

Vitalchi - Autumn 2014

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Getting you well naturally and keeping you that way

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Autumn 2014 Issue 32

What a wonderful and hot summer it has been . To ease you into Autumn our Practitioners have put together some wonderful articles and recipes.

Lina Naturopath/Nutritionist discusses ways to optimise your metabolism to achieve healthy weight as well as providing nutritious Autumn recipes. Julia discusses caring for sick children, Megan our chiropractor discusses the impact of technology and school bags on children's spines and Daniel offers new classes for Mindfulness also have you ever wondered about the benefits of Hypnotherapy?

In this newsletter we introduce Julia D'Angelo, a caring naturopath who is passionate about childhood wellbeing, adolescent health and mental health issues.



Optimise your metabolism to achieve healthy weight.

What is Mindfulness?



Caring for sick children

The benefits of Hypnotherapy

Is School becoming "A pain in the Back?"



Autumn Recipes

Optimize your Metabolism to attain or maintain healthy Weight!

Lina Capovilla—Clinical Nutritionist

Lifestyle Factors that influence your metabolism!

Eating the right foods are imperative in ensuring we are able to attain and maintain healthy weight and optimum energy, mood and concentration but there are many other factors that are also important.

Skipping Meals & dieting



There is a common misconception that skipping meals or dieting is a good idea when trying to loose weight. Nothing could be further from the truth! Missing meals, fasting or cutting out all fat intake can actually encourage the body to store fat, as metabolism slows down.

Eating regularly throughout the day is important. A good quality, substantial breakfast, to **break** the overnight **fast**, is fundamental to kick start our metabolism in the morning. Ideally, eat within about 1/2 hour of rising, and regularly through out the day to ensure you're body maintains it's me-

tabolism and doesn't go into starvation mode.

Grazing through the day is ideal. Either having your normal meals and including snacks or having regular smaller meals through the day are best. Small, regular meals ensure that you have a constant supply of energy maintaining metabolism and blood sugar levels.

Avoid eating late at night or too close to bedtime when you're body is getting ready for rest. Morning and earlier in the day, is when your body needs maximum energy to sustain it and maintain your metabolism. So eat your larger meals early in the day like breakfast and lunch and make them smaller as the day progresses.

Optimize your Metabolism to attain or maintain healthy Weight!

Lina Capovilla—Clinical Nutritionist

Hydration



Drinking water and keeping the body hydrated is an absolute priority in maintaining health and beauty. It's essential for our skin, cells and the elimination of toxins. Aim for between 1.5 to 2 litres per day, increasing that amount when you are exercising or it's hot. When your body is dehydrated, it slows metabolism so keeping up your water intake is paramount.

Exercise

There's no escaping it! Without regular, cardiovascular and resistance exercise, optimizing your metabolism is extremely difficult. The benefits of exercise are broad, having a positive impact on body, mind and soul!

By increasing your cardiovascular fitness and building muscle, you'll boost your metabolism. The more intensely you train, the more you'll increase your metabolism. However, going for a brisk walk will still make a difference but if you're serious about giving your metabolism a swift kick start, regular intense training session is ideal.

Increase gradually if you're just starting out. Walk briskly for 20-30 minutes a day and as your fitness increases, increase the length and intensity of your training aiming for about 45 minutes at least 4-5 times a week. Varied training like boxing, weight training and intense dancing are great to push yourself and get maximum benefits. Train as hard as you can for as long as you can, as your increased metabolism can last for several hours after your training session. Interval training is a great way of pushing yourself to your maximum intensity. Running on a treadmill or at an oval are ideal. Warm up by walking, building up to a light jog for a few minutes, then run as fast as you can for a couple of minutes, then go back to a light jog or brisk walk for a couple of minutes to recover and repeat.

For more information, specific dietary advice or you'd like a specialized program designed for you by our nutritionist **Lina Capovilla**, call us on **9894 0014** now!

Is School Becoming “A Pain in the Back?”

Dr Megan Azer-Chiropractor

We're well and truly back into the school year, which means young spines are readjusting to heavy backpacks, increased iPad and computer usage and poor desk posture.

Neck pain, headaches, back pain and growing pains are some of the common complaints a child may have. As the bones of the spine do not fully fuse until 25 years old, it is during these formative years of childhood that the foundations for spinal development are established. If the spine is unbalanced, unstable and does not move correctly it increases the probability of degenerative changes that are seen in adults.

According to the Chiropractors Association of Australia (CAA), **90% of school children have bad posture when carrying their bags** and could experience unwanted spinal stress and damage as a result. While 75 per cent are not wearing their school backpacks properly and ignoring the ergonomic features in some backpacks which are designed to provide better support and comfort. What's more, many Aussie kids are exacerbating the problem by wearing their backpacks too low on their backs (33 per cent) or slinging them over one shoulder (20 per cent). These alarming findings emerged from a CAA 'under cover' observational study conducted by chiropractors on high-traffic school commute routes in late 2011.



Some of the problems caused by bad posture at an early age include reduced mobility, possible early degeneration of bones and joints, increased vulnerability to injuries and unhealthy pressures on a child's nervous system.

Chiropractic care has been proven to be effective, and can restore correct function and relieve pain symptoms associated with the carrying of heavy backpacks.

The CAA has provided these tips for carrying backpacks:

- Backpacks should be ideally no heavier than 10 per cent of a student's weight when packed.
- Put comfort and fit at the top of the priority list, rather than good looks
- Make sure the backpack is sturdy and appropriately sized - no wider than the student's chest, with broad, padded shoulder straps
- Use both shoulder straps - never sling the pack over one shoulder
- Use waist straps attached
- Don't wear the backpack any lower than the hollow of the lower back
- Don't overload the backpack - use school lockers and plan homework well in advance
- Place all heavy items at the base of the pack, close to the spine, for a better distribution of the weight

Here at Vitalchi our Chiropractor [Dr Megan Azer](#) can provide personal advice to help young spines better manage their heavy backpack load as well as assess and fit backpacks to suit the child's current level of development.

Prevention is better than a cure. Chiropractic care is shown to be safe and effective in reducing back pain in children. It is also known to increase the general health and performance of children with or without spinal pain. So why not book your children in for a **FREE 15 minute Postural Check**, to assess how their spine is functioning. Or, if you're keen to get your child started with Chiropractic care, refer them in and you'll **receive \$20 off your next consultation!**

We like to make Chiropractic care accessible for the whole family, so ask Megan or our reception staff about our special family rate. I look forward to helping your family towards better spinal health.

Image from nmtforhealth.com/chronic-forward-head-posture/

Caring for sick children

Julia D'Angelo — Naturopath

The autumn season marks the beginning of coughs, colds and sniffles. Whilst such illnesses are common amongst children, watching your little one suffer is no easy task for any parent. Knowing how to recognize when your child is sick and needs attention is important, as allowing your child help when he or she feels unwell may prevent unnecessary visits to the doctor or emergency room. Common childhood ailments to look out for include:

Colds

These are one of the most commonly occurring ailments amongst children, due to an abundance of different cold viruses that are easily spread from child to child at playgroup, schooling or other social interactions. It is common for kids to have up to eight colds per year, gradually becoming less frequent as children build up their immunity and tolerance. Luckily, most colds resolve between two to seven days.

Signs of a cold may include mild fatigue and general aches, sneezing, stuffy nose, sore throat, and mild to moderate chest discomfort that can progress into a cough.

The flu

A severe cold and a mild case of the flu may present alike, as many of the above listed presentations for the common cold are also often present with the flu. However it is important to distinguish between them, as the flu can have serious implications and long-term complications for you child, if left untreated

Signs of the flu generally come on suddenly and often include a high fever (ranging between 38-40 degrees Celsius), prominent headache, extreme tiredness or weakness, and may even include diarrhea or vomiting.

Fever

Fever is not a disease, but rather a symptom that can accompany a range of ailments. The purpose of a fever is to raise the body's temperature enough to kill off bacterial and viral infections, which are sensitive to temperature changes. This enables the immune system to get rid of an infection. Most cases of mild fever resolve by themselves. However it is important to call your healthcare provider if an infant under 3 months of age presents with a fever, if an infant aged between 3-6 months has a fever of 38.3 degrees or above, or if an infant aged 6 months plus has a fever of 39 degrees or above.

For toddlers and children with a fever, monitoring their behavior whilst unwell will help you determine whether you need to call your healthcare provider. For instance, if your child is alert, active and playful, is not having difficulty breathing, is eating and sleeping well, or if their temperature comes down quickly with home treatments, then you don't necessarily need to call your healthcare provider. Trust your own intuition in these circumstances.

Signs of a fever may include feeling hot and sweaty, a flushed face, shivering, and chattering teeth.

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Ear Infections

Ear infections are common amongst infants and small children, often following on from a cold. An estimated four out of five children will experience an ear infection at least once in their lifetime. Ear infections are the result of bacterial, viral or fungal infection of the ear canal or Eustachian tube (which connects the ears to the throat). In the event of an ear infection, it is important to keep the ears free of water, as pathogens thrive in damp, moist conditions. Additionally, avoid the use of cotton buds in your child's ear, as this can promote the additional transfer of bacteria into the ear. Most ear infections are viral, and will resolve on their own. However, if symptoms of an ear infection continue to worsen, if a fever is present, or if a discharge of blood and pus are visible, consult your healthcare provider.

Signs of an ear infection may include pulling at ears, excessive crying, fluid draining from ears, fever, headaches, problems with hearing, and difficulty balancing.

Things to consider when looking after a sick child include...

Keep your child at home, away from day care or school. Not only does this prevent the spread of illness amongst friends and classmates, it also provides your child with individual care and a chance to rest and recuperate.

Maintain a well-ventilated room. Stuffy, warm rooms are likely to make your child feel worse.

Sick children easily become tired, so rest is paramount! Encourage your child to doze off when they need to, allowing their body to repair. If your child is unsettled and unable to sleep, consider reading to them or play an audio book.

Increase the amount of fluid your child normally drinks, to prevent dehydration. Children commonly become dehydrated when they are vomiting or have diarrhea. Symptoms can include less frequent urination (children urinate every 6-8 hours), headache, dry mouth, sunken eyes, not having tears when crying, decreased activity, and increased irritability. For proper hydration, offer clear fluids that are not carbonated, including water, broths, juices, and oral electrolytes (e.g. hydralyte).

Sick children often have a reduced appetite, so offer foods that are easily digested and tolerated, such as stewed apples (home cooked), bananas, soup, rice, toast, and pasta.

Provide soothing activities for your child, such as quiet games, toys, music, stories, company and comfort. Avoid vigorous activities, such as playing outdoors.

And lastly, take care of yourself. Looking after a sick child can be exhausting, even for a couple of days. So make things as easy for yourself as you can! Allow yourself rest and sleep when available, and try to get somebody else to take over, every now and then, to give you a break.

[Julia D'Angelo - Naturopath](#)

Caring for sick children

Julia D'Angelo — Naturopath

Recipe for homemade children's cough syrup

Coughs in children are quite common and may linger around for days or even weeks. Children's cough syrups are easy to make, and are much safer than over-the-counter cough and cold remedies, which contain harmful preservatives that can be harsh on tiny tummies, or sedatives that make children drowsy. A simple honey and lemon cough syrup can be made at home to provide your child with safe and effective relief from a nasty, irritating cough.



Honey coats the throat, providing a soothing and symptomatic relief for tissue irritated by a hacking cough, in addition to providing significant antibacterial activity. Studies have shown honey to actively promote healing by directly stimulating human cells that are involved in the immune response, helping to alleviate illness and encourage wound healing (ensure you use a good quality honey, such as Manuka honey). Furthermore, lemon provides an analgesic effect, reduces irritation, and possesses antibacterial properties.

Method

1. Place 500mls of honey in a pan on the stove on low heat. (Do not boil honey as this changes its medicinal properties.)
 2. Take a whole lemon and boil in water (using a separate pot) for 2-3 minutes. This will help to soften the lemon and kill any bacteria that may be on the lemon skin.
 3. Once the lemon is cool enough to handle, cut into slices and add it to the pan of honey. Cook the mixture on a low heat for 1 hour, stirring occasionally.
 4. Strain the lemon from the honey, making sure all lemon seeds are removed. Let the mixture cool, then bottle in an airtight glass jar and store in the refrigerator.
- This syrup will keep for 2 months if refrigerated. To soothe a cough, use ½ teaspoon for a child around 11kg and 1 teaspoon for a 22kg+ child, 4 times daily or as often as needed.

Julia D'Angelo — Naturopath

Julia is a qualified Naturopath, Herbalist and Nutritionist who is passionate about integrating bio-medical science with natural medicines, to help people achieve their maximum health potential.

Using the knowledge gained through years of study in fields of psychology and education, Julia believes in motivating, inspiring and educating her clients about the underlying drivers that impact on health and wellbeing, whilst providing the means to enhance and maintain health in the long term.

Her attraction to the field of psychology has lead Julia to develop a special interest in mental health and stress disorders, including anxiety and depression, where she has identified a growing need for preventative care and support in the area of emotional well-being.

Additionally, with a background in children's education, Julia is also passionate about childhood and adolescent health. Given the overwhelming pressures that accompany raising children, a primary goal of Julia's is to help families raise healthy, vibrant and confident individuals.

Julia utilises a diverse variety of techniques that are safe, gentle and specifically tailored to her patient's requirements, including herbal medicine, diagnostic testing, and nutrition and dietary therapy. Through use of natural medicine, Julia enjoys collaborating with patients to help inspire, achieve and sustain optimum health and wellness.

Julia has had great success in treating the following conditions:

- Childhood and adolescent health, including asthma, eczema, coughs and colds, ear infections, respiratory infections, digestive issues, anxiety and behavioural disorders
- Stress and anxiety disorders, mood imbalances, insomnia, headaches, migraines
- Cardiovascular disease and associated risk factors
- Chronic fatigue syndrome
- Post viral fatigue
- Digestive difficulties, including heartburn, reflux, bloating, cramping, constipation, diarrhoea, and leaky gut
- Inflammatory and irritable bowel disease
- Immune dysfunction, including recurrent infections, hay-fever, sinusitis and lower respiratory tract infections
- Skin conditions, including eczema and acne

Qualifications:

Bachelor of Health Science (Naturopathy)
Bachelor of Applied Science (Psychology)
Post Graduate Diploma of Education



Hypnosis

Carina Stewart

Hypnotherapy - A vehicle for empowering people. What you focus on, you amplify.

Something's happening to clinical hypnosis, it is increasingly being recognized as an established and vital component of mental health and behavioral medicine programs in the finest academic and clinical institutions you can name, including Harvard, Yale and Stanford.

Listed below are some of the key clinically proven areas that hypnosis can offer assistance.

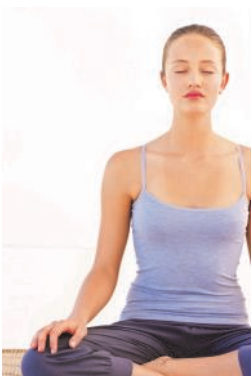
If you would like to see how hypnosis can help you please call the clinic for a booking with Carina

USES OF HYPNOSIS

Allergies	Addictions
Anxiety & stress management	Asthma
Bed-wetting	Irritable Bowel syndrome
Concentration difficulties	Depression
Learning disorders / test anxiety	Nausea & vomiting
Obesity & weight control	Phobias
Sexual dysfunctions	Sleep disorders
Smoking	Sports & athletic performance
Pain (back pain, cancer pain, dental anaesthesia, headaches and migraines, arthritis or rheumatism)	

What is Mindfulness?

Daniel Cerny



Are you struggling with your thoughts? [Daniel Cerny](#) Naturopath teaches Mindfulness classes in clinic.

Mindfulness involves paying attention to each event experienced in the present moment within our body and mind, with a non-judgmental, non-reactive and accepting attitude. In learning to be mindful, we can begin to counter many of our everyday sufferings such as stress, anxiety and depression because we are learning to experience events in a more impersonal and detached way.

Daniel our Naturopath and [MiCBT](#) practitioner is also starting MiCBT group sessions in March. Please contact Daniel directly (Daniel@vitalchiwellness.com) for more information or call Vitalchi friendly reception to assist you with any questions.

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

Delicious Autumn Dinner

Take advantage of the yummy produce that's still available at the moment and whip up this easy, healthy wholesome dinner!

Cook the fish and veggies in the oven at the same time and kill two birds with the one stone.

Harpuka Cartoccio (parcels)

Harpuka is in season at the moment and there's a lot around. It's a delicious fleshy white fish but if you're not able to find it, most fish work well in this dish.

Ingredients:

- 4 pieces of Harpuka or fleshy white fish like rockling
- salt & freshly ground black pepper
- 4 ripe tomatoes sliced
- ¼ cup chopped parsley
- 2 large garlic cloves, peeled
- Squeeze of lemon in each parcel

Method:

1. Preheat oven to 180° C.
2. Place a large sheet of baking paper onto a slightly larger piece of aluminum foil. Place each piece of fish onto baking paper and pinch up the sides of the aluminum foil to make parcels. Don't close yet. Season fish with salt and pepper. Sprinkle some garlic and parsley in each parcel and place tomatoes slices on top. Squeeze lemon into each parcel and seal.
3. Put into the oven and cook for about 20 minutes. Cooking time will vary depending on size of fish and oven. Fish will be opaque when cooked.

Autumn Recipes

Nutritionist - Lina Capovilla

Baked Autumn Veggies

Ingredients:

- Olive oil
- 3 teaspoons oregano
- 2 cloves garlic, crushed
- 1/2 (800g) butternut or jap pumpkin, seeded, cut into wedges
- 4 bulbs baby fennel, trimmed, cut into wedges
- 2 red onions, cut into wedges
- 60g rocket
- 50g (1/3 cup) pine nuts, toasted

Method:

1. Preheat oven to 180°C. Place oil, oregano, garlic, pumpkin, fennel and onions in a large bowl. Season with salt and pepper and toss to combine.
2. Transfer pumpkin to a large roasting pan and roast, turning occasionally, for 15 minutes. Add fennel and onions, and roast, turning occasionally, for a further 25 minutes or until all vegetables are tender. Remove pan from oven and cool for 10 minutes.
3. Place vegetables and rocket in a large bowl, season dress with olive oil and balsamic then toss to combine and scatter with pine nuts.

Whilst the fish and veggies are baking, make up this simple, aromatic salad as an accompaniment if you're feeling like something extra.

Simple Tomato and Basil Salad

Ingredients

- 4 vine-ripened tomatoes
- sea salt and cracked black pepper
- extra-virgin olive oil
- 1 cup basil leaves torn
- 1 tablespoon balsamic vinegar
- 2 tablespoons extra-virgin olive oil, extra

Method: Slice tomatoes and place flat on a plate . Tear basil and sprinkle over it. Drizzle with the vinegar and olive oil. Season with salt and pepper.