

Vitalchi - Summer 2014

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Getting you well naturally and keeping you that way

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Summer 2014 Issue 31

It is a wonderful time of the year but we often lose sight of the things that are really important to us. We are busy running around and forget to take care of ourselves properly. In this summer issue we are going to address some simple ways to look after yourself through this busy period.

Also in this issue we look at Hemaview -Live Blood Analysis . It is amazing what our blood can tell us about our lifestyle and health.

Included in this summer issue are special offers to help you begin 2014 with optimal health.

Live Blood Analysis-Hemaview

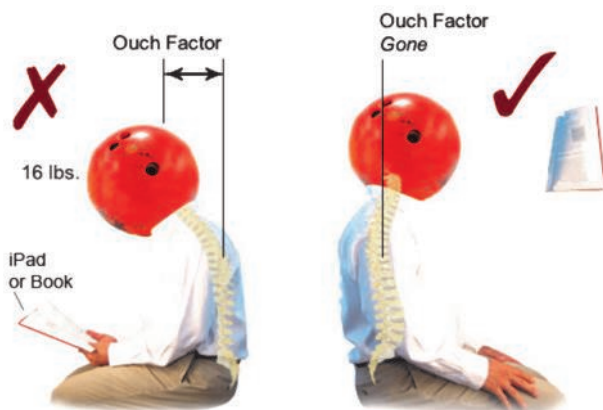


Image from <http://nmtforhealth.com/chronic-forward-head-posture/>



Feeling Low on Energy?

Start the New Year the Naturally Healthy Way



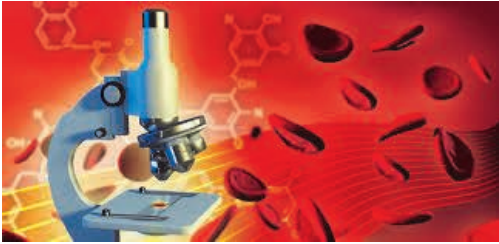
Vitalchi Wellness will be closed from December 25th and reopen again on the 6th January 2014.

MERRY CHRISTMAS.

Hemaview – Live Blood Screening

Lina Capovilla—Clinical Nutritionist

Experience this amazing new screening device we have within our clinic.



HEMAVIEW is a form of live blood screening that can make a significant difference to improving and understanding your health more than ever before. Based on the medical science of hematology, it is an accurate and reliable tool which instantly provides information about your health and can help us assess factors that may be influencing your health, from the inside.

Hemaview can evaluate indicators of health that are unavailable to other forms of blood testing and can detect certain pathological changes and dysfunction that occur in the early stages of disease.

Is it safe and Effective?

It is a minimally invasive and provides immediate results. Using just one or two drops of blood (taken from a quick finger prick), your practitioner will examine your blood under the microscope, Lina will investigate the size, shape and various other factors of your red blood cells, white cells and other components in your blood while you watch it on a screen.

Seeing is Believing/See it and believe it

Unlike other blood tests, [Hemaview™](#) is instant and gives you a snap shot into your body. By viewing your blood and interpreting the parameters observed, we can see the effect lifestyle and environmental conditions have on your body and target treatment to improve your health.

What can be assessed?

By viewing your blood, Lina will educate and empower you to make changes to your health. A wealth of information can be observed in the blood including indicators of:

- Liver health - stress or toxicity
- Immune function
- Red blood cell function and integrity
- Signs of inflammation – which may be early indicators of disease processes
- Gastro intestinal health including “leaky gut”
- Oxidative stress and free radical damage of your cells
- Essential fatty acid deficiency indicators
- Anaemia
- Indicators of nutritional deficiencies – iron, vitamin B 12, folic acid
- Indicators of the presence of infections
- Signs pertaining to food allergies
- Fat clearance by the liver
- Smoking and alcohol damage
- Levels of inflammation in the body
- Dehydration



Hemaview – Live Blood Screening

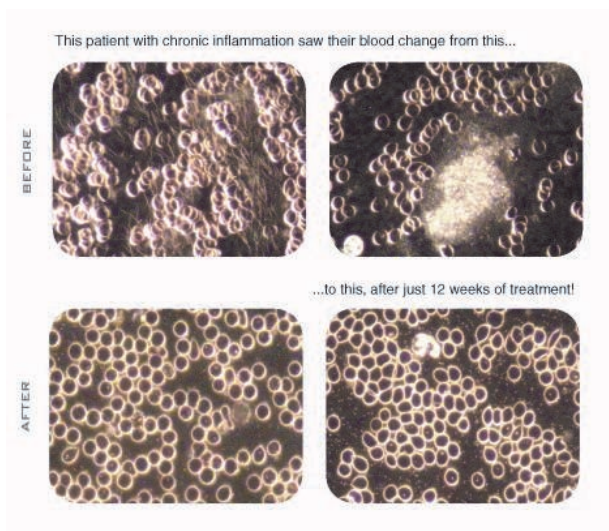
Combined with a clinical assessment, this profound screening tool, can aid us to help uncover underlying factors that might be contributing to your health issues.

Hemaview is a proactive and preventative assessment...and seeing truly is believing.

Not only will you feel the difference, but with Hemaview you can see changes in your blood as your treatment progresses.

Customised report. Your practitioner can provide you with a customised computer report on the key features in your blood. This includes photos of your blood, information on the importance of these features for your health, and recommendations on how you can improve your health status. Best of all you can keep a record of your progress and see how your blood picture improves over time!

Hemaview™



Our blood is the lifeline of the body.

What is it exactly and how can Hemaview™ help our health?

Blood is an essential part of our body that consists of a fluid called plasma containing two types of blood cells: erythrocytes commonly called red blood cells, and leucocytes or white blood cells which are the specialised cells of our immune system.

The red blood cell's function is to deliver essential nutrients and substances like vitamins, minerals and oxygen, to the cells and remove and transport carbon dioxide and other waste products away from the cells so that they can be eliminated by the body via our excretory organs. Our body has billions of cells that need regular supply of fuel and oxygen to function. Blood meets these requirements and ensures proper functioning of cells therefore ensuring our body keeps in good health.

Hemaview – Live Blood Screening

White blood cells are the soldiers which carry antibodies to fight infections. Specialised white blood cells identify foreign substances from bacteria and viruses in the body and produce antibodies that target and attack them. Produced in the bone marrow they circulate in the bloodstream and have the ability to move out of the blood vessels into the infected area to attack the bacteria.

With Live blood analysis, we assess the health and therefore the ability of our immune system to detect and attack infections.

Blood, therefore, is a vital body fluid – lifeline of a body that performs many important functions. We can't live without it and by using Hemaview™ to view your blood, we have an exclusive avenue to gauge the health of your body from the inside!

Act Now!

**You may have had blood tests before, but nothing compares
to seeing your own blood on screen.**

As a special introductory offer, you can try this outstanding assessment for only \$93, which is over **20% off** the usual price of \$117.

**Start the new year with a commitment to your health and take advantage of this
amazing offer and book in now!**

This is a limited offer and will only be available until the 29th of January 2014



Lina Capovilla is our clinical nutritionist who is extensively trained in Hemaview analysis.

Call us now on 9894 0014

to experience this remarkable test and have Lina show you your blood on screen.

Feeling low on Energy? How Chiropractic can help: Dr Megan Azer – Chiropractor & NET Practitioner

As the year comes to a close many people are struggling with their energy levels. Work, family and Christmas stress are all taking a toll. Most of us are hanging out for the summer break just to recharge. However before you know it, 2014 is here, routine resumes, and we struggle with the same energy troubles.

There are many causes to fatigue and flat mood. Food intolerances, allergies, sleep deprivation and stress just to name a few. From a Chiropractic perspective, spinal dysfunction is a big factor. When your spine is out of alignment, you may feel stiffness, discomfort, and this saps your body of energy. The reason for this is because your body works overtime to try to compensate for the imbalance. Tension in your body from imbalance can also affect blood and cerebral spinal fluid (CSF) flow to your brain and other internal organs.

I often use the analogy of the bowling ball, in reference to our head carriage. Imagine holding a bowling ball close to your body at the chest – pretty easy right. Now imagine holding it with out-stretched arms in front of you – your arms will most likely fatigue and ache within 10 seconds! This is what it's like for your head and neck when our head carriage starts to move forward with poor posture. Our neck muscles and spine fatigue and ache; and over the long term, cause postural damage, headaches, concentration problems, brain fog and energy depletion.

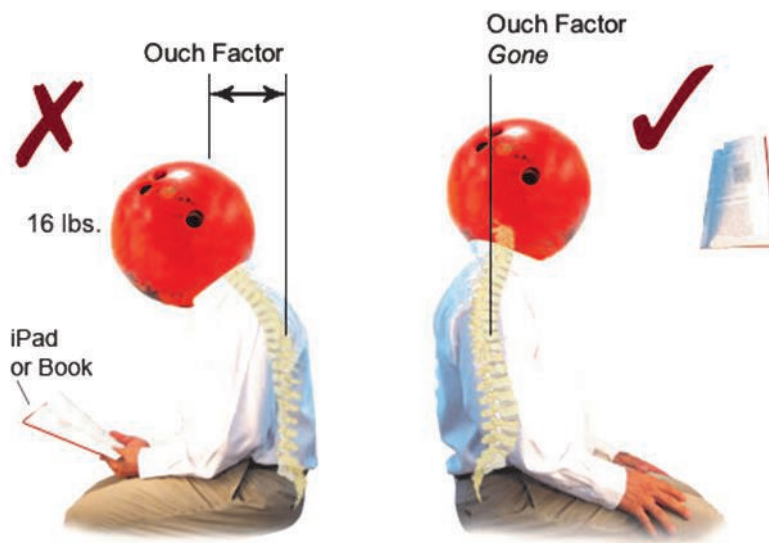


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Feeling low on Energy? How Chiropractic can help: Dr Megan Azer – Chiropractor & NET Practitioner

Chiropractors are specially trained to locate areas of imbalance in your body that are causing unnatural pressure on your skeletal structure and nervous system. This imbalance can drain your energy and cause weakened resistance to disease, ill health, premature aging and chronic fatigue. Chiropractic care can improve your quality of life, giving you more energy and physical and mental health.

The wonderful thing about summer is the weather improves (except when you're in Melbourne) which allows us to get outdoors for some exercise. Backyard cricket, swimming, bike riding and playing around with the kids are all enjoyable ways we can stay active. Research suggests regular exercise can increase energy levels even among people suffering from chronic medical conditions associated with fatigue, like cancer and heart disease. A lot of times when people are fatigued, the last thing they want to do is exercise, but if you're physically inactive and fatigued, being just a bit more active will help. Even a 15-minute walk gets your blood pumping and moves oxygen and nutrients through the body to muscle tissue improving their ability to produce more energy. The most important thing with starting an exercise program to combat fatigue is to establish a regular pattern of exercise. Not only will it improve energy levels, it will also improve strength, stability, fitness and posture for your body.

To help you and your family get through the silly season with optimal health, Megan is rewarding current clients with \$20 off your next visit when you refer a friend or family member into the practice!



Kick start your health in 2014 with Chiropractic!

Start the New Year the Natural Healthy Way-

Daniel Cerny -Naturopath

Many people feel that they have overindulged during the Christmas season. Doing the rounds of Christmas parties, Christmas dinners and Christmas leftovers can cause lots of us to go into January feeling bloated, tired, a little down and somewhat toxic. Luckily there is a lot we can do to pep ourselves up using nutrition and natural health products.

Post-Christmas is a great time to have a detox, assisting your body to cleanse itself of metabolic by-products and toxins which have accumulated over the festive season.

Avoid toxic food

The first step is to avoid taking in any substances which will contribute to the bodies toxic load. This means staying away from alcohol, sugar, dairy and processed foods in general. Try to eat as naturally as possible, consuming foods in as close to their natural state as you can.

Here is a simple menu:

Breakfast: puffed rice/millet/quinoa with almond milk and berries, shredded coconut and LSA mix.

Lunch: mixed green leaf salad containing shredded beetroot, carrots, radish, cucumber a avocado, chickpeas and some lemon juice, olive oil with tahini as a dressing.

Snacks: handful of mixed unsalted, raw nuts and seeds and a piece of fruit

Dinner: lentil and vegetable soup, grilled fish with your favorite green leafy veg

This diet avoids foods which the body finds difficult to eliminate, such as processed meats and grains. Eating regularly is important to balance blood sugar levels (preventing energy fluctuations) and avoid cravings for carbohydrates and sweet things.

Drink water

Consume at least two liters of filtered water throughout the day. Avoid caffeine rather than coffee, experiment with herbal teas. Nettle and dandelion are particularly good for detoxing. Rooibos has a stronger taste and is full of antioxidants.

Support your liver

Focusing on the liver is an important part of a detox. The liver is the organ which acts as a filter, trapping and processing any ingested toxins. Therefore it is crucial to support the liver during any kind of detox program. This can be done by increasing the amount of liver-friendly foods consumed dark green leafy vegetables, seeds, nuts and good quality protein.

Start the New Year the Naturally Healthy way

Daniel Cerny — Naturopath

Milk Thistle and Vitamins

Supplements can be very beneficial to boost and support liver function and other channels of elimination. A herb called Silybum Marianum (Milk Thistle) has been clinically proven to increase liver detoxification pathways and protect the health of the liver. B vitamins are also crucial to liver health, and taking a high-dose multivitamin can help detox. Look for one with about 50mg of each of the B vitamins.

Exercise

Don't forget that exercise is important to boost metabolism and release mood-lifting endorphins.

Sleep well

Getting enough sleep is also a key to good health and healing. When you are at rest, your body is doing its regeneration and repair work. Make sure you are getting at least 8 hours sleep a night and avoid keeping late hours there is an old saying that an hours sleep before midnight is worth two hours after midnight.

You should try and stick to this simple detox plan for at least two weeks - see how you get on and discover what a difference it makes to you, *alternatively* at Vitalchi we offer five weeks integrative liver detox which includes individualized diet and prescription of specific nutrients to promote all channels of elimination, this program needs to be done with professional guidance to overcome undesirable consequences.

[Daniel Cerny](#) - Naturopath - Vitalchi Wellness

