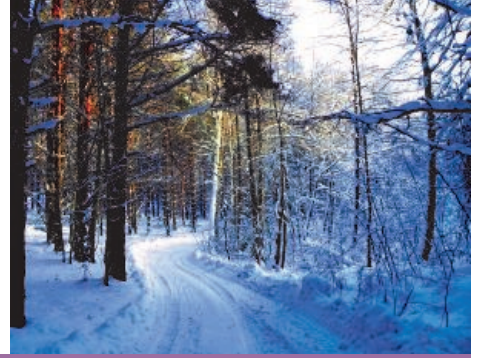


Vitalchi - Winter 2014

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Getting you well naturally and keeping you that way

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Winter 2014 Issue 33

Can you believe it is Winter and how quickly the season changed! In this newsletter we have a few articles to get you through the winter months. Daniel discusses the benefits of Meditation, Megan asks the question could your jaw be out of alignment and Wendy shares a wonderful Winter Bone Broth Recipe.

We also have Rhianna an Exercise Physiologist working at Vitalchi who can help you with a tailored exercise plan. Julia discusses ways to get a good night sleep.

Please take the time to read Mafalda's article on Oncology Massage something that she and the team at Vitalchi are very passionate about supporting, with nutrition, exercise, massage and other supporting services.



The Importance of quality sleep



Oncology Massage



Delicious Bone Broth Recipe



The Benefits of Meditation



Chronic Headaches? Stress?

It could be your Jaw



How can an Exercise Physiologist help?

Chronic Headaches? Stress? It could be your Jaw...

Dr Megan Azer – Chiropractor & NET Practitioner

The temporomandibular joints (TMJ) are the two joints that connect the jaw to the skull. These hinge joints slide and rotate in front of each ear, and consist of the temporal bone (the side and base of the skull) and the lower jaw (mandible). When the mandible and the joints are properly aligned, a smooth muscle action can take place, allowing movement of the mouth like chewing. If and when these components are not aligned, several problems can occur.

Temporomandibular joint disorders (TMJD) refer to disorders of the temporomandibular joints, jaw muscles and/or nerves associated in this area. Any TMJD results from problems that prevent this complex system of joints, muscles and nerves from working synchronously. Around 20-30% of the adult population is affected to some degree, more commonly in females than males.

TMJD is a symptom complex rather than a single condition, and is thought to be caused by multiple factors, including:

- Bruxism (grinding of teeth and/or clenching the jaw)
- Stress – physical, mental, emotional
- Injury to the jaw or TMJ itself
- Injury to the head or neck (from whiplash or heavy blow)
- Poor posture
- Degenerative arthritis or rheumatoid arthritis in the TMJ

These factors may be the cause or may aggravate an existing condition of TMJD.

TMJD symptoms may include:

- Jaw pain, discomfort or soreness
- Headaches
- Pain radiating in the face, neck or behind the eyes
- Earaches or ringing in the ears (not caused by an infection of the inner ear canal)
- Clicking, popping or locking of the jaw
- Limited mouth movement/motion
- Clenching or grinding of the teeth
- Dizziness
- Teeth sensitivity



Chronic Headaches? Stress? It could be your Jaw...

Dr Megan Azer – Chiropractor & NET Practitioner

If you or someone you know has any of the above symptoms, touch base with our Chiropractor Dr Megan Azer. She will assess your spine, primarily the upper back (thoracic) and neck (cervical) areas, as well as the TMJ itself. Treatment also focuses on relieving tension in the muscles around the joints themselves, using trigger point therapy. In some cases, misalignment of the jaw that results from improper posture or a back problem can cause your TMJD.

Dr Megan also practices **Neuro-Emotional Technique (NET)** – a highly effective muscle testing system, which can alleviate stress and identify the root cause of physical ailments such as TMJD.

Other tips to help alleviate head, neck and jaw problems are:

Ice: Ice packs can decrease inflammation and also numb pain and promote healing. Do not place an ice pack directly on your skin. Keep the pack wrapped in a clean cloth while you are using it. Do not use an ice pack for more than 10 – 15 minutes at a time.

Soft Diet: Soft or blended foods allow the jaw to rest temporarily. Remember to avoid hard, crunchy, and chewy foods. Do not stretch your mouth to accommodate such foods as corn on the cob, apples, or whole fruits.

Jaw Exercises: Slow, gentle jaw exercises may help increase jaw mobility.

Relaxation Techniques: Relaxation and meditation can be helpful in dealing with the pain that accompanies TMJD. Deep, slow breathing enhances relaxation and modulates pain sensations. Some have found yoga, massage and meditation helpful in reducing stress and aiding relaxation.

Side Sleeping: Sleep on your side using pillow support between shoulder and neck.

Relax Facial Muscles: Make a concerted effort to relax your lips, and keep teeth apart.

Be mindful of clenching your jaw and teeth grinding: this can commonly happen in your sleep. If you wake in the morning with tension or headache, it could mean you're subconsciously stressed, and that the body isn't relaxed during rest.

To see if Chiropractic or NET can help you, feel free to book in for a FREE 15 minute spinal and posture check with Dr Megan Azer. Or have a chat to Dr Megan on your next visit.

Meditation

Daniel Cerny

Meditation is easy anyone can do it. If you can breathe, you can meditate. Meditation takes little time, energy, determination and discipline and requires our focus. We could take the easy way out and sit back comfortably watching television so then we may ask ourselves “why bother spending time and energy on meditation if we can watch television and relax”. Well, television won’t solve the inner discontent that we all experience because we are human beings with human problems. Distractions such as television can do just that – distract us from our problems. But after an hour or two of distractions the unpleasant feelings and inner discontent will return. Meditation however can help.



We can put on a good front to the people around us but we know that inside we are experiencing periods of desperation as if the world is caving in on us. But there is another way... a way to be more fully in touch with your life. Sometimes you may have a good run and find that for a while things are different- you might even tell yourself “ I have made it and now I will be happy”. But as we know from our past experience that feeling soon fades leaving us with a memory and a vague awareness that something is still wrong. Our old reality creeps back and the world looks like it is once again full of difficult people and situations and we head back onto that emotional roller coaster.

So what is wrong with us? Nothing is wrong with us we are just humans having a human experience. No-one is entirely free from experiences, even if you try to suppress them or try to distract yourself. Sometimes we try to make ourselves happier by focussing on externalities such as status, looks and possessions. There is nothing wrong with working on improving these externalities but we still have that little voice at the back of our head telling us we “are not good enough, we need to be better, we need something to make it better”. Does that little voice sound familiar to you?

We have mastered expressing fun on the outside while at the same time experiencing fear and discontent inside. As humans we find it difficult, next to impossible to really relax anymore. Not being able to really relax turns into anger and chronic frustration. We have listened to our favourite song, called our friends, checked Facebook and yet we still feel dissatisfied we start to tell ourselves that we would be happier if we had more money, someone would only love us if we lost a few kilos and on and on. So where do all these thoughts come from and what can we do about them? What we need is a shift toward a deep, subtle and pervasive set of mental habits.

The essence of our experiences as human beings is change- in every moment of our lives we experience change. What goes up must come down just like our thoughts and emotions. This constant impermanence is the nature of the world and that is entirely normal. Human culture has taught us some odd responses to this constant change. What we need to do is to stop fighting against our own experience. We tend to ignore 90% of our experiences mixed with endless rounds of aversion, desire, likes and dislikes. This exhausting mental treadmill can-not be the way to lasting happiness. We need to realise that there is an experience beyond good, bad, pleasure and pain. This is a learnable skill and a wonderful way to take real enjoyment from our world. The human race is just beginning to realise that we have overdeveloped the material aspect of our existence at the expense of the deeper emotional aspect, and we are paying the price for that.

Meditation

Daniel Cerny

Meditation helps us to understand who we are without any delusions, judgements or resistance. It can help to clean the thought processes and it brings to us a state of awareness, tranquillity and concentration deep inside. Meditation is all about transforming ourselves personally so we are prepared to meet life's up and downs with a calmer more reasoning focus, reducing your tension, fear and worry, through meditation your mind becomes still and calm.

In Mindfulness-Integrated Cognitive Behaviour Therapy (MICBT) we learn to see our thoughts and emotions for what they really are. We are then left in a Mindful state that allows us to decide what to do in difficult situations without compulsiveness.

Most people will feel the benefits of meditation almost immediately. Each time you meditate you learn about the real nature of your existence...the more you practice meditation the greater your insights and focus will be.

So let meditation be your teacher for the winter. Use the dark Melbourne night to understand yourself instead of hibernating against the cold weather. Gain greater understanding of yourself and become more tolerant and flexible about others. You will be ready to forgive and feel love towards others because you understand them....You will understand them because you have understood yourself. When you have learnt compassion towards yourself compassion toward others is automatic. The aim of mindfulness training is cultivating a state of mind which brings about inner peace.

Have a look at our MICBT page to get some more information, or email info@sanctuarywellness.com.au . There is only one way to really know what MICBT can do for you and that is by experiencing it yourself.



Oncology Massage

Mafalda Bojanic

A diagnosis of cancer is a powerful transforming experience for the patient, his/her family, relatives and friends. It may be a time when a patient embarks on a change of lifestyle which may incorporate a more healthy diet, cleansing juices, yoga, meditation, reiki and other forms of bodywork. It may also be a time when the patient falls into a state of anxiety, deep sadness, depression and despair. Massage is often considered a luxury but for people with a serious illness like cancer, it can be a powerful instrument to help cope with medical treatments such as chemotherapy, radiotherapy and surgery as well as with struggles related to personal relationships and personal issues, which more than likely involves both physical and emotional plights.



OM is a light, relaxing massage which can safely be performed on people at all stages of cancer. It is an adaptation of massage designed to suit the individual with cancer or a history of cancer. It consists of smooth flowing strokes and gentle circular motions with the level of touch being extremely light and sensitive to the patient's tolerance level. Carers can also benefit from this type of massage, particularly during times of hardship and deep concern for a loved one. Even people who don't have cancer but who are emotionally and physically fragile can benefit from this type of nurturing massage.

OM works safely with tumour sites as well as devices positioned in various parts of the body such as PICC lines, ports, central IV catheters or colostomy bags. Tumour or treatment sites are not massaged in order to avoid discomfort on the affected area and underlying organs and special care is taken to not interfere with surgical sites, ports and intravenous lines during an oncology massage. Gentle touches on these sites may commence once healing has taken place and the patient does not feel any tenderness or discomfort. OM can be extremely beneficial in smoothing out post-surgery scars on the skin.

Some cancer patients may be concerned about having a massage. It may have been thought once that massage has the ability to spread cancer cells throughout the body via the lymphatic system, the latter composed of a network of vessels, organs and nodes through which lymphatic fluid flows. But the myth that massage can actually spread cancer has finally been dispelled. (Ref: Medicine Hands by Gayle MacDonald, Ch. 2 Understanding Metastasis). The lymphatic system is part of the body's immune system and lymphatic circulation occurs naturally upon any movement of the body. Muscles contract and compress lymph vessels to force the movement of lymph. Cancer may spread (metastasise) into the lymphatic system via the lymph nodes, or it may start in the lymphatic system itself. However, the circulation of lymph, from the pressure of massage or any other movement such as walking, bending or drying the body with a towel after a shower, does not cause cancer to spread. Researchers have shown that cancer develops and spreads because of changes to a cell's DNA (genetic mutations) and other processes in the body.

Oncology Massage

Mafalda Bojanic

Furthermore, hospitals dealing with cancer treatments are now recognising the benefits of massage and reflexology. The Peter MacCallum Cancer Centre has been at the forefront of a reflexology program for a decade and I have been involved with this service as a volunteer, amongst others, for almost nine years. The Hospital staff and patients alike in the Chemotherapy Day Unit and other wards, including Palliative Care, welcome these nurturing sessions. Moreover, it is now also acknowledged that patients feel relaxed after a session and can more readily face their medical treatments. The Olivia Newton-John Cancer, located at the Austin Hospital, has established a Wellness Centre that focusses on a holistic approach incorporating massage and relaxation techniques. And then there's the Ian Gawler's Living Centre where people on retreat are encouraged to experience massage and reflexology.

Research shows that relaxation is vital for the cancer patient and that massage helps release chemicals called endorphins such as anandamide, a name taken from the Sanskrit word ananda, which means "bliss". Endorphins, generally speaking, interact with the receptors in the brain that reduce one's perception of pain. Endorphins trigger a positive feeling in the body, similar to the "euphoric" feeling that follows a satisfying exercise routine, thus imparting a positive and energizing outlook on life. Endorphins act as analgesics, a natural morphine which helps diminish the perception of pain. Endorphins also act as sedatives to calm the frail nervous system. Endorphins are manufactured in the brain, spinal cord, and many other parts of the body and are released in response to brain chemicals called neurotransmitters. The neuron receptors that endorphins bind to are the same ones that bind some pain medicines. But unlike morphine, the activation of these receptors by the body's endorphins does not lead to addiction or dependence.

Research also shows that massage gives an immediate boost with a significant improvement in neutrophils, the type of white blood cells that are the first immune cells to arrive at a site of infection and that can have a phagocytic action, meaning that they can ingest a pathogen. Furthermore, research also proves that massage shows a significant improvement in NK (Natural Killer) cells, a small type of killer cell that destroys virus-infected cells or tumour cells without activation by an immune system cell or antibody.

Oncology Massage

Mafalda Bojanic

Oncology Massage in Summary:

- Is nurturing, soothing and calming.
- reduces stress levels which is beneficial to the immune system and in turn beneficial to the cancer patient in strengthening his/her body for the fight against the cancer.
- is safe at any stage of treatment such as chemotherapy, radiotherapy or surgery.
- closely scheduled to pre and post-medical treatments can facilitate a faster recovery time..
- is adaptable and has a touch for even the most sensitive patient who cannot tolerate massage strokes..
- focusses on creating a gentle, nurturing environment for the patient.
- can improve bowel movements, as cancer treatment drugs can cause constipation.
- can modify the unwanted unpleasant side effects such as fatigue and nausea..
- gives support to patients experiencing feelings of isolation which can be alleviated through gentle touch.

Whilst there are very few contraindications in regard to having an oncology massage session, the OM therapist may decide not to go ahead with the massage if the patient is suffering from infections, blood clots or chronic inflammation. Always consult with your Oncologist if in doubt.

Mafalda Bojanic

Approved Oncology Massage Therapist (OM2)

and Volunteer at Peter MacCallum Cancer Centre

Vitalchi has put together a team ready to support their clients with cancer. We are offering :

- ◇ Oncology Massage
- ◇ Dietary Support
- ◇ Light Exercise Programs to build Strength
- ◇ Hypnosis
- ◇ Chiropractic
- ◇ And more services to come.

For Support, please contact Vitalchi Wellness on (03) 9894 0014

Exercise Physiology

Rhianna Smith

How can an Exercise Physiologist help:

What is an AEP?

An accredited exercise physiologist (AEP) is a university qualified allied health professional, specialising in clinical exercise interventions for those at high-risk of developing, or with existing chronic and complex medical conditions and injuries. AEPs are the most qualified health professional to prescribe exercise for those with chronic disease.

An AEP can provide you with:

- Assessment, physical activity advice and safe exercises;
- Clinical Pilates, rehabilitation and advice following injury, surgery, or during recovery;
- Self-management techniques to promote safe, self-managed, lifelong exercise; and

Health education, advice and support.

An AEP may assist with chronic and complex conditions including:

- Chronic pain;
- Mental wellbeing;
- Cancer rehabilitation;
- Heart and lung disease rehabilitation;
- Osteoporosis, arthritis, falls and fracture management;
- Obesity, diabetes and obstructive sleep apnoea management; and

Parkinson's disease, cystic fibrosis, motor neuron disease and cerebral palsy management.

Speak to one of the friendly staff at Vitalchi, or see your GP for further information.



The importance of quality sleep

Naturopath-Julia D'Angelo

Getting to sleep can be one of the most challenging things to achieve, yet it is essential to our survival and plays a pivotal role in one's overall health and wellbeing. Getting enough quality sleep at the right times not only improves your quality of life, but can also help protect your mental and physical health. The effects of sleep deprivation are vast and have been known to affect...

Healthy Brain Function and Emotional Well-Being

Simply put, adequate sleep helps your brain to function properly. Have you ever experienced difficulty when making decisions, solving problems, controlling your emotions and behaviour, and coping with change, all while sleep deprived? You're not alone! Studies have demonstrated that sleep deficiency alters activity in some parts of the brain. Whilst asleep, your brain prepares itself for the next day by forming new pathways that enable you to process, learn and remember information. Thus, when sleep deprived, your mental faculties are largely affected.

Physical Health

The physical damage caused by continuous sleep deficiency often remains unnoticed because its effects gradually build up over a prolonged period of time. The development of chronic health problems that correlate with ongoing sleep deficiency include risk of developing heart disease, kidney disease, high blood pressure, diabetes, stroke, obesity, increased risk of infection and difficulty fighting off common infections.

Daytime Performance and Safety

A mere loss of just 1–2 hours per night can affect your ability to function and leave you feeling as though you haven't slept at all for a day or two, often causing us to drift into microsleep. Microsleep is a brief moment of sleep that occurs (beyond your control) for anywhere between fractions of a second to 2 minutes. It is a brief lapse in consciousness. For example, have you ever driven somewhere and then not remembered part of the trip? Or read a passage from a book but can't recall the details of what you've read? If so, you've likely experienced microsleep. This phenomenon can play a large role in human errors, ranging from something as simple as blank stare while watching the computer screen, to something far more serious such as a car accident due to a lapse in concentration whilst driving.

So how much sleep is enough?...

The amount of sleep may vary amongst individuals and will change throughout your life. However general recommendations for different age groups include:

Age	Recommended amount of sleep
Newborns	16-18 hours per day
Preschool-aged children	11-12 hours per day
School-aged children	At least 10 hours per day
Teens	9-10 hours per day
Adults (including the elderly)	7-8 hours per day

The importance of quality sleep

Naturopath-Julia D'Angelo

Here are a few tips on how to get the most restful and restorative sleep you can!

Avoid caffeine, nicotine and alcohol. It is best to avoid consuming any caffeine (contained within coffee, tea, soft drinks drink, chocolate etc.), nicotine (cigarettes) or alcohol for at least 6 hours before going to bed. These substances act as stimulants and interfere with your ability to fall asleep and the quality of sleep.

Bed is for sleeping. Try not to use your bed for anything other than sleeping, so that your body comes to associate bed with sleep. If you use bed as a place to watch TV, eat, read, work on your laptop, pay bills, and other things, your body will not learn this connection.

Avoid daytime napping. It is best to avoid taking naps during the day, to make sure that you are tired at bedtime. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3pm.

Sleep rituals. You can develop your own rituals of things to remind your body that it is time to sleep - some people find it useful to do relaxing stretches or breathing exercises for 15 minutes before bed each night, or sit calmly with a cup of caffeine-free tea.

Bath time. Having a hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy as your body temperature drops again. Research shows that sleepiness is associated with a drop in body temperature.

No clock-watching. Many people who struggle with sleep tend to watch the clock too much. Frequently checking the clock during the night can wake you up (especially if you turn on the light to read the time) and reinforces negative thoughts such as *"Look how late it is, I'll never get to sleep"* or *"It's so early, I have only slept for 5 hours."*

Exercise. Regular exercise improves restful sleep. Ideally, this should be performed before dinner. Morning walks are a great way to start the day feeling refreshed!

Create the right space. It is very important that your bed and bedroom are quiet and comfortable for sleeping. A cooler room with enough blankets to stay warm is best, and make sure you have curtains or an eye mask to block out early morning light and earplugs if there is noise outside your room.

Keep daytime routine the same. Even if you have a bad night sleep and are tired it is important that you try to keep your daytime activities the same as you had planned. That is, don't avoid activities because you feel tired.



Recipes

Vanilla Chia Pudding

Vanilla Chia Pudding

This dessert is delicious and best of all it's healthy! Chia seeds are a super food. They are packed with essential fatty acids, vitamins, minerals, antioxidants and fibre.

Ingredients

- 1/4 cup chia seeds
- 1 cup of almond /cashew or coconut milk
- 1/2 tbsp. vanilla seed powder (or to taste)
- 1 tspn maple syrup / stevia / xylitol (or to taste)

Method

1. Put chia seeds in a bowl.
2. Add your choice of milk, vanilla seed powder and sweetener of choice into the bowl and mix well.
3. Let stand for a minimum of 10 minutes.
4. Stir once more and serve.

If you prefer a runny consistency, add more milk.

This can be eaten anytime, as a snack or dessert. ENJOY!

Delicious Bone Broth Recipe

Naturopath Wendy Richards

Bone broths would have to be one of my most favourite, especially on a cold winter's day! It is nourishing, warming and restorative so I am super excited to share this recipe with you!

Benefits of Bone Broth

The long, gentle simmering of the bones and ligaments release healing compounds like collagen, proline, arginine, glycine, glutamine and essential minerals.

Bone broths are great for enhancing our immunity and for supporting a healthy digestive system. They have healing and soothing effects on the gut lining and promote healthy microflora (good bacteria).

The chondroitin sulphates and glucosamine from the boiled down cartilage are great for promoting healthy joints and helping to reduce joint inflammation. Bone broths are also rich in calcium, magnesium and other nutrients that play an important role for bone formation and maintaining strong healthy bones.

The gelatine and essential minerals in bone broths are also great for healthy hair, skin and nails.

Tips for when preparing a bone broth:

Ensure before you start that you have a large stock pot (preferable stainless steel) or slow cooker and some pyrex or freezable glass storage containers.

Adding room temperature or cold filtered water and heating slowly helps to develop flavour as well as the protein albumin from the bones will only dissolve in cold water.

Adding apple cider vinegar helps to break down the collagen in cartilage and connective tissues accelerating the formation of gelatin as well as extracting calcium from the bones.

Ingredients

- 1.5 kg organic beef or lamb bones
- 2 leeks
- 1 onion
- 4 orange carrots
- 3 celery stalks
- 1tsp whole black Peppercorns
- 2 bay leaves
- 1/2 tsp sea salt (or Himalayan salt)
- 1/4 cup apple cider vinegar
- 2 garlic cloves (optional)
- Handful of Thyme, Coriander & Parsley (optional)



Delicious Bone Broth Recipe

Naturopath Wendy Richards

Directions

Chop veggies and place on baking tray. Place the organic bones on top of the veggies and put in the oven at 150 deg Celsius until bones have browned (this step is optional).

Once bones are browned place veggies in a large pot or slow cooker then bones on top. Add peppercorns, salt, apple cider vinegar and Bay leaves and fill with filtered water until the water has completely covered the bones. Slowly bring to a boil, then gently simmer for 18-36 hrs. The longer you simmer the more concentrated and gelatinous it will become. If you choice to add the fresh herbs for added flavour, add to the broth in the last 5 minutes

When ready allow to cool then pour through sieve into a pyrex jug or another pot to filtered out veggies and bones. Pour broth into small pyrex/glass containers and put in fridge. Remove the fat once it has risen to the top and solidify. It will last up to 4 days in the fridge so I recommend to freeze what you won't consume with in that time.

Drink a cup daily (warmed up on the stove, not the microwave!!)

Enjoy :)



Naturopathic & Live Blood Analysis Practitioner
Bowen Therapist
M.A.N.P.A.

Wendy Richards is a highly skilled and experienced Naturopath, Live Blood Analysis practitioner and Bowen Therapist. Wendy is a specialist in detoxification, digestive disorders, immune disorders (including auto-immune conditions and chronic infections) and children's health. She assesses each individual case in a holistic and functional medicine approach, that is, as well as treating symptoms, she looks at the interconnectedness of our body systems and addresses the underlying causes of presenting health conditions.