

Vitalchi Wellness

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Getting you well naturally and keeping you that way

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Summer 2013 Issue 27

Summer has arrived in full force and Christmas is just around the corner. What a wonderful time of the year, although I am sure you are very busy. Please enjoy this Xmas newsletter where you will learn some essential tips for surviving the festive season in good health and learn more about what causes stress and anxiety, their impact on your body, and how to overcome these problems. We also take a look at issues impacting men's health and of course we have a wonderful Xmas recipe for you.

So here's to a Merry Christmas and an exciting and healthy New Year from all of us at Vitalchi



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The Festive Season Essential Survival Guide

Lina Capovilla—Clinical Nutritionist

Summer's finally here and hopefully the warm weather will hang around for the season and not just tease us with some gorgeous sunny days. So with the warmer weather and Christmas fast approaching come all the Christmas parties, the greater desire to get out and about and catch up with friends, Christmas with all those yummy treats and often the over indulgence of food and drink, then holidays, Australia day long weekend BBQ's etc. Not to mention the fact that we are busy, busy, busy and often stressed which often leads to us getting out of routine, not eating well, exercising or looking after ourselves properly.



So to ensure you get the most out this wonderful Christmas and holiday season whilst still maintaining your health, here are some practical tips you can apply to keep yourself on an even keel whilst still enjoying yourself!

It's all about balance!

If you're over eating and drinking more alcohol than usual without exercising and not drinking enough water, you're going to put on weight! It's not rocket science.

1. No Guilt

There is no need to avoid all celebrations and socializing - you have earned it. No doubt it's been a big year. So enjoy it without feeling guilty and implement some of the strategies below.

2. Pace yourself

Regardless of if you're having lunch or dinner at friend's / family's homes, out at dinner or picnic, always remember, YOU choose what you eat and drink - you're in control.

Drink more water - This is a great trick to keep you full and eating in moderation. In the warmer weather we need to drink more water and it's this time of year that we are often so distracted with everything else happening, that we forget.

Did you know that we are often thirsty when we think we are hungry? All the more reason to drink more water and you'll find it harder to eat and drink more indulgent morsels this season.

Smaller Portions - Put smaller portions of food on your plate and go back after 20 minutes if you want more. It takes that long before your brain registers you're full - so DON'T stuff yourself because you'll feel like a Santa afterwards.

Breakfast: Is a great time to eat well as we usually don't socialize as much over breakfast as we do other meals. Regardless, here are some healthy choices that will give you a great start to the day.

- Avoid fatty, rich meals like bacon and sausages and have poached eggs rather than fried.
- Avoid sugar laden foods like prepackaged cereals.
- Eat fresh fruit with plain yoghurt (not cream) or oats with fresh banana, berries and nuts or LSA (linseed, sunflower seeds & almonds).

Lunch & Dinner:

Aim for 1/2 of your plate being veggies or salad. It will fill you up with wonderfully healthy, nutrient dense food. Include 1/4 lean protein - fish, chicken, meat or legumes and 1/4 grains and skip the creamy sauces, you often feel queazy after them anyway. Instead have your dressings or sauces on the side, then you can add a little if you want it. Ordering dessert? Have an entree sized main to keep room for dessert.



The Festive Season Essential Survival Guide (Continued)

Lina Capovilla—Clinical Nutritionist

Eat regularly through the day and have a light snack before dinner or lunch if you're hungry. That way you won't gorge yourself on unhealthy foods. We often make poor food choices when we're starving, even done the groceries when you're famished?

3. Alcohol



Enjoy a few drinks, if you enjoy a drink or two. You've earned it but heed these tips. Drink in moderation. Have a glass of water for every alcoholic drink. Add soda or mineral water as a mixer. There's far less sugar and additives whilst you can still enjoy your mixed drink. Avoid cocktails with lots of cream or sugar syrup in them. Instead opt for fruit or soda based options. Volunteer to be the designated driver, then you have to avoid temptation. Your body and your friends will love you for it. Eat something and drink water before you drink. It will reduce the effect and the amount of alcohol you consume. You'll be thankful the next day when you don't have a killer hangover.

4. Exercise.

Whilst everyone loves relaxing and indulging at this time of year, this is a perfect time to organize some exercise and take advantage of the great weather.

- Organize picnics or BBQ's where cricket, tennis, football or volleyball are included in the activities. It's great to get outdoors and will boost your vitamin D levels (ensure you're sun smart) and it's a wonderful way to bond with your family and friends whilst doing your body a favour.
- Go for daily walks especially if your away and enjoy the scenery.
- Swimming is awesome for the body, whether you're at the beach, local pool or in the backyard. It's not only physically beneficial but a great way to socialize and most importantly "have fun!".

The 80/20 rule

Remember this rule, if you're good 80% of the time you can afford to indulge 20% of the time. So, remember to do all the right things when you can and enjoy some indulgences over this period without compromising your healthy lifestyle too much!

Nutrients

Don't forget to take your regular nutrients like multivitamins and probiotics. These are even more important during this period especially when we're over indulging.

There's no reason why you can't enjoy the festive season whilst still looking after yourself. Try these easy strategies to ensure you have fun, relax and unwind whilst looking after yourself.

For more information or for a personalized plan, book in a consultation to see our nutritionist, **Lina Capovilla** - who can give you more strategies on how to enjoy and look after yourself during the festivities, help you get back into good health habits or achieve your health goals in the new year!



Special Offer

Comprehensive Health Assessment - with our Clinical Nutritionist

Including: Body composition, Muscle mass, Cellular age & health, Blood glucose & pressure test. Mineral absorption and dietary analysis.

Only \$97 (Over \$200 value)

(Valid for bookings before February 2013)

Is Stress or Anxiety Impacting Your Life? (Continued)

John Merritt— Clinical Hypnotherapist & NLP Practitioner

What is Anxiety?

When you still feel the effects of stress after the removal of the stressor. Simply defined, Anxiety is worrying about something you either cannot or do not do anything about.

Common extended stressors

Overworked	Deadlines / Targets	Stuck in traffic
Running late	Relationship issues	Bills / Debt
Family difficulties	Sick Child	Study / Exams

Behavioural Symptoms of Stress or Anxiety

Irritable	Angry
Overwhelmed	Unable to function
Inefficient	Withdrawn
Unusually quiet or excessively loud	Drug or alcohol abuse



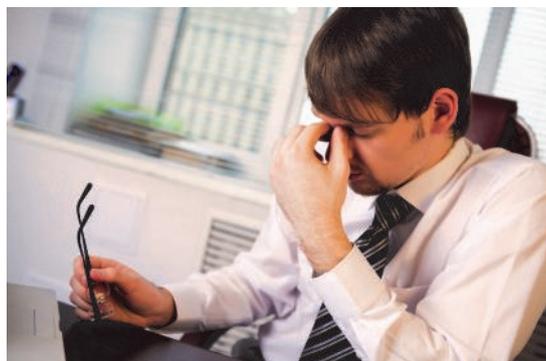
Prolonged feelings of this nature can lead to **Anxiety Disorder**.

Studies have shown that people suffering from Anxiety Disorder have an increased occurrence of developing **chronic respiratory disorders, heart disease** and **Gastrointestinal disorders** such as IBS.

Is Stress or Anxiety Impacting Your Life?

John Merritt— Clinical Hypnotherapist & NLP Practitioner

There is an old saying that facing a stressful situation can take ten years off your life. Well some recent



studies have shown more than a partial truth in this. A detailed 10 year study by Penn State University found that the way you react to stressful situations now, is significantly linked to the health concerns you may face in 10 years' time. Health concerns such as pain, arthritis and cardiovascular issues have been shown to be far higher in individuals who have had historical bouts of stress. However **the important factor** here is **how you react to stress** not the stress itself.

Let's look at this a bit more closely... **What is stress?**

Stress is primarily our body's reaction to a stimulus situation and is often referred to as the fight or flight response. Now historically, this response has proven to be a good thing. If a snarling wild dog is running at you, or you are approached by three menacing individuals in a dark alley, you need your body to respond. Your body will respond by increasing the secretion of **epinephrine (adrenaline) and cortisol**. Your heart will beat faster, muscles tighten, breathing quickens, blood pressure increases and pupils dilate. All of these reactions are designed to prepare you to stand and fight, or make a hasty retreat. You want your body primed and focussed for optimal explosive action. After the action and the stressful situation is over, your body flushes these hormones out of your body naturally, the pent up energy is released and your body returns to normal baseline levels.

The problem is, in today's society, we are having this stress reaction to events in our life that do not represent fight or flight situations, we typically do not have a direct outlet to flush the system and the perceived stressful situation can go on for hours, days or even longer. This pent up stress reaction leads to pain, disease and illness.

Stress can be defined as Acute or Chronic stress. Acute stress can be a result of a single incident whereas Chronic stress relates to prolonged periods of tension from external or internal stressors and can lead to serious health issues.

Major IMPACTS of Stress on the Body

Increased blood pressure	Damage to artery walls, clots and potential stroke.
Feelings of Nausea	Vomiting
Stress ulcers	IBS – constipation or diarrhoea
Reduced immunity	Reduced wound healing
Impaired developmental growth	Increased storage of fat
Infertility	Reduced memory function
Hyperventilation – Breathing difficulties	Fatigue
Headaches	Back Pain

Is Stress or Anxiety Impacting Your Life? (Continued)

John Merritt— Clinical Hypnotherapist & NLP Practitioner

Other than in survival mode situations, Stress and Anxiety appear not to be directly caused by outside events, but rather by the way a person responds to events and situations in their life. Two individuals faced with the same situation may respond in very different ways. The first may experience a moment of stress then let the feelings pass right by. The second person takes on the stress, worries about it and dwells on the problem. These are the people who suffer health consequences down the track.

Realising this, it is not the goal to remove all stressors from your life but rather to learn techniques and skills on how to react differently when they occur. Learning how to control your response to these situations can have a dramatic impact on your feelings and consequently your health.

If you, or someone you care about, is feeling the effects of Anxiety or Stress, then take the time to seek out assistance. Here at Vitalchi we offer several proven and effective treatments for these conditions, including Hypnotherapy, Neuro Linguistic Programming (NLP), Life and Success Coaching, Kinesiology and MiCBT. Our friendly staff can discuss with you the most suitable option for your circumstances.



John Merritt is a clinical hypnotherapist and master practitioner in Neuro Linguistic Programming (NLP) To find out how Hypnotherapy can assist you in **overcoming anxiety, achieving confidence, happiness and success**, call the clinic now on **(03) 9894 0014**

Free Yourself from Feelings of Stress & Anxiety
Special Offer

\$30.00 off your initial Hypnotherapy or NLP session
(Valid for Appointments made in January 2013)

Call the clinic today on 9894 0014 to book an appointment.

Beyond Back Pain

Dr. Megan Azer, Chiropractor & NET Practitioner

When you hear the word Chiropractor, most people will immediately think of back pain and headaches. Although it is true that chiropractors can aid in the management of these ailments, the benefits of chiropractic care go far deeper into ones overall health and wellbeing.



With the busy end of year season upon us, many people will naturally feel more run down and lethargic, as the stress begins to build. Although many people originally seek chiropractic care because of back pain and other similar ailments, they tend to find that with their care, their energy levels rise as their stress decreases. Additionally, with Megan's wellness approach, many patients report that they have noticed positive changes in their digestion, sleep quality and concentration levels, just to name a few.

The function of the nervous system (brain, spinal cord and nerves), is to send messages to every muscle, organ and tissue in our body. It regulates the function of all the bodily systems. The role of the spine is not only to provide movement, but more importantly, to protect the delicate spinal cord from damage. When spinal misalignments (subluxations) put pressure on this system, the nerves can become choked or pinched. For example, if the nerve that goes to the large intestines is irritated, it may inhibit the messages getting through causing constipation. Alternatively there may be too many messages getting through causing diarrhoea.

Spinal misalignments are commonly thought to be caused by only physical stress. The truth is that nutritional stress (fatty foods, sugars, preservatives); chemical stress (pollution, medications, alcohol, personal care products) and emotional stress can all affect our nervous system. Megan utilises muscle testing to help identify these causes, and to determine the best treatment approach for you.

We all tend to over indulge a little over the festive season, and our health can suffer as a result. Keeping up with your regular chiropractic treatments can help your body better cope with the physical, nutritional, chemical and emotional stressors it may come across at this busy time of year.



Special Offer

Kick start your health in 2013 with Chiropractic!

\$20.00 off your next visit when you refer a friend or family member into the practice!

Call the clinic today on 9894 0014 to book an appointment.

Recipe of the Month

Chia-Cacao Parfait with Strawberries and Coconut



Ingredients (Serves 2-3)

1/4 cup Chia Seeds

1/2 cup Almonds

5 Dates

1 cup water

1/2 cup Coconut Milk

1 teaspoon Vanilla Extract

2 tablespoons Pure Maple Syrup

2 tablespoons **Raw Cacao Powder**

1 punnet Organic Strawberries

1 cup Shredded Coconut

Mint Leaves for garnish

Method

Add chia seeds, almonds and dates to a bowl with 1 cup water. Soak for 0.5-1hour, or more if desired.

Just before you take out the chia/almond/date mix from the fridge, begin slicing/chopping up your strawberries. I cut them into slices then cut again in half, lengthways.

Add to food processor, and blend on high for a couple minutes, till its all a big mushy mess.

Add in vanilla, maple syrup, and coconut milk, and blend in the raw cacao powder.

Begin assembling your parfait in your favourite glasses, beginning with a strawberry layer, chia-cacao layer, and so on, sprinkling shredded coconut between layers as you go, until you reach almost the top of your glass

Top with extra strawberries, shredded coconut and a mint leaf or two for that extra creative touch.

Wow your guests with this healthy dessert, that's almost worthy of being called a breakfast!

And on that note, keep any leftovers to eat for breakfast or add to your favourite muesli/granola.

Yum!

Men's Health

Daniel Cerny, Naturopath

In general, men are often more reluctant to seek out medical assistance than women. Complaining of pain, a health problem, or admitting that something is not working properly, is not part of the stereotypical behaviour. While women recognize the benefit of seeking health advice on regular basis when required, it is important to understand that men can benefit greatly from seeking assistance early. There are many recommendations your naturopath can make to address a wide range of health problems, specific to men.



Nearly every man experiences some physical or medical difficulties in his life. Some men suffer from minor or transient issues, whilst others may experience more severe or longer-term health issues. These problems can appear at any age and in many instances can be very quickly addressed with the right advice. However it is important to know where to go and what to do, should you experience any of these problems.

What kind of problems are we talking about here?

I. Common issues that require early intervention:

Mental health problems:

- Fatigue, irritability and mood swings, which may have a negative affect on family relationships, but also in professional life. Increased fatigue is sometimes accompanied by feelings of sadness, worthlessness and depression.
- Social (communication) problems may result from the above mentioned difficulties, but men are more prone to psychological and physical stress, often have a reduced ability to learn new things and a reduced ability to interact, or co-operate, with other people.

Sexual problems:

- Low Libido: decreased sensation for sexual arousal or less desire for sexual contact.
- Erectile dysfunction: An inability to develop or maintain an erection of the penis during sexual performance.
- Disorders of ejaculation: Early ejaculation, often in combination with erection difficulties.
- Reduced sensation of orgasm: Not just a problem for women, but also occurs in men.

All of these problems can greatly affect relationships.

Men's Health (continued)

Daniel Cerny, Naturopath

2. Uncovering the hidden problems

Some health issues may not be noticed or uncovered until it is too late.

- **Atherosclerosis, arteriosclerosis:** this affects cardiac arteries and is a leading cause of death in men. It can affect the entire body including the brain and sexual organs.
- **Osteoporosis:** or thinning bones, this often manifests in the form of fractures of the hip, disc or ribs, where disability may occur even after what would be considered a normally insignificant fall.
- **Nervous System:** A reduction in the normal functioning of the nervous system, with a decrease in learning ability, creative thinking and memory.
- **Antibodies:** A reduction in the number of natural antibodies produced, including anti-microbial (immunoglobulins).
- **Blood Cells:** A reduction in the healthy number of red blood cells caused by the absence of erythropoietin, a hormone which regulates their production.
- **Hormone imbalance:** Hormonal disturbance may be affecting the sperm, leading to infertility and complications related to the reproductive system.
- **Andropause:** Characterised by declining of androgens, the most commonly known is **testosterone**.
- **Prostate:** These problems do not exclusively affect men over 50.

The first step in addressing any dysfunction is to have a thorough evaluation conducted to identify the contributing factors. A naturopathic approach offers a more gentle, less invasive and effective solution than conventional methods. Herbal remedies and clinical nutrition have been tested and proven very effective for men's health.

Through preventive medicine your naturopath can teach you how to avoid chronic health problems, answer men's health questions, design practical ways to implement changes to your diet, and recommend ways you can improve your lifestyle for optimal results. So whether you are aware of a current health problem or simply want to improve your overall condition, we can help you.

Daniel Cerny is dedicated to the health & wellness of our patients and specialises in men's health issues including Andropause, Prostate Conditions and Stress. He provides a full range of diagnostic testing, naturopathic physicals and dietary advice



New Year Special Offer—Daniel Cerny, Naturopath

Only \$130 for a Full consultation and health diagnostic

Including a complete Electro Interstitial Scan (Total Value of over \$300)

Valid for bookings made before 15th Jan 2013