion
- Clear up your skin
- Increase mental clarity and concentration

And best of all, a detox is a great way to kick start **WEIGHT LOSS!**

Now that the warmer weather's finally here, isn't it easier to get inspired to get outdoors, get more active and eat healthier? Even to the point where we're thinking about doing a bit of a cleanse or even starting a weight loss program?

This is the perfect time to unfurl our weary bodies after the cold, dark winter, get some energy back, get out there and get fit and healthy! It's so much easier as it gets warmer to get inspired!

But what does it involve? And what are the consequences of not doing anything about it?

Health consequences of Toxicity

Are you experiencing any of these symptoms?

One of the most common signs of excess toxic load on our body is excess weight. Toxins are stored in fat which can often make it incredibly difficult to loose weight and contribute to feeling lethargic, sluggish and finding it difficult to concentrate. We all know about the consequences of being overweight, but the long term consequences of being toxic can be far more concerning and can lead to issues including allergies, digestive conditions, psoriasis, eczema, menstrual disorders and anemia.

What do we need to do?

Detoxification encourages the body to remove toxins and can help to improve energy, fitness and weight loss as well as helping to prevent chronic disease and aging.

Our bodies are constantly detoxifying through several organs including our bowels, bladder, skin, lungs and of course the poor, overworked liver!

In general, our bodies are assaulted by all manner of toxins, via diet and lifestyle, normal metabolism, medications, environmental chemicals and stress. Stress, late nights, colds and flus, rich foods and lack of exercise all put further pressure on these elimination organs which are generally already running at full capacity. We all feel it, that sluggish, tired, bloated, depressed feeling we get when we've not been exercising, drinking enough water or getting enough sleep. Supporting these pathways, along with giving them a good clean, helps to ensure our body is functioning at it's optimum, like giving our cars a good tune up and cleaning out the fuel or air filter.

Detox! Isn't that an ugly word?

A detox (or cleanse) works by giving your body a break from the toxic excesses that our lives create. However, despite the common misconception that detoxing is all about deprivation and starvation, a gentle cleanse is quite the opposite. It doesn't have to be a huge chore. There are many simple tips which can be incorporated into everyday life which can support these elimination organs and help to ensure our detoxification pathways are working well.



Lina Capovilla—Clinical Nutritionist

Here are some simple strategies to give your body a cleanse, invigorate and energize you for Spring!

What can you do?

Cut out the junk. Eliminate or at least substantially reduce all junk food, fast food, processed or refined foods, sugar and sweets and other 'artificial' food from your diet including caffeine, soft drinks and commercial juices. You will feel much better within a couple of days. Replace the junk with fresh fruit, vegetables, lean meats and legumes.

Reduce your caffeine and alcohol intake and DRINK MORE WATER, at least 1.5 to 2 litres. Most of us don't drink nearly enough water to even stay hydrated.



Eat a whole foods diet, rich in fresh vegetables and fruits, ideally organic and in season. Coming into spring and summer, there's a wonderful array of tropical fruits and rich vibrant vegetables to choose from, all of which are packed with lots of nutrients to help cleanse our bodies. Include fish, nuts, seeds and legumes into your diet. Steam, bake or grill meats.

Exercise – To support the body's ability to flush out toxins, exercise is important. Aim for 20-30 minutes of moderate exercise 3-4 times per week.



Avoid smoking, Aside from the obvious myriad of health issues that it promotes such as cardiovascular disease, high cholesterol, high blood pressure, increased risk of certain cancers etc, it also increases the toxic load on your body.

Sleep and rest well: Adequate rest and a good night's sleep is imperative to allow your body and mind to regenerate.

Following these guidelines will give your body a kick start to cleansing. There is a vast array of detox programs out there, all promising to make you feel fantastic however one size does NOT fit all and it's a matter of working out what is practical, healthy and right for you. It doesn't have to include starving yourself and living on juices for weeks on end whilst consuming twenty different types of supplements. The foundation is always starting with a clean, healthy diet, lots of pure clean water and regular exercise, which can be combined with detoxification supplements. This is the ultimate way to free yourself from toxins and excess weight, however just following these strategies can make a huge difference.

For an ultimate comprehensive weight loss and/or detox program, dietary and lifestyle changes will optimize your detox.

For more information or a personalized comprehensive program, which is individually designed for you, book in for an appointment with our [Nutritionist Lina](#) to kick start your health and weight loss just in time for summer!



Spring Is Here – Let's Get Exercising!

Dr Megan Azer - Chiropractor



Many of us are coming out of winter feeling a little sluggish from hibernating and eating our comfort foods. We've all used excuses as to why we don't exercise (me included!) – It's too cold, I'm too tired; and probably the biggest one – I don't have time! Now that we've been having some warmer weather and the days are getting longer, motivation is coming back to get active and healthy. By exercising, you'll increase your overall health, well-being, and quality of life.

Physical activity does not need to be painful in order to be beneficial. Simply by walking 30 minutes a day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. If you're new to an exercise program, walking is a great way to start getting active. If you need some extra guidance, there's many great Phone Apps to help you get started from being a couch potato to running 5km in no time! The key is to make it a regular practice. In order to reap the benefits of exercise, you need to get and keep moving.

Other exercise options are jogging, dancing, gardening, biking - even doing household chores. The important thing is to choose activities you enjoy as this will increase your chances of making it a habit.

As a Chiropractor, I'm very interested in the structural benefits exercise provides. In order to prolong the benefits of your chiropractic adjustment, spinal strength is needed to hold the correct alignment. This is where postural and core strength is vital. If we have weak musculature and ligaments, your spine can become unstable. Types of exercise that are great for strength and stability are Yoga and Pilates.

A typical Pilates workout includes a number of exercises and stretches. Each exercise is performed with attention to proper breathing techniques and abdominal muscle control. Pilates is partly inspired by yoga, but is different in one key respect – yoga is made up of a series of static postures, while Pilates is based on putting yourself into unstable postures and challenging your body by moving your limbs. There are many styles of yoga. Personally, I prefer Restorative, *Hatha*, or *Iyengar* styles of yoga as they are more gentle and great for beginners, not to mention the wonders it does for stress relief!



In addition to stability, exercise builds strong bones. Weight-bearing exercises, like running, walking and weight-lifting, help lower your odds of getting osteoporosis as you grow older. Exercise also improves the body's utilisation of oxygen, and lowers systolic blood pressure.

Spring Is Here – Let's Get Exercising!

It is important to speak your healthcare practitioner to assess your fitness level before taking up a new exercise program. Often when people start exercising after being sedentary for some time, it can aggravate any pre-existing issues with the spine and joints and further injury may arise. Misalignments of the spine can limit your physical activity and slow recovery and rob your body of energy. This is why it's great to see a Chiropractor to help get your body in the best shape to support your exercise program.

Chiropractic care improves spinal function and relieves interference to your nervous system. This enables the body to function more effectively, making it efficient in providing us with energy. It also reduces the chance of injury and speeds up the recovery process.

Are you keen to have your body functioning at its best? Do you need advice on how to get started with an exercise program? Book yourself in for a Chiropractic appointment! If you're new to Chiropractic care, we offer a **FREE 15min Spinal & Postural Assessment!** This is a great way to find out the condition of your spine and postural alignment and to learn how your posture can affect your overall health and wellbeing.



Contact us on 9894 0014 too find out more or to book in for your free assessment

[Dr Megan Azer](#)

Hypnosis for Weight Loss

-Carina Stewart



Have you battled throughout your life with weight loss or maybe just trying to maintain it?

Have you ever gone onto a diet only to come off it again putting on all the weight that you lost plus more?

Maybe you're the kind of person who just eats junk food or binge eats?

Maybe something happens in your life, and you turn to food for comfort?

These problems are then manifested in your subconscious mind through your thoughts and emotions which then run your eating habits.

Hypnotherapy can revamp your relationship to food and your weight loss. Together we will help the subconscious mind to modify these automatic behaviours so you eat at the right times, eat the right foods and quantities. You will find yourself being able to believe your subconscious is always operating to do what is right for you. You will automatically run the new automatic behaviour installed to help you get control of your eating and health. Generally clients lose between 1-3kg per week.

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



Eating for Two : - Foods to enjoy while Pregnant

Naturopath Tina Athanas

Pregnancy is beautiful time in a woman's life - just knowing you will meet your bundle of joy in 9 months is such a wonderful feeling. However, many pregnant women experience a myriad of pregnancy-related issues such as morning sickness, nausea, headaches, which can sometimes make healthy eating choices difficult and not very appealing.



So, what are some tips for women while Pregnant to beat the pregnancy blues of morning sickness & other such complaints, and some general health advice for their growing bellies?

Aim to eat small regular meals throughout the day to ward off 'morning sickness'

'Morning sickness' can rear its ugly head when your blood sugar drops, so a simple way to fix this is to ensure you combine your carbohydrates with a source of protein, which will ensure your blood sugar rises gradually, and does not spike so rapidly to cause you to feel sick afterwards

Examples include:

- Carrot, celery, cucumber and/or capsicum sticks with full-fat organic yoghurt, or home-made hummus dip
- Fruit with yoghurt (cows, soy, coconut varieties of yoghurt)
- Whole-grain or Gluten-free crackers with a dip of your choice (hummus, tzatziki, beetroot dip, pumpkin, capsicum dip etc)
- Pickles, olives, hard-cheese and crackers
- Boiled eggs with rice crackers
- Sardines or canned salmon with rice crackers or other grain crackers

Eat lots of good saturated and mono-unsaturated fats from:

Extra virgin, unrefined Coconut oil - 2 tablespoons per day

Can add this to smoothies, herbal teas such as roobois or green tea, or use in cooking in place of not-so-healthy vegetable oil

Organic Butter from Pasture-fed cows - high in Vitamins A & D

Add to steamed vegetables, mash potato, on wholegrain or gluten-free bread, top of cooked fish or steak etc

- Extra virgin Olive oil - in salads, over cooked fish

Fish/Seafood - 2 times a week, great for baby's developing brain & bones

Best sources while pregnant include

Sardines - High in calcium & omega 3 fatty acids

Salmon - High in calcium (if eaten with bones) and omega 3 fatty acids

Oysters (cooked) - A great source of zinc, iron & B12

Mackerel - High in DHA, an omega 3 fatty acid that research shows is vital for a baby's growing brain & further development during breastfeeding

Eat lots of pasture raised or organic protein sources:

Eggs (2 a day) - ensure egg yolk is cooked through to avoid any risk of harmful bacteria

Chicken - 3-4 x a week

Fish - 1-2 x a week - to ensure adequate omega 3 intake

Red meat - 1-2 x a week - to ensure adequate iron status

Tofu/Tempeh - good vegetarian source of protein, iron, calcium

Eat lots of soups and bone broths

Eating for two: Foods to Enjoy when Pregnant

Naturopath Tina Athanas

These contain all the beautiful nutrients found in the bones and collagen of meats, such as chicken, beef, lamb and fish
Gelatin, found in bone broths, can also reduce stretch marks!

5. Make smoothies, fresh juices & superfood treats to curb sweet cravings

You can squeeze lots of nutrients into smoothies, juices and superfood treats, which can make a real difference in curbing those sweet cravings for highly sugar-laden chocolates, cakes and pastries (sometimes foods!) that tend to occur in pregnancy.

Here are some ideas to get your taste buds watering:

Blueberry & Banana smoothie made with milk of choice (cows, coconut, almond etc), frozen blueberries, banana, chia seeds and a dash of raw honey

Beet-It Juice - Beetroot, carrot, apple, ginger, turmeric - *high in Iron, betacarotene, and antioxidants*

Green smoothies - so many ways to make these! Any greens (spinach, kale, silverbeet, beetroot leaves) plus some fruit to make it taste good - banana, kiwi fruit, oranges, berries, pineapple - the list goes on! Add some chia seeds for extra calcium, omega 3 and protein, and your good to go!

Superfood treats - from Chia seed pudding, to Nut-Protein balls, there are a myriad of ways to incorporate Superfoods into your pregnancy diet

Superfoods to include are:

Chia seeds - high in protein, calcium & omega 3

Goji berries - high in beneficial antioxidants, fibre, vitamin C & betacarotene!



Vegetables - yes you heard right, veggies are superfoods, who would have thought it? High in a variety of antioxidants, ensure you “Eat a Rainbow a Day” - not only will you keep your Naturopath happy, you will also be providing your baby vital vitamins & minerals!

Berries - high in antioxidants, and taste yummy too! Frozen is best for the Vitamin C content, but regular will do too!

Seaweed - high in the vital nutrient iodine, plus a myriad of other minerals, seaweed is a great addition to any ones diet! Make a seaweed salad, make home-made sushi with rice or quinoa (pregnancy safe of-course), or add to soups and broths for an extra nutrient kick!

For more information on [how to support & nourish your growing belly](#), book an appointment with Naturopath [Tina Athanas](#) today!

Detox Recipes

Lina Capovilla, Clinical Nutritionist

Spring Detox Salad



Mix of these lettuce bases

Spinach

Rocket

Endives

Add lots of these according to what you have & what you like:

Grated carrot

Grated apple

Diced beetroot

Asparagus (lightly seared)

Broccoli (raw or lightly steamed/sautéed fine)

Protein - Any or as many of these

2 Boiled eggs, chopped in quarters

Mixed beans and/or lentils (Ideally soak, if not organic canned)

Tuna

Dressing

Olive oil

Balsamic or apple cider vinegar

Squeezed lemon, lime and grapefruit

Crushed garlic

Sprinkle with seeds - pumpkin, sunflower, sesame and/or chia

Super Detox Juice

Lina Capovilla, Clinical Nutritionist

- 1 stick Celery
- 1 Cucumber
- 1 Green apple
- 1/2 Lemon
- Coriander to taste ¼ cup
- Ginger – knob
- 1 Orange

