

Vitalchi - Spring 2012

6 Main St, Blackburn 3130



Getting you well naturally and keeping you that way

P: (03) 9894 0014

W: www.vitalchi.com.au

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In this Spring edition we examine how to prepare and work with your body for detoxification, including delicious recipes that can assist in the process. Discover new research on the benefits to healthy sleep and learn practical tips on how to achieve it.

We look at how an aligned body can lead to dramatic increases in your performance and we also continue our series on Chinese elements, examining the wood element associated with Spring.

Finally, we share how to break off the winter shackles and embrace the new season with specific dietary advice to increase your energy and mood.

Special Spring Offer

Feel and Look Great this Spring

Book in for a Nutrition & Life Style Balance program and receive **\$100.00 off**

Valid for package appointments booked during Spring 2012

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Spring & Detoxification

Daniel Cerny—Naturopath

It is common knowledge these days that we live in a hectic world and that our bodies are overloaded by a variety of chemicals. Therefore, it is becoming increasingly important for people to understand how to correctly engage in detoxification. There is an abundance of evidence indicating that a common cause of all physical disease is the presence of toxins and infections in the human body. These, together with overloaded channels of elimination may lead to permanent damage to body tissues and eventually to chronic diseases. Removing a substantial amount of toxins from the body through professionally guided detoxification can address and resolve the symptoms of various chronic diseases.



Below is a summary of the many factors that are now medically accepted as genuine causes of diseases:

- ⇒ Stress and mental state
- ⇒ An improperly functioning immune system
- ⇒ Bad eating habits, overeating
- ⇒ Lack of movement
- ⇒ The genetic information an individual inherits from their parents
- ⇒ Insufficient liver detoxification
- ⇒ Environmental influences
- ⇒ Dietary toxic load
- ⇒ Excessive consumption of drugs, alcohol and stimulants
- ⇒ Toxic burden in the air and the environment
- ⇒ Emotional damage from experienced events or emotional withdrawal
- ⇒ Infection



Many people do not understand what it means to detoxify. Usually the first thought, which comes to mind, is using a product with the word 'Detox' written on it. If only the process was that simple! So *what exactly is detoxing?* Getting rid off inappropriate compounds in the body, which need to be neutralized, chelated and then eliminated, is the simple process that needs to be understood. However, at first the body needs to be prepared for detoxification. It should be noted that the body has its own mechanisms for detoxification, which are built in and are actually done all the time. This applies to the liver, kidneys, intestines, and lymphatic system. A natural and safe detoxification is one that supports these systems in their function.

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Spring & Detoxification (continued)

Daniel Cerny—Naturopath

The *liver* is the largest detoxifying organ, which processes alcohol, synthetic compounds and compounds formed in the body by biochemical processes. Before we use any product we need to consider a few essential things. Someone who wants to properly detoxify needs to be educated regarding what to do in order to prevent overloading the liver. Then the liver can actually perform the first part of the detoxification process.

Kidneys. When we drink what we drink, how much fluid do we drink per day? For the kidneys to eliminate correctly an appropriate fluid supply is necessary. Drinking fluids that are closest to natural water will support detoxification. The kidneys also need to be tested by various methods to determine whether they are functioning at an optimal capacity.



The largest body part involved in detoxification is the *colon*. Some questions you may wish to ask yourself include the following: How is the gut? Do I have regular bowel movements? What is my peristalsis like? What is the composition of my diet? How well do I break down and digest my food? Special attention must be given to the intestines before a liver detox is commenced, because once healthy, the intestine can detoxify itself.

The *lymphatic system* is the body's perfect drainage system. Without it, proper detoxification is impossible. Its correct functioning depends upon muscle activity and other factors, meaning that when the lymph fluid stagnates it will create an environment in which detoxification is greatly impaired.



Daniel our naturopath adopts a preventative approach to optimize health and provides care for all acute and chronic illnesses.

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

Improving Performance

Dr Megan Azer - Chiropractor

We've all been inspired by the incredible athletes at the London Olympic games, and now that spring is upon us, it's time to increase our activity and kick start our health as the weather gets warmer and the days get longer.

Whether we're a weekend warrior, an amateur athlete, or exercising for weight loss, we all want to improve our performance. Movement is the key to life! Our nervous system needs oxygen, glucose (simple sugars) and movement (stimulation) to function. If we don't move we degenerate and essentially die! It's a harsh truth. As Chiropractors we understand how important movement is, and spinal movement helps to stimulate our nerves and allow for free flow of communication to pass from the brain to body.

Chiropractic is a great way to keep progressing with your sport, fitness or exercise. Just as regular exercise is beneficial to our health, so are regular chiropractic adjustments. Studies reveal that Chiropractic improves agility, balance, power and speed of reaction time, of people under care. On speed of reaction time there was an 18% improvement in reaction times compared to 1% by the control group¹. This is a great advantage to any athlete. Athletes whose nerves are working at their peak recover quicker from injuries and attain greater performances². For these reasons, more and more top performing athletes are receiving Chiropractic care to aid their performance and give them the 'edge' to their winning ways.

Chiropractic adjustments can help you progress by ensuring your nervous system is free of interference caused by spinal subluxations (misalignment of the spine). As we know, subluxations occur when there is decreased motion in the spine resulting in interference in the messages sent between your brain and body. This interference may present as dull aches or pain, lack of co-ordination, muscles not firing properly or being heavy and weak. The effects of subluxations may also present as decreased energy levels, interrupted sleep or may even be silent, causing less than optimal performance and recovery when exercising.

Some great athletes who use [chiropractic care](#) include Usain Bolt, Kelly Slater, Lance Armstrong, and Tiger Woods.



Usain Bolt receiving his Chiropractic adjustment

Are you reaching your optimal performance? Does someone you know need a hand to reach their optimal performance? Maybe they need to know about Chiropractic!



If you have questions regarding reaching your optimal performance, contact [Dr Megan Azer](#) for an appointment today on 9894 0014.

¹ Lauro, A., B. Mouch. Chiropractic Effects on Athletic Ability. Chiropractic: The Journal of Chiropractic Research and Clinical Investigation, 1991; 6: 84-87

² Grimston, S.K., J.R. Engsborg, L. Shaw, N.W. Vetane. Muscular Rehabilitation Prescribed in Coordination with Prior Chiropractic Therapy as a Treatment for Sacroiliac Subluxation in Female Distance Runners. Chiropractic Sports Medicine, 1990; 4: 2-9

Top 10 Tips On How To Get A Deep & Restful Sleep This Spring

Duncan Capicchiano— Naturopath

Those suffering from any illness, need quality sleep to help maintain and aid the healing process. Unfortunately, this is an often over looked principle for great health. Thankfully, it was hit home again to me at a seminar that I attended on the weekend.

Dr. Craig Hassad from Monash University (Melbourne) presented an amazingly holistic approach to chronic illness; everything from stress management, spirituality, exercise, nutrition, and environmental factors were covered. One section of the talk particularly pricked my ears up. Dr. Craig stated that if the drug companies could bottle the benefits of sleep (and exercise for that matter), then a drug trial for one person, for one year, would cost in excess of \$100,000 ... And that is without exaggeration.

Consider these stats for increasing Advanced NK-cell Activity (=immune function) through sleep. Adequate sleep increases the activity of the immune system by a whopping 44%! And this is only out done by exercise (47%), and stress management (45%). Makes you think what all the fuss is about when scientists are high-fiving each other when they get improvements of 2-4% through drugs, doesn't it? Especially when it is available to all of us for free.

Insomnia (lack of sleep) occurs when the body and mind are in a state of alertness. Overactivity during the day often persists at night in the form of restless or broken sleep.

So today I thought I would share my top 10 tips for a deep, restful sleep (and they won't cost you a cent):

Remember that habits are as hard to form as they are to break, so put each hint into practice for at least ten consecutive nights (preferably twenty one nights) before discarding this as "not for me".



1. Notify your health practitioner of **medical conditions** which might interfere with sleep such as asthma, heart burn, angina, arthritis, pain or breathlessness under treatment.
2. **Reduce stimulants:** tea, coffee, chocolate, cigarettes which prevent quality deep sleep. Another important matter is timing, intake of these types of stimulants need to be consumed early in the day. E.g. coffee in some sensitive people should not be consumed after 2pm in the afternoon. In fact, in a lot of cases people will only benefit from removing the stimulant completely from their diet.
3. **Reduce alcohol:** seems backward logic, but although alcohol can sedate, alcohol impairs one's ability to have a quality deep sleep.
4. **Attempt exercise at least 4-6 hours before bed time.** Ideally to a level which causes you to perspire.
5. Have a **hot shower** or bath before bed: Our body temperature peaks in the daytime and falls during sleep. We tend to fall asleep as our body temperature begins to fall, this will happen dramatically when your shower has finished. And don't forget to turn off your electric blanket! Alternatively in hotter weather: **lie on cold floor tiles** (like those found in most bathrooms or kitchens) This will help your core body temperature to drop which in turn will help you to get to sleep. This technique is especially useful when you feel too hot to sleep.

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Top 10 Tips On How To Get A Deep & Restful Sleep This Spring (Continued) Duncan Capicchiano– Naturopath

6. **Avoid large meals before bed time.** Try to finish your evening meal before 7:00pm at the very latest.
7. **Practice 'Inner' Exercises:** Meditate 5-10 minutes a night before bed-time; Breathe: imitate the slow, deep rhythmical breathing of sleep.
8. **Journal:** write a journal or diary to get all those random thoughts from your mind on to paper. The writing doesn't even have to make sense, but it is better out, than in!
9. **Maintain a sleep schedule:** having a set sleep and wake time helps train the 'body clock'.
10. **Go to bed only for sleep, rest & intimacy:** this make sure that the body recognises that the bedroom as a place for only these activities. Watching TV, discussing work or reminiscing over the day's events does not setup the right sleep environment.



As I always like to give more than promised, **lastly:** prepare for sleep. Half an hour before retiring, reduce the intensity of your thinking, and avoid watching TV*. Whether it is writing a journal entry, reading a book, or playing a game of patience, the important thing is to do what best works for you.



*It has been proven that watching television actually changes our brain waves in a negative way that is not conducive to healthy sleep.

Then take plenty of time to get ready for bed. Get your clothes ready for the next morning, take a leisurely bath, but most importantly make a ritual out of it!

[Duncan Capicchiano](#) is a fully qualified Naturopath, trained in Nutrition, Herbal Medicine, Dietary Advice, Cranio Sacral therapy, Homeopathy, Essence Therapy, [Reiki](#) and more. A consultation with Duncan is guaranteed to bestow confidence in Natural Therapies and the ability to help treat your condition. If you would like further information on how Duncan can help you, please contact the clinic on 03 9894 0014.



Delicious Detox-Friendly Recipes

Wendy Richards—Naturopath

It's that wonderful time of year again where the sun begins to make an appearance, the trees start to blossom and the daffodils are flowering. Spring is here and it is a great season to give our bodies a break from our "overindulgence" in winter comfort foods. As a naturopathic practitioner, it is a season when I encourage many of my patients to do a [detoxification program](#). In past newsletters I have written in detail about the importance and benefits of detoxifying the body in regards to increasing energy and vitality, improving digestion, enhancing your immune system, speeding up a sluggish metabolism and lifting your mood. So in order to get you started this season, I have provided a couple of delicious "detox friendly" recipes to help wean you off those winter comfort foods!

Homemade Coconut Yoghurt

This is my favorite type of yoghurt! Homemade means you can jam-pack it with all those wonderful beneficial bacteria for our digestive system! You will need a cooking thermometer and a yogurt maker in order to make it. I recommend the Easiyo yogurt maker. (easiyo.com.au)



Ingredients:

Goat's yoghurt or sheep's yoghurt or CoYo coconut yoghurt: 3 tablespoons (this is the starter)



Tapioca flour/starch: 1 dessert spoon

Probiotic (e.g.: Ultra Flora Immune/Restore or Inner health) x 2

800ml-1000ml coconut milk (I recommend the tetra pack brand Aroy-D from the Asian grocer, however you can use the tinned coconut milk found in most supermarkets)

Heat coconut milk to approximately 42 deg Celsius. Allow to cool to approximately 22 deg Celsius. Then put some of the heated coconut milk in a cup, add tapioca flour, yoghurt and probiotics and mix well. Then mix contents into rest of coconut milk. Add cinnamon & organic vanilla extract if desired

to taste. Place in Easiyo container & then into the Easiyo thermos for approximately 24-26hrs, refrigerate (NOTE: after approx. 12hrs, empty water from Easiyo thermos and replace with hot water). The yoghurt may take another 24hrs once placed in the fridge to thicken.

Serve with fruit, nuts or with breakfast.

Delicious Detox-Friendly Recipes (Continued)

Wendy Richards—Naturopath

Black Rice Porridge with Coconut Yoghurt

If you are like me and a little “rushed” in the morning it is best to prepare this dish whilst you are preparing dinner the night before. It takes 3-5 min to reheat on the stove the following morning and is highly nutritious and divinely delicious start to the day!

Ingredients:

Black Rice (from supermarket or health food store), 1 cup

Water

Coconut milk or organic soy milk or rice milk, approx. 1 cup

Sea salt

Chopped almonds, 1/2 cup

1/2 pear

Cinnamon, 1 tsp.

Organic Vanilla extract, a dash (optional)

Coconut yoghurt

Xylitol (natural sweetener, from the health food store), 1 dessert spoon



Soak the black rice for 15 minutes. Add approximately 2 cups of water and a generous pinch of sea salt, bring to boil, then simmer for approximately 35 minutes until it is soft enough to eat. Strain off any excess water then add approximately 1/2-1 cup of coconut, rice or organic soy milk, the pear and xylitol. Stir then simmer for 5-7 minutes. Taste the pudding and if more sweetness is required gradually add more xylitol to taste. Serve into bowls then sprinkle with the chopped almonds and a very generous dollop of your homemade coconut yoghurt.

Enjoy!!



Wendy is a highly skilled Naturopath and Live Blood Analysis Practitioner with over 14 years of clinical experience. Wendy 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. Her area of specialties include digestive disorders, allergies, food intolerances, immune disorders (including auto-immune conditions), endocrine disorders, pre-conception care and skin disorders. **For enquiries or bookings please phone (03) 9894 0014.**

The Wood Element

Lisa Holthouse—Kinesiologist



Finally we are beginning to warm up and see the sun again! Spring is on our doorstep and the long winter is coming to an end. In our last newsletter I spoke about the Water Element, in the Chinese Medicine Philosophy, and how this related to winter. As we now rapidly approach spring it is time to examine the Wood Element and how this affects our systems and our lifestyle.

The Wood element, in Chinese medicine, relates to our Gall Bladder and Liver organs and their corresponding meridian systems (meridians are energy circuits in the body that hold acu-points.) The new beginnings and regenerative feel of spring urges us to go outside, get moving, and clean out our homes and bodies. It's time to lighten up and brighten up!

The Wood element relates to sour tastes and the colour green. Try drinking a glass of lemon juice in water upon rising in spring to cleanse your system and remove any stagnant toxins in your body. Add parsley to your salads and fresh juices to stimulate your liver and add apple cider vinegar or olive oil as salad dressings. The most important thing in spring is to get moving. Begin your day with some gentle stretches such as in yoga or tai qi.



Throughout your days drink dandelion tea (or dandelion chai), milk thistle, lemon & ginger or rosehip herbal teas to give you energy and brightness. Eat plenty of fresh greens such as young plants, leafy greens, sprouts, grasses or make yourself a green smoothie for a big energy kick!

The wood element relates to the emotions of; anger and frustration and is linked to the behaviours of aggression, edginess, indecisiveness and compulsive behaviours. When our Gall Bladder or Liver meridians are blocked we can feel sluggish, tired, angry and emotional. Alternatively if our Liver and Gall Bladder channels are clear we feel full of energy, light and are able to get things done without feeling stressed or bothered.

If you are having trouble with any of the above symptoms or emotions why not get your Gall Bladder and Liver meridians balanced with a [Kinesiology](#) session? If spring tends to always be a stressful time for you or you find you have these Wood element issues all year round, why not get a Kinesiology balance around this season so you can flow harmoniously with nature and its seasons?



For a limited time Vitalchi is offering a Kinesiology Seasonal Balance!
Book in to see our Kinesiologist, Lisa Holthouse, for a comprehensive seasonal balance for only \$77.

Call the clinic today on 9894 0014 to make an appointment!

S.A.D - Welcome Spring and shed the Winter Blues

Lina Capovilla - Clinical Nutritionist

Spring is finally here! Whilst we are all careful to look after ourselves during winter and make sure our immune system is working at its optimum, did you know that the grey, wet weather can our mood also and boy has it been a cold, wet, grey winter this year.



It's no surprise a lot of us prefer to hibernate indoors and keep warm out of the winter cold. For most of us, the effect is only mild however increasingly, some people are finding that this condition is effecting their mood and behavior considerably as a result of the condition called S.A.D, Seasonal Affective Disorder. First described in 1984, it is now believed that approximately 4-10% of people will be effected, with women being more susceptible than men.

Proposed Causes

The symptoms which come on gradually as it gets colder in winter, and generally subside in the warmer weather include: fatigue, reduced motivation, excess sleep, increased appetite and weight, loss of libido, carbohydrate cravings, irritability and reduced sociability. There are many proposed causes of S.A.Ds with the seasonal changes in daylight being the primary cause. Many related factors also impact including: genetics, changes to our circadian rhythms (sleep wake cycle), nutritional deficiencies, reduced exposure to sunlight and neurotransmitter (mood regulating hormones) imbalances. Serotonin, which is often considered the feel good hormone, is commonly reduced leading to increased carbohydrate cravings and appetite, sleep changes and reduced sociability.

Nutritional Deficiencies

Nutritional deficiencies are also a major factor which can contribute to S.A.D, so ensuring you support your nervous system with the relevant nutrients is paramount.

Omega three fatty acids



These are essential in maintaining healthy mood with deficiencies contributing to mood imbalances. Increase these omega 3 rich foods in your diet including fish ie: salmon, sardines and tuna, seafood, nuts and seeds ie: walnuts, brazil nuts, chia seeds and pumpkin seeds, flaxseed and flaxseed and olive oil.

B Vitamins

These water soluble vitamins are easily depleted by soft drinks, coffee, tea and stress so it's important to ensure you have adequate levels. Not only important for the nervous system and helping to deal with stress, B vitamins are essential for energy. Increase your intake of whole grains including brown rice and oats, beef, tuna, turkey, brazil nuts, bananas, avocados and legumes.

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S.A.D - Welcome Spring and shed the Winter Blues (Continued)

Lina Capovilla, Clinical Nutritionist

Vitamin D

Everyone's heard about the Vitamin D deficiency epidemic in Australia which is often worse in winter as most of us spend less time outside. Whilst vitamin D has a host of functions within the body, recent research demonstrates its effect on mood. Supplementation for those with deficiency has demonstrated positive effects. Ensure you consume plenty of vitamin D rich foods including eggs, salmon, sardines, tuna, cod-liver oil and dairy products.

What else you can do to get over the winter blues and embrace Spring?

Brighten up

Sun light has been considered important for health for millennia and light therapy is an effective treatment for SAD particularly morning exposure. It has a positive normalizing effect on our circadian rhythms (sleep-wake cycle). Get outside as much as possible and ensure you get as much natural light as possible when indoors from either windows or skylights. Whilst it's getting warmer, spending time during the day in the sun is fine, however in the Summer months, be sure to limit your sun exposure and not spend time in the sun during the hours of 11am and 3pm.

Get Active

Now is a great time to get outdoors and get physical. Physical exercise is a great mood booster which also improves stress and anxiety levels and increases energy. Exercise outside now that it's getting warmer to get double the benefit.



Good quality protein rich diet

Proteins are the building blocks for the body, including our neurotransmitters so ensuring you're getting adequate quality protein in your diet is essential. It also helps to sustain energy throughout the day and reduce sugar cravings. Good sources are: organic lean meat, chicken and eggs, fish, nuts, legumes and tofu. So get outdoors and enjoy the warmer weather and beat those winter blues away!



For a limited time, Vitalchi is offering \$30 off your initial consultation with

Lina Capovilla, our Nutritionist.

For more personalized support, please contact the clinic on 9894 0014.