

Vitalchi - Spring 2014

6 Main St, Blackburn 3130



Getting you well naturally and keeping you that way

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Spring 2014 Issue 34

Spring is here! The sun is out and our Practitioners have put together some wonderful articles to get you into shape and feeling your best.

Naturopath's Lina Capovilla and Julia D'Angelo talk about Detoxing for Spring including some great Spring recipes to keep you in tune.

Rhianna Smith discuss ways to strengthen muscles which can alleviate back Pain and Dr Megan Azer explains how your body reacts and adjusts to movement of the spine.

Some Exciting News: Vitalchi Practitioners will be conducting talks over the next couple of months at the Urban Fitness Gym. Please check out our [Face Book Page](#) and [Blog](#) or call Vitalchi Wellness on 9894 0014 for further information.



Renew Your Health and Vitality through Detoxification!

Spring Clean your body & revitalize.



Recipes

Lower Back Pain



Reaction:

Return to Natural Health

MTHFR



Reaction – Return To Normal Health

Dr Megan Azer – Chiropractor & NET Practitioner

What happens during the initial phases of healing? Why do I sometimes feel worse after a treatment? Why do I feel tired after a treatment? Do you find yourself asking these questions once you've begun Chiropractic care? If so, read on to better understand why this happens, and help understand why this is actually a GOOD thing! Your body is changing!

When undergoing Chiropractic adjustments to re-align and stabilize the spine, it is not unusual to experience varying degrees of discomfort and symptomatic disturbances. These discomforts are a part of what we term REACTION.



Reaction is the body's response to an adjustment. An adjustment allows the spinal column to normalize itself. Following an adjustment, irritation of the nerves is reduced, muscle tone is improved, discs reshape to provide better cushioning between vertebrae, and tension on cartilage caused by stress is reduced.

Reaction occurs most commonly between the third and tenth adjustment, but may vary with the individual and the severity of their condition. If or when reaction occurs it may last from one to several days, but in the majority of cases diminishes in two to three days. Approximately 50% of chiropractic patients may experience reaction. If you are among this group there is no cause for alarm.

Reaction is a healthy change occurring within the body. The mechanics of the change can best be understood by explaining that the spine is being adjusted to a normal position. Therefore there is an element of physical change, which involves your bones, muscles, ligaments, blood vessels, connective tissue and cartilage. All of these tissues and structures must adapt to the new, normal position. This adaptation process, which is part of the change to a healthier condition in the body, is often accompanied by reaction.

Keep in mind that any reaction following a chiropractic adjustment is due to the removing of obstructions caused by pressure on the spinal nerves and is, in fact, a sure sign that the normal flow of nerve energy is being restored to the affected areas. In that sense then, we can say that REACTION is simply another way of saying REACTIVATION, which is nature's way of telling you that you are getting well.



Straightening spines is similar to straightening teeth; both take time and repeated treatments. Either may cause some discomfort.

Reaction – Return To Normal Health

Dr Megan Azer – Chiropractor & NET Practitioner

It's important that if you have any concerns throughout your care, please ask your practitioner. Education is power – the more you know about your body and it's healing, the more empowered you are to achieve wellbeing.

Dr Megan will be having some time away from the 22nd October to the 8th November. She's undertaking further education on Neuro-Emotional Technique (NET) in Canada, and then spending some time in New York. While she's away, a wonderful Chiropractor – Dr Jennifer Barker will be covering a few sessions at Vitalchi. Dr Jennifer practices a very similar style to Dr Megan so you will feel very comfortable with your continued treatment.

Dr Jennifer's hours will be:

Saturday 25th October 9am – 1pm

Friday 31st October 10am – 1pm

Saturday 1st November 9am – 1pm

Friday 7th November 10am – 1pm

Saturday 8th November 9am – 1pm

It is very important for your healing to stick to your scheduled care plan. As always, if you have any questions about your health care, please email [Dr Megan](mailto:megan@sanctuarywellness.com.au) at: megan@sanctuarywellness.com.au

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Spring clean your body and feel Revitalized!

Naturopath Lina Capovilla

Spring clean your body and feel revitalized!

**Feeling mentally and physically sluggish after the winter?
Inspired to increase energy and vitality now that it's getting warmer?
Want greater clarity of mind?
Want to shift those extra winter kilos?**

Spring is finally in the air and it's so exciting and uplifting for most of us (as long as you don't suffer from hayfever). Doesn't it motivate us to get in and spring clean the house open up all the windows and air out the house and get the fresh air and sunshine in. Ever thought about doing that for our bodies?

After the long winter, and I don't know about you but it's definitely felt long to me, our bodies often feel like they need to be unfurled like a flower unfolding and opening up to the sunshine. We want to be rejuvenated after our winter hibernation and cleanse our insides so that we can increase our vitality and make the most of the outdoors and spring and summer.

This is the perfect time to start a detox program to give our bodies a spring clean and improve energy, digestion, our memory and concentration, our skin and even help to shed some of those extra kilos we might have accumulated during winter (just to keep us warm of course!)

Not only can we feel a marked physical difference after a detox due to the release of toxic build up in our bodies but we support liver function and the detoxification organs including the lungs, skin, bladder, bowels. We also repair and regenerate our bodies and help to reduce the risk of chronic diseases.

If you feel any of the symptoms listed below, a cleanse is definitely going to be beneficial. This is the perfect time to give your body some time out and give it a much-deserved spring clean!

- Fatigue
- Headaches
- Digestive issues
- Food sensitivities
- Inflammation and muscular and joint pain
- Arthritis
- Poor circulation
- Constipation
- Frequent colds
- Allergies
- Hay fever
- Acne
- Insomnia
- Depression

Spring clean your body and feel Revitalized!

Naturopath -Lina Capovilla

And a sensational side effect is that a detox also aids in detoxifying the mind and increases mental clarity, creativity and can help to reduce negative emotions. Doesn't it make sense, that if you've got a toxic body, that it's going to be extremely challenging to have a pure mind?

Why detox?

Staying clean in our modern world is incredibly challenging. In our day to day lives, we're exposed to an ever increasing onslaught of toxins in the air, our water, the food we eat like preservatives and additives, pesticides & fertilizers, our lifestyles smoking & drinking, medications, environment - chems in furnishing, paints the cosmetics we use, cleaning products, even the information we're exposed to. These are all on top of the normal bodily by-products of metabolism which are naturally generated wastes from the body.

The balance of our bodies is regularly undermined as our nervous systems are bombarded by the relentless mental and emotional stresses of our day-to-day lives and our immune systems are constantly under attack due to the millions of microbes in our environment.

By giving our bodies and ourselves some time out from some of the stressors of life both the physical and mental and emotional ones we can help to cleanse, restore and reinvigorate our bodies and minds and increase our well-being and vitality.

Is about clearing out all the junk (crap) that accumulates in the body. How important is that? Think about your car - if the petrol filter or the air filter is clogged or doesn't work effectively, your car won't run properly.

It's the same with our body - often these seemingly small issues lead to bigger and bigger ones.

So, what's it really about and how do we do it?

A detox (or cleanse) gives our bodies a break from the toxic excesses that we're exposed to and our lives create. However, despite the common misconception that detoxing or cleansing is all about deprivation and starvation it really doesn't have to be a huge chore. There are so many simple strategies, which can be incorporated into everyday life and can make a huge difference.

So how do we do it?

There are a multitude of detox programs out there, all promising to make you feel fantastic but beware, one size does NOT fit all. It's so important to work 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. Combining detoxification supplements with a healthy eating plan and regular exercise is the ultimate way to cleanse and invigorate the body, although making some small changes can make a huge difference.

What can you do?

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Naturopath- Lina Capovilla

DRINK WATER, at least 1.5 to 2 litres. This is absolutely crucial with many people feeling a significant improvement through this alone. Water is nature's gold to our bodies, it purifies, vitalizes and energizes us.

Junk food! The name says it all, it's junk. Most of us wouldn't put leaded petrol into our cars and expect them to run like sports cars would we?

Work towards eliminating all junk food including processed and refined foods, sugar, sweets and other 'artificial' food from your diet including caffeine, soft drinks and commercial juices. You'll feel the difference in a few days.

Increase fresh fruit and vegetables. This is the perfect time of year when all the delicious spring and summer produce comes into season. It's also a great time to start juicing if you aren't already. Aim to have juices which have a greater vegetable to fruit ratio to maximize essential nutrients and ensure you're not having too much sugar. These are wonderfully cleansing and alkalizing to the body.

Cease or at least reduce alcohol intake during your cleanse, to give our liver and brain a break.

Whole foods diet, rich in fresh vegetables and fruits, ideally organic and in season. Include fish, nuts, seeds and legumes into your diet. Steam, bake or grill meats. If it's in a packet, avoid it.

Increase coriander, garlic, ginger, turmeric, leafy green vegetables, fresh nuts and seeds and good quality cold pressed oils high in omega 3. These foods support detoxification and help to decrease inflammation in the body.

Exercise – Green exercise, which is exercising outdoors, is ideal as it combines the benefits of exercise whilst including the overwhelming positive influences of being outdoors and in nature to increase overall vitality. It helps to increase circulation thereby supporting the body's ability to flush out toxins. Aim for 20-30 minutes of moderate exercise 3-4 times per week with at least one session outdoors in nature.

Sleep and rest. These are absolutely underrated. Without adequate sleep, we can't function optimally, with adverse effects on our concentration, mood and tolerance. Think about how short tempered we are when we haven't slept well and the car in front of us takes its time taking off at the lights. We often turn into a nutter, mumbling wake up or worse. Imagine what your organs are experiencing? Our bodies can't regenerate properly when we're not getting enough rest so this is absolutely paramount.

Smoking - Avoiding smoking goes without saying as it increases the toxic load on your body whilst having substantial adverse implications to your health. You might feel so good after the detox, that you never pick them up again! It might be just the kick start you need to give them up for good! The improvements to your health will be profound, and so will the benefit to your wallet.

Lower Back Pain

Rhianna Smith -Exercise Physiologist

Lower Back Pain

Lower back pain is one of the most common complaints that patients come to me with. Lower back pain is common in those who do a lot of holding one position, for example sitting or standing for long periods of time, as well as those who do a lot of repetitive movements, for example lifting or twisting. Clients often report that increasing their physical activity level, no matter what exercise they are completing, often reduces their lower back pain. It is important to remember that if you are going to exercise, you never complete exercises that cause you pain. It will also be important for you to have good technique when you are performing exercises, so that do not worsen your condition.

The main causes of lower back pain are often weakened glute muscles, weakened core muscles, overactive lower back muscles and poor pelvic position. By completing glute strengthening exercises, core stabilisation exercises, postural awareness and pelvic tilt exercises you can often reduce your lower back pain. For those who do a lot of lifting, improving lifting technique can also often reduce your back pain.

The first thing to do when you start to experience back pain is to get a diagnosis. For complex or serious conditions, the best people for diagnosis will be either going to your GP or hospital, or going to a sports physician. These professions perform advanced diagnosis, including providing scans, blood tests, medications and occasionally surgery. For less severe conditions, you can see an osteopath, physiotherapist or chiropractor for diagnosis. These professions can provide manual tests for diagnosing, as well as refer you for some scans.

As an exercise physiologist, I work with your diagnosis and give you an exercise program to complete under supervision, ensuring correct technique and appropriate exercises for your conditions. I can also provide you with a home program or a gym program, so that you can continue to complete these exercises independently. In addition I go through self-management techniques, so that if you have trouble sticking to your program we can come up with goals and strategies to improve your compliance.

For further information, speak to us at Vitalchi, or contact your GP.

[Rhianna](#) will be conducting an information session at the Urban Fitness Gym on Injury Prevention on the 21st October. Please contact Vitalchi Wellness on 9894 0014 for more information. The information will also be shared on our Facebook page.



Renew your health and vitality through detoxification!

Naturopath-Julia D'Angelo

Renew your health and vitality through detoxification!

Ask yourself the following questions:

Do you often feel tired or lethargic?

Do you suffer from bloating, diarrhoea, constipation, nausea, bad breath or flatulence?

Do you experience regular headaches?

Do you suffer from muscular aches and pains?

Do you suffer from allergies, environmental sensitivities or intolerances?

Do you experience poor short term memory and concentration?

Do you suffer from hormonal problems such as PMS or heavy, painful or irregular, periods?

Do you experience skin complaints?

Do you find it difficult to lose weight or have you experienced weight gain?

If you've answered yes to any of these signs or symptoms, this may indicate that your body may be suffering from the burden of toxins and be in need of a good detox! Do you want your body to effectively and efficiently eliminate toxins you are exposed to? Or maybe you are interested in detoxing because you want to look and feel even healthier?

Detoxification is a process that your body undertakes every day to help eliminate toxins and restore a healthy balance. A toxin is viewed as any substance that causes harm to your body and are often caused by exposure to environmental pollutants, poor dietary or lifestyle choices, metabolic by-products of organisms that reside within our body (harmful bacteria or fungi) or our body's own metabolic wastes. These toxins can interfere with the normal processes of the body through a variety of mechanisms, including interference with enzyme activity, causing oxidative damage to our tissues and cells, mimicking hormones and neurotransmitters, and by blocking the absorption of key nutrients (resulting in nutrient deficiencies). With more than 2000 new chemicals being produced every year, infiltrating our soil, water, air and food supply, toxins are an unfortunate yet unavoidable fact of modern life.

Modern lifestyle factors that may contribute to the need for a Detoxification Program include the following:

- Regular use of pharmaceutical medications
- Poor dietary choices, such as regular consumption of high sugar diets and junk food
- Poor gut motility, marked by a tendency towards diarrhoea or constipation
- Irritation and damage to the digestive cells caused by harmful bacteria
- Irritation and damage to the digestive cells caused by chemicals present in foods
- Exposure to harsh environmental chemicals, including insecticides, herbicides, drugs, solvents and metals
- Lifestyle choices, including regular consumption of alcohol, smoking or recreational drug use
- Hormonal imbalances
- Psychosocial factors, such as stress and trauma

Whilst our body has a natural ability to breakdown and eliminate toxic burden, ever growing exposure of toxins from our environment can increase the functional demand on these organs, causing them to become over-worked and impact on their ability to function at their full potential.

Reducing toxin burden through clean eating and living is vital, however the most modifiable factor in preventing toxicity related disease is maximizing your body's capacity to deal with toxins.

Renew your health and vitality through detoxification!

Naturopath-Julia D'Angelo

So what happens during a detox?...

Toxic load is reduced

Reducing the toxic burden with dietary and lifestyle modification is fundamental to detoxification. A primary source of ongoing toxin exposure can be found within the diet, through the intake of additives, preservatives, artificial sweeteners and flavours, coffee and alcohol. Thus intake of these substances is minimized. Additionally, exposure to chemicals and other harmful substances are also best avoided, including recreational drugs, cigarettes, inappropriate use of pharmaceuticals, chemical-based cleaning agents and plastics (which contains harmful substances including BPA, phthalates and diethylstilboestrol).

Detoxification capacity is improved and wastes are eliminated

Improving the body's detoxification capacity is founded upon supporting the channels of elimination, which include the digestive tract, liver, kidneys and lymphatic circulation. Supporting the function of these organs not only stimulates the breakdown, neutralisation and excretion of toxic components, but also significantly reduces the burden of stress on these organs enabling them to function optimally. This may result in improved production of digestive secretions (which support the breakdown and absorption of nutrients within our food), reduces the inflammatory burden caused by poorly digested foods, and supports correct motility of foods within our digestive tract (minimising the occurrence of constipation or diarrhoea).

Antioxidant protection is enhanced and free radicals are neutralised

Overexposure to environmental toxins can produce highly reactive molecules within your body that have the ability to alter normal biochemical processes and cause damage to cells and tissues. Such damage has been found to contribute to serious health issues including bowel disease, arthritis, diabetes and cancer. By increasing your body's exposure to a high source of antioxidants through diet, nutritional and herbal therapy, these molecules destroy free radicals to prevent further damage to your cells whilst also protecting them.

So how can you increase your detoxification capacity?

Clean up your environment- The most common pollutants that you should eliminate are often those located within your home. These include deodorants with aluminium and other chemicals, perfumes, chemical moisturisers and make up products, cleansers, hair sprays, soaps, shampoos, detergents and other cleaning agents.

Exercise- In addition to benefiting digestion and preventing constipation, regular exercise assists with detoxification by promoting the circulation of blood and lymph. This enhances the elimination of waste products and the delivery of nutrients and oxygen to your organs and muscles.

Dry skin brushing- The skin acts as a major organ of elimination. However as dead skin cells accumulate on the skins layer, this reduces its ability to detoxify effectively. Before you shower, spend 5-10 minutes using a firm bristled brush to scrub your skin, starting from your feet and moving up your body. Your skin should look slightly red and tingle when finished.

However, for best results, a tailored Detoxification Program with a trained [Naturopath](#) will help you to re-balance your detoxification channels, reduce the burden on your body and achieve the maximum benefits.

Recipes

Seasonal Spring Alkalisng Salad-Naturopath Lina Capovilla

Seasonal Spring Alkalisng Salad

This salad is deliciously healthy and detoxifying and the ingredients are all in season now. Choc full of antioxidants, you'll be giving both your taste buds and your body a treat by enjoying this.

Spinach

Fennel – thinly sliced

Beetroots – boiled and sliced or cut into small wedges

Asparagus – lighted boiled until al dente then chopped into 2cm pieces (retain the water and add to soups)

Red capsicum – chopped

Peas – raw

Parsley – roughly chopped

Slices of orange

LSA (linseed, sunflower and almond ground) Pumpkin seeds and chia sprinkled over the top for some crunch

Lemon juice

Macadamia or Olive oil dressing

Chop all your veggies varying the quantities as you like them, and toss all together, mix in dressing and through seeds on top.

ENJOY!



Recipes -Hummus

Naturopath-Lina Capovilla

Hummus

Ingredients

- 1 x 400g can chickpeas, rinsed, drained
- 60ml (1/4 cup) fresh lemon juice
- 2 tbsp. tahini
- 2 tbsp. water
- 1 tsp ground cumin (optional)
- 1/2 tsp ground coriander (optional)
- 1 small garlic clove, crushed
- Salt & freshly ground black pepper
- Carrot, celery or capsicum sticks &/or beans to serve

Method

Place chickpeas, lemon juice, tahini, water, cumin, coriander and garlic in a food processor and blend until a smooth paste forms. Taste and season with salt and pepper. (Add extra lemon juice or water if the hummus is too thick.)

Transfer hummus to a bowl. Sprinkle with paprika to garnish. Serve with vegetable sticks.

This is delicious, super easy and satisfying. Spread on celery or carrot sticks, fennel or kale chips.

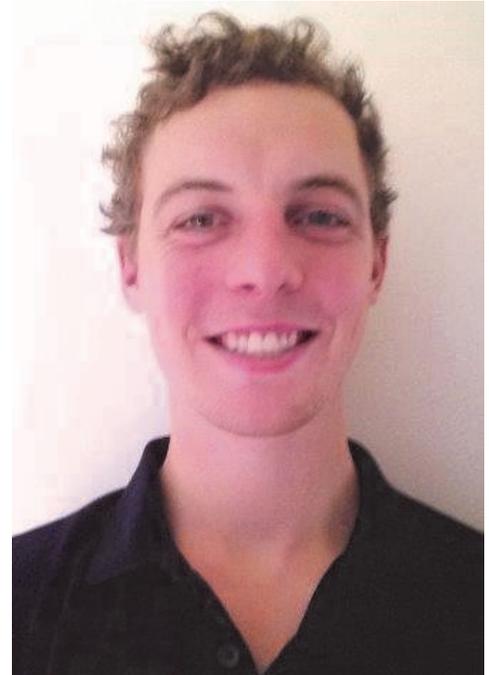
Introducing Nick Nation - Remedial Therapist

Nicholas completed his Diploma Remedial Massage graduating from the Endeavour College of Natural Health in 2011. Since then he has spent considerable time working with sporting clubs like the Richmond Football Club in the AFL and is the head sports trainer for a local football team.

He has also volunteered with the Royal Talbert Rehab Centre working with spinal, stroke and amputee victims. Outside of work Nick enjoys a variety of outdoor recreational activities like football, surfing, fishing and camping.

Nick practices Remedial Massage and uses a variety of techniques to relieve the body of muscular aches and pains, headaches, joint stiffness, and soft tissue injuries. Nick will tailor a treatment plan suited to your individual needs.

Nick is a member of AAMT and is registered with HiCAPS which may enable you (depending upon your health fund) to claim your health care rebate back immediately after your consultation.



Muscular Pain

- Rehabilitation
- Neck, shoulder, & back pain
- Soft Tissue Injuries
- Headaches
- Joint Stiffness
- Increased flexibility
- Postural imbalances

Qualifications

- Diploma of Remedial Massage
- First Aid Level 2

Association

- Australian Association of Massage Therapies (AAMT)

What is MTHFR?

Daniel Cerny Naturopath

What is MTHFR?

MTHFR is the name for both a gene and the enzyme it encodes. Certain mutations of the gene can affect the function of the enzyme, leading to symptoms such as neurological disorders, birth defects, and cardiovascular issues.

Signs and symptoms

Though MTHFR deficiency can manifest itself in a variety of ways, anyone with one or more of the following symptoms should consider further testing.

- Having a child with a birth defect, especially spina bifida, cleft palate, or neural tube defects.
- Elevated homocysteine levels.
- Mental dysfunction (depression, anxiety, mood swings, schizophrenia, bipolar disorder, and others)
- IBS, fibromyalgia, Down Syndrome, or Chronic Fatigue
- Neurological disorders
- Cancer (also a family history of cancer)
- Infertility
- Cardiovascular issues, either personal or by family relation

Who is predisposed

Environmental and lifestyle factors do not play major roles in MTHFR mutations, as it is largely genetic. Ethnically, Caucasians and Hispanics are the most susceptible. Roughly 40% of Western population are carriers, but only 10-15% actually have the condition, and in these it is generally mild. Nonetheless, the effects of even mild MTHFR can be detrimental.

Why to test

MTHFR mutations are prevalent in the general population, and may play a significant role in cancer, birth defects, cardiovascular disease, fibromyalgia, and other health issues. Fortunately, it requires only a simple blood test to diagnose. If you are experiencing any of the above symptoms, consider testing for MTHFR mutations.

Clinical Complications

Though MTHFR deficiency can directly cause the above signs and symptoms, it can also worsen the impact of other conditions, including:

- Various forms of cancer, including breast, rectal, gastric, and prostate
- Dementia
- Neurological disorders
- Congenital heart defects
- Diabetes
- Glaucoma

Different types of polymorphism

Nine polymorphisms, or common variants, of the MTHFR gene have been identified. Of note are the following two:

The 677C→T variant, which leads to one of the most common symptoms: disruption of homocysteine metabolism. This polymorphism is thought to be the most potentially detrimental, as it has been directly linked to a variety of issues.

The 1298A→C variant, which has also been confirmed to affect enzymatic activity, and can lead to or worsen neurological, cardiovascular, and psychological conditions.

Treatment

Most cases of MTHFR deficiency are treated with folate supplementation (specifically methylfolate, the most active form of folate in the body), methyl-B12 supplementation, P5P supplementation, and dietary changes. Generally, this will restore natural enzyme function. Severe deficiency may lead to more radical treatments.

Daniel Cerny. has been treating MTHFR polymorphisms for several years, and can help you discover the best supplementation regime for your specific case. While methylfolates are an important element in treatment, there may be other factors depending on your individual case. Each case of MTHFR polymorphism requires specialized treatment, as no two people have the same biological needs, and Daniel can help you find and implement the best strategy for handling your case.

<http://www.ncbi.nlm.nih.gov/books/NBK6561/>

<http://www.mthfrtreatment.com/index.html>