

Vitalchi - Autumn 2015

6 Main St, Blackburn 3130



Getting you well naturally and keeping you that way

P: (03) 9894 0014

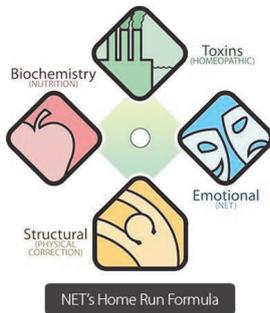
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Autumn 2015 Issue 36

In this Autumn newsletter our Practitioners discuss the Mind, Body, Spirit.

Dr Megan Azer-Chiropractor and Net Practitioner discusses the mind body connection 'Have you ever noticed the onset of a headache, nausea or heartburn after a stressful situation?'. Lina has put together an exciting detox package to get your health back on track and Daniel discusses What is ACT? 'ACT is values guided- What really matters, deep in your heart'.

We would love to take this opportunity to introduce a new practitioner to Vitalchi Wellness Shiho Mafune - Naturopath and Occupational Therapist and she has written an article on the importance of Pre-Conception Care. We have included information about Shiho's specialties in this newsletter.



How are you feeling? The mind body connection.



Detox your way to great health and weight loss.



Recipes

Mindful Eating



Introducing Shiho Mafune-Naturopath

What is Pre-Conception Health?



Hypnosis for weight loss and Smoking

How are you feeling...? The mind-body connection. Dir. Megan Azer – Chiropractor & NET Practitioner

Our emotional state can have a huge impact on our health. Our mood can vary depending on a lot of different components. Stress, diet, exercise, toxicity, sleep and many other lifestyle factors can impact how we feel, think and behave (see diagram on the 4 bases of health).

Our emotional states can be very powerful and can even make us sick if not dealt with. It is often very difficult to separate the mind from the body, even if we are not consciously aware of this connection. Your body responds to the way you think, feel and act. This is often called the “mind-body connection.” When you are stressed, anxious or upset, your body tries to tell you that something isn’t right.

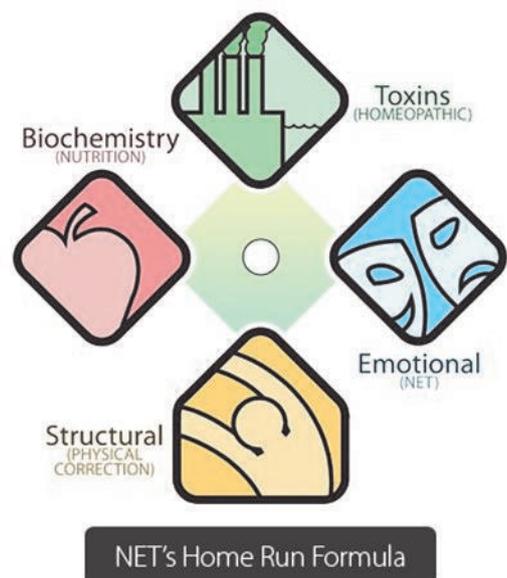
Have you ever experienced the onset of a headache, nausea or heartburn that occurred after a stressful or upsetting experience? Do you notice your posture when you’re stressed? Is it tense, are your shoulders up near your ears, are you clenching your jaw? Or is your posture slumped when you’re feeling sad or flat about something? In turn, take notice of how you feel after a good belly laugh, or after you’ve received some exciting news. You may notice the euphoric sensation that comes from a rush of adrenaline and endorphins! Suddenly, our bodies feel ten years younger and full of energy! This is all due to the impact of our emotional state, and the opposite can also be true: The way that we physically feel can greatly affect our mood. Chronic pain or dysfunction can often lower one’s mood significantly, and at times may lead to depression and feelings of isolation. The good news is, because of this immensely strong mind-body connection it is therefore possible that when you correct one, you can in affect correct the other!



The purpose of Chiropractic care is to bring balance to the nervous system – the control centre of the body, by correcting subtle disturbances in nerves with specific adjustments to spinal bones.

In addition to Chiropractic, I also have an amazing tool I use with patients called Neuro-Emotional Technique (NET). This is a mind-body intervention that has been shown to be effective in reducing stress related problems. Finding and balancing these stuck stressors is done with the help of simple muscle testing. It works amazingly well on the subconscious mind – meaning, the stress or beliefs that we’re not consciously aware of. Sometimes we think we’ve moved on from a stressful situation, when in reality, it’s still having an impact on our brain and nervous system. When we hold onto stress chronically, it starts to cause problems in our body.

Your body is an amazing machine that is completely connected from head to toe, side to side and from inside to outside. Nervous system balance creates more control in the body and awareness so the body can begin to release proper hormones and neurotransmitters at proper times to create better balance in emotions and mood. Feeling grumpy or low? Come in for your Chiropractic adjustment and some NET today!



Call Vitalchi Wellness on 9894 0014 to make an appointment with Dr Megan Azer

Feel Invigorated and Alive!

Lina Capovilla-Naturopath

Detox: The Ultimate Transformation.

Re-invigorate your body and Loose Weight

Are you:

Feeling sluggish and concerned as the year progresses?

Finding it hard to get into the swing of things ?

It's time to DETOX!

Giving ourselves a gentle detox once or twice a year, will invigorate our bodies and clear our mind.

What is a Detox?

Detoxification is a process that your body undertakes every day to help eliminate toxins and restore a healthy balance. Your body is constantly exposed to toxins from the external world, as well as those created within. The human body is amazing in the way that it has evolved since prehistoric times to adjust to the ever changing world; but what happens when the toxins in our world are evolving faster than humans? This can increase the body's toxic burden and impact on its ability to clear toxins. 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! Have you noticed any signs or symptoms that indicate your body may be suffering from the burden of toxins and be in need of a good detox?

Signs that indicate you may need to detox:	Factors that increase the need to detox:
<ul style="list-style-type: none">• Digestive complaints	<ul style="list-style-type: none">• Exposure to pollution and
<ul style="list-style-type: none">• Hormonal imbalances	<ul style="list-style-type: none">• Exposure to new cars and new
<ul style="list-style-type: none">• Poor energy	<ul style="list-style-type: none">• Smoking, alcohol and coffee consumption
<ul style="list-style-type: none">• Weight gain or difficulty losing weight	<ul style="list-style-type: none">• Diets high in saturated fats, refined carbohy-
<ul style="list-style-type: none">• Neurological conditions	<ul style="list-style-type: none">• Overweight or obesity
<ul style="list-style-type: none">• Skin problems	<ul style="list-style-type: none">• Fertility and pre-conception care
<ul style="list-style-type: none">• Food intolerances	

Feel Invigorated and Alive!

Lina Capovilla-Naturopath

What's Involved in Detox?

Your individualised Detoxification Program will involve reducing the toxins that you are exposed to on a daily basis, whilst strengthening the function of your detox organs to process and eliminate toxins stored in your body. This is known as reducing the toxic burden and improving your toxic resistance, thereby enhancing your ability to cope with toxins. Detox can greatly improve your overall health and wellbeing.

The following ingredients can help promote your detoxification

abilities:

- Milk thistle, green tea, gardenia: Stimulate the liver, enhancing the elimination of toxins.
- Dandelion, ginger, meadowsweet: These herbs regulate healthy digestion by increasing digestive juices and enzymes.
- Glutamine and zinc: Nutrients to protect and heal the gut.



Vitalchi now has two Detox packages to simplify the process and help you get the maximum benefit from your detox. You'll also be provided with all the tools necessary to complete a thorough, effective detox program.

The Express 2 week detox

This is for healthy individuals who are seeking a "top up" detox or those who are seeking a short term gentle introduction to a detox program.

The Integrated 4 week Detox

This is a more comprehensive program for those wanting to obtain a thorough cleanse. This is ideal for most of us who either have not done a detox before or who have health issues include poor energy, weight, skin issues and so on.

Detox and Renew Your Life

When detoxing, it is important to reduce the toxic load that you are encountering in your daily life. Your Practitioner will recommend a detox diet to encourage clean eating and reduce your exposure to dietary toxins.

This diet will be rich in fresh fruit and vegetables, low in animal fats, and contain alkalisng and anti-inflammatory foods.

It is just as important to remove other "toxins" from your daily life that may be affecting your health. Stress is a major factor that may need addressing. Your Practitioner may also advise you to do an audit of toxic household chemicals by reviewing your personal care items, cleaning products, and plastics used for food containers and water bottles; encouraging healthier choices.

The New You

Undertaking a regular detox may enhance your health and wellbeing, improving quality of life. Many people schedule a detox every six or twelve months for optimal health.

2 Week Express Detox: Value \$733.95

Special Price \$437

4 Week Integrated Detox: Value

\$923.45

Special Price

\$697

What is Pre-Conception Health Care?

Naturopath -Shiho Mafune

Whilst good health is important throughout one's pregnancy it is essential that we consider the time before pregnancy. A woman is born with all of her eggs but it is the maturation process that occurs 3-4 months before she ovulates that significantly influences the health of the foetus and eventual child. There are countless studies indicating that nutritional deficiencies, illness, toxin exposure and other factors all influence the health of the egg up to a minimum of 100 days prior to ovulation.

It is important to remember that fertility is something for the couple to work on together. The male's role is just as important. Sperm take on average 72-76 days to develop, mature, be stored and finally ejaculated. As such, a man's health 3 months prior to conception can significantly influence pregnancy outcomes. Similarly to females, a male should prepare during this preconception period to ensure the best information is passed on through their sperm.

There are alarming statistics regarding miscarriage, stillbirth, infertility, increased prematurity and other concerning considerations, which are, believed to have been caused by our modern lifestyles. Environmental pollution, poor nutrient levels in soil and foods, polluted water, toxic farming methods, heavy metal exposure, poor diet, lack of exercise, and many others are all believed to be involved.

It is important to remember that we all have choices and that we can choose to make changes that will not only improve our health but the subsequent health of our children and future generations.



Supporting your health

An easy way to think about it is to treat your body as though were already pregnant at least 3-4 months before you actually fall pregnant.

Important key areas include:

Dietary

Be conscious of what you put into your mouth and what is in your environment. Any toxin exposure can and will influence your gametes (eggs and sperm). Sperm are even more vulnerable than eggs to toxic exposure and nutritional deficiency. Organic foods are higher in nutrients and are free from harmful pesticides, herbicides, fungicides and other chemicals.

One really interesting paper reviewed the concept of a fertility diet in significant detail. What was found was that a positive fertility diet consisted of:

Low/no intake of trans fats with a simultaneous greater intake of monounsaturated fat

Lower intake of animal protein with greater vegetable protein intake

Higher intake of high-fibre, low glycaemic carbohydrates

Greater preference for high-fat dairy products as opposed to low-fat highly processed versions

Higher non-heme iron intake (vegetarian sources of Iron)

And a higher frequency of multivitamin use

What is Pre-Conception Health Care!

Naturopath- Shiho Mafune.

Obesity

Obesity understandably has a marked negative impact on fertility for both men and women. One is considered to be obese when their BMI is greater than 30 kg/m². BMI is a relative measure of your weight to your height and as such indicates your ideal weight range based on your height. It is calculated by dividing your weight (in kilograms) by the square of your height (in metres).

In men, weight loss leads to an improvement in testosterone levels and sexual function. Obese men generally have lower sperm counts (up to 50%), reduced sperm production, increased DNA fragmentation of sperm, and increased levels of erectile dysfunction.

In women, ovulation returns with a relatively modest degree of weight loss from diet and exercise. Approximately 90% of obese women will resume ovulation if they lose >5% of their pre-treatment weight, and 30% will conceive. The risk of miscarriage doubles when their BMI is greater than 35 kg/m²; they are more likely to suffer from pregnancy complications (e.g. 6x higher gestational diabetes); there is an increase risk of birth defects; and they are double at risk of having a stillbirth.

Avoid recreational, environmental and medication derived toxins

Pre-pregnancy is not the time to continue bad habits. Countless studies link alcohol, drugs, some medications, caffeine and smoking with birth defects, miscarriage and reduced fertility. It is important to focus on wellbeing and optimal health.

Male specific

Protect the testicles (sperm production sites) from excessive heat

Wear loose cotton boxer shorts

Avoid spas and saunas

Avoid wetsuits (surfing)

Avoid tight bike shorts and bike riding

power cords running under the bed while you sleep... Once you try it without you'll never go back!

Reduce radiation exposure

Radiation comes from simple things like mobile or cordless phones, wireless connectivity or aeroplane travel. The idea is to be realistic and not assume that life won't continue. It's about simple things like reducing how much time you speak on your mobile and absolutely turning it off at night and leaving it in another room. Turning wireless modems off at night is also a good idea and make sure – men especially – don't walk around with mobile phones in your pocket.

In the preconception period it's optimal to reduce your flight travel and obviously in the first trimester reduce (or avoid if possible) as well. Ideally it is best to remove all electromagnetics and radiation sources from the bedroom especially. Get rid of the alarm clock, TV and bedside lights and go back to basics – use candles in the bedroom and book lights (battery powered) for reading. Just think about the effects of the power cords running under the bed while you sleep... Once you try it without you'll never go back!

What is Pre-Conception Health Care?

Naturopath- Shiho Mafune

General health strategies

Important key areas for preconception health are:

Ensure that you drink enough water and have adequate hydration

Encourage (or start) regular exercise – aim for at least 30-40 minutes per day

Reduce stress levels as much as possible both in your work, home, emotional state and environment

Build up your nutritional status and consider seeing a healthcare practitioner to tailor a dietary plan and supplement regime. Establishing good nutrition before you conceive helps both you and your baby be as healthy as possible throughout the pregnancy and beyond.

What are the benefits about working with Naturopath for preconception care?

Giving your child the best start in life, learning how to alter any genetic predisposition, improving your chances that your child is healthy, intelligent, well-balanced, happy and bright

Understanding the importance of maintaining a positive state of mind, that improves your chances for getting pregnant

You get to understand about all the essential nutrients and how to create the healthiest environment possible that is required for the health and development of sperm, ova, pregnancy and your baby's development is present and adequate before conception and during pregnancy

Learning about and how to eliminate what could be harmful or in any way detrimental, such as environmental toxins and stressors, are not present and well cleared from your body prior to a conception attempt

Increased fertility for you and your partner (even for older couples)

Reduced risk of miscarriage, premature birth or abnormality

Decreased occurrence of common complaints such as morning sickness

May improve the success rate of IVF

Increased chance of a natural, intervention free birth

Reduced risk of post-natal depression

Children that are healthy, intelligent, well-balanced, happy and bright



Vitalchi is offering \$20.00 off an Initial Consultation with Shiho for the month of April. Please call 9894 0014 to arrange consult.

Introducing Shiho Mafune

Naturopath and Occupational Therapist.



Shiho is a qualified Naturopath, having graduated from Endeavour College of Natural Health and an accredited Occupational Therapist, having graduated from La Trobe University. Shiho has also furthered her training in Sensory Modulation and Acceptance and Commitment Therapy (ACT).

Shiho has worked with many different cognitive, physical and mental health conditions in a range of settings including public hospitals, private practices and community settings. Shiho has experience working with young people with mental illness and children with Autism Spectrum Disorder (ASD) as an Occupational Therapist. Shiho has developed a strong passion for integrating evidence based nutritional and herbal medicine with western medicine to enable holistic care. She utilises nutritional supplementation, food as medicine, western herbal medicine, Australian Bush Flower Essences, Iridology, Mineral Celloids, Functional and Pathological testing, Hair Mineral Analysis and will liaise with your medical practitioners if required to provide integrative medicine

From the growing evidence of connection between pre-natal and early childhood diet with symptoms of ASD, Shiho has passion for female reproductive issues with special interest to preconception and pregnancy care. Shiho incorporates family and client centred practice, by engaging and empowering families to enable children to grow and develop to achieve their unique potential and make a positive difference.

Shiho blends her Japanese cultural background and food philosophy for client's treatment planning and dietary advice. Shiho's belief lies in *"The mind is everything. What you think, you become"*. Shiho practices meditation on daily basis. She integrates mindfulness, and a compassionate approach to provide gentle and warm care to clients.

Shiho treats a wide range of conditions and has the following specialities:

- Child and Adolescent health: Mental health conditions (Anxiety, Depression, Stress, Sleeping issues), Allergies, asthma and recurrent colds and flues, Gastro-intestinal dysfunction
- Autism Spectrum Disorder: Assessment of Oxidative Stress, Mitochondrial Dysfunction, Immune system Abnormalities, Methylation Impairment, Genetic Testing (MTFHR), Digestive Dysbiosis, Environmental Toxicity
- Attention-Deficit/Hyperactivity Disorder (ADHD) and other Behavioural issues: Social communication, Restricted and Repetitive Behaviours
- Sensory Processing Disorder
- Woman's Reproductive Health: Fertility (Preconception and Maternal care), PCOS, Endometriosis, PMS, Menopause

Autumn Detox Soup

Lina Capovilla-Naturopath

Autumn Detox Soup

serves 8

Use organic or local produce from a farmers market, where possible. When you are on a cleanse, it is ideal to be consuming organic produce. You want to be avoiding any unnecessary toxins both in your food and in your environment, during your detox.

Ingredients

- 1 tablespoon olive oil, coconut oil or ghee
- 1 large onion, chopped
- 1 large leek, finely chopped
- 2 celery stalks, chopped
- 6-8 cloves of garlic, minced
- 2 carrots, peeled and chopped
- 2 turnips or celeriac, peeled and diced
- 1 small or 1/4 of a medium head of cabbage, core removed and sliced thinly (about 2 cups)
- 3 cups butternut pumpkin, peeled and cubed
- 8-10 cups water
- Fresh herbs; rosemary and oregano, or whatever you like
- 3 roma tomatoes, with seeds and skin, diced
- 2 cups cooked adzuki/berlotti or cannellini beans (ideally dry, soaked overnight)* or any beans or legumes of your choice
- 1 bunch of kale, spinach or endive, stems removed and leaves roughly chopped
- 1-2 tablespoons apple cider vinegar
- Pink Himalayan or sea salt and cracked pepper, to taste



Continued next page....

Autumn Detox Soup

Lina Capovilla-Naturopath

Dried beans which have been soaked overnight are ideal. Canned are fine (BPA free), although dry is ideal during a detox to minimize toxins.

Method

Heat the oil in a large pot over medium-high heat. Add in the onion, leek, celery and garlic. Cook until veggies are opaque, stirring often. Add in the carrots, turnips, celeriac, cabbage, pumpkin and fresh herbs. Cook for about 5-7 minutes. Stirring often.

Add water, tomatoes and beans, increase to medium-high heat and bring to a light boil then reduce temperature, cover and simmer the soup over a low heat for 30-45 minutes. The longer it simmers, the better and more intense the flavor will be. Season with salt and pepper, to taste. Add any additional herbs or spices you would like.

Just before serving add the kale and the apple cider vinegar. Stir well and serve.

Adapted from <http://tasty-yummies.com/2013/10/23/fall-detox-soup-gluten-free-vegan/>

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So What Is ACT?

Daniel Cerny Naturopath

What Is ACT?

We officially say ACT as the word “act” and not as the initials A-C-T. There’s a good reason for this. At its core, ACT is a behavioral therapy: it’s about taking action but it’s not about just any old action. First, it’s about values-guided action. There’s a big existential component to this model: What do you want to stand for in life? What really matters, deep in your heart? How do I want to live my life? ACT gets you in touch with what really matters in the big picture: your heart’s deepest desires for whom you want to be and what you want to do. You then use these core values to guide, motivate, and inspire behavioral change. It’s about “mindful” action: action that you take consciously, with full awareness - open to your experience and fully engaged in whatever you’re doing.

ACT gets its name from one of its core messages: accept what is out of your personal control and commit to taking action that enriches your life. The aim of ACT is to help us create a rich, full, and meaningful life while accepting the pain that life inevitably brings. ACT does this by teaching us psychological skills to handle painful thoughts and feelings effectively in such a way that they have much less impact and influence, these are known as mindfulness skills; that help us to clarify what’s truly important and meaningful to us, clarifying our values and use that knowledge to guide, inspire, and motivate us to set goals and take action that enriches our life.

There are six core processes in order to engage in meaningful living according to acceptance commitment therapy

1. Contact with the Present Moment	2. Acceptance
Connecting with the present moment, focusing on and engaging fully on what you are doing instead of getting caught up with the past or future. You learn to be deeply connected with what is happening right now. All too often I notice myself feeling beaten up by my thoughts because I remember things I’ve said that hurt people or embarrassed me. Sometimes I’m replaying movies of the things an ex-boyfriend or lover said to me and I either begin to miss him painfully or feel incredibly humiliated for being so stupid to fall for his words.	Actively contacting psychological experiences directly, fully, without needless defence, resistance or fight. We are opening fully to experience as it is, not as your mind says it is. Dropping the struggle with what is arising, creating space and letting the mental noise flow through you. We are making room for unpleasant feeling, sensation and urges, instead of trying to suppress them or push them away.
3. Defusion	4. Self-as-context
Defusion means relating to your thoughts and feelings in a new way, so they have much less impact and influence over you. As you learn to defuse painful and unpleasant thoughts they will lose the ability to control, disturb or depress you. Aim of Defusion is <u>NOT</u> to feel better, nor to get rid of unwanted thoughts. Aim of Defusion <u>IS</u> to reduce the influence of unhelpful cognitive processes in order to enhance psychological flexibility	A transcendent sense of self: a consistent perspective from which to observe and accept all changing experiences. (Often called The Observing Self). It is a process, not a thing: an awareness of awareness itself: ‘pure awareness’ While our thoughts, feelings, sensations etc. constantly change, the observing self does not. It can be very powerful to draw attention to this aspect of self which doesn’t get caught up in life situations.
5. Values	6. Committed Action
Chosen life directions. <i>‘Your heart’s deepest desires for the sort of person you want to be and the things you want to do in your time on this planet; in other words, what you want to stand for in life’</i> , Values provide motivation & inspiration, guidance for your actions creating meaning in life.	Rich meaningful life is created through taking action. An action which is motivated by your values, so we are choosing to respond in a way which moves our heart instead of reacting with a habitual way which makes us do things, which creates a life we don’t want. Choosing

Contact Vitalchi Wellness on 9894 0014 to arrange an appointment with Daniel Cerny

Hypnosis for Weight loss.

Carina Stewart

Have you battled throughout your life with weight loss or maybe just trying to maintain it?

Have you ever gone onto a diet only to come off it again putting on all the weight that you lost plus more?

Maybe you're the kind of person who just eats junk food or binge eats?

Maybe something happens in your life, and you turn to food for comfort?

These problems are then manifested in your subconscious mind through your thoughts and emotions which then run your eating habits.

Hypnotherapy can revamp your relationship to food and your weight loss. Together we will help the subconscious mind to modify these automatic behaviours so you eat at the right times, eat the right foods and quantities. You will find yourself being able to believe your subconscious is always operating to do what is right for you. You will automatically run the new automatic behaviour installed to help you get control of your eating and health. Generally clients loose between 1-3kg per week.

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



Hypnosis Weight Loss Autumn Special:

6 Sessions including CD Set: \$795

Saving of \$170

Hypnosis for Smoking.

Carina Stewart

HYPNOSIS FOR SMOKING

MAKE AN APPOINTMENT TO QUIT SMOKING TODAY!

The average smoker dies 23.5 years earlier than a Non-Smoker !

Do you want to see your Grandchildren grow up?

The average smoker spends over \$5,500 per year....what else could you be spending that money on?

Habitual behaviour is a big component of smoking and all the triggers that automatically start you smoking again.

Most people don't smoke unless personal triggers get activated such as waking up, drinking coffee, driving, dinner, work breaks. There is more than one addiction to smoking in fact there are six different addictions:

1. Nicotine Addiction
2. Habit & Association
3. Tension & Stress
4. Boredom & Frustration
5. Fatigue & Stimulation
6. Relaxation & Enjoyment



Only by beating all six triggers will you be able to Quit Smoking permanently! I have had outstanding results so far in helping people to become non smokers.

Hypnosis for Smoking Special

2 Sessions - including CD Set: \$295

Saving \$50.00