



Welcome to our Spring Newsletter 2010!

Are you feeling tired, unmotivated, overweight and unhappy with your life or full of the joys of Spring? This time of year always makes me think of clearing out the cobwebs to make way for change, growth and enthusiasm. It is a good time to look at our physical and mental health and ensure we are exercising, eating well and dealing with any health issues.



Spring, and its flowering blossoms, can cause havoc for allergy sufferers. We can support your immune system to lessen your susceptibility to allergies. Eating foods that your body likes and finds easy to digest can also enhance your immune system. Our immune systems respond to stress in a negative way - whether it is emotional stress or a dislike of the foods we are putting into our bodies. Speak to one of our practitioners if you want to know more about taking the stress off your immune system and helping it to reach its optimum health.

Sometimes the winter months cause people to put on some extra weight. Suzanne Wilson, one of our Naturopaths, has a fat loss program that takes six weeks. It is called **Shake It** and many of the health funds will give rebates on the consultations and the products which is a first!! Call us now to book in with Suzanne!

As many of you know we have been running health talks over the last few months. Our next one is on **Living Pain Free** and will be held on **8th September**. We also have a talk called **Stress Less, Sleep Better (Look Younger)** on **13th October** and **Surviving the Festive Season** on **10th November**. Please contact our reception if you want to book in. We have had very positive feedback from our talks so far and we plan to continue them. If you have any ideas on possible topics please let us know.

As a team we have been thinking about how we would like our clients to experience the Clinic. We work hard to create an environment that helps to facilitate positive change for all our clients. We feel that coming into the Clinic should be an "oasis" from day to day stresses. With that in mind we have created a competition to get your input on how we can best make Paddington Clinic a "Nurturing Oasis".

We are looking for fresh ideas on how you feel this idea can be achieved. The person offering the most creative suggestion will receive a voucher for a one hour massage. Please put your suggestions, name and address in our specially marked box. **Mary**

The importance of Vitamin D - Part 2



Vitamin D3 obtained from the diet, or absorbed through the skin, is metabolised in the liver and then converted into its active form in the kidneys. Many factors can impair this process including gut absorption problems, renal and liver disease, certain medications and increased body fat content.

The best known role for this vitamin is the maintenance of bone density but it is also a key for muscle strength. In several trials of older people at risk, supplementation improved muscle strength, function and balance.

Studies have also found a marked reduction in auto-immune diseases, such as MS and Type I diabetes, when infants had higher sun exposure and summer outdoor activities in childhood and adolescence. Further, long-term studies have shown a reduction in type I diabetes when infants received Vit.D supplementation. There is emerging understanding of this vitamin having both a protective effect in the development of auto immune disorders and being beneficial if administered during the progression of disease. A 2007 study showed Vit.D to be highly protective against respiratory infections and over the past 10 years Vit.D has been shown to act in the prevention, and perhaps adjunctive treatment, of many forms of cancers.

Blood tests for Vitamin D are available through your practitioner or GP. It is crucial to discuss your results with your Clinic practitioner to ensure the correct dosage if supplementation is needed. **Debbie**

Did you Know

Exercise is an important part of a healthy life and can help to regulate mood, decrease the risk of illness and generally increase your quality of life. A beneficial amount is as little as 30 minutes on most days of the week and it does not have to be continuous. For example: walking the dog (15 minutes), taking the stairs (2 minutes), walking to the car (3 minutes) and gardening (10 minutes). It can be as easy as that and research shows time and time again that making small changes can have great health benefits. **Joel**

New to our Clinic - Hot Moxa Massage

Hot Moxa Massage is a therapeutic treatment that combines the whole body benefits of Moxa with the therapeutic pressure of Shiatsu. Moxa is an ancient treatment that therapeutically warms specific acupuncture points. In this treatment, the moxa is extinguished with a hand-crafted bamboo tube that not only helps the heat to penetrate but also applies a therapeutic pressure to the tight muscle. This softens muscles and consequently increases blood flow, and therefore oxygen and nutrients, to them; warms coldness, both locally and in the extremities; boosts immune function; helps to correct hot flushes; and reduces joint stiffness. This is something that can done in addition to your acupuncture session or as a whole treatment on its own. **Joel**

The Danger Signs of Stress Overload

Not enough time: There's so much to do in the day your head is buzzing, you get frustrated and irritated at the slightest delay and everyone around you. You wake early in the morning thinking of everything yet to do.

Not enough money: Your difficulty in decision making, loss of clarity and direction and your irritability and tiredness are reflected in your business and financial situation. The more you think about money the more stressed you feel.

Poor relationships: At home and at work you find yourself easily irritated and frustrated by others, oscillating between anger and remorse, feeling more and more isolated and alone.

If nothing changes, nothing changes.

Until you de-stress yourself, your health, relationships and finances cannot improve. Think about how many months or years you have been feeling like this. Your life is now, not tomorrow, so make the most of it.

The three levels of de-stressing – Level 1

This level is about activities that you can do yourself or easily with others. It's most beneficial to have a combination of re-charge time alone and time to connect and have fun with others.

This list is long but includes:

- physical activity, especially outdoors, such as walking, cycling, swimming, dancing, roller-blading, running and kayaking
- Massage, professional or loving
- Singing, in the shower, community choir or with friends
- Connecting with family and friends in the rituals of food and drink
- Bubble baths, sleeping or lying in with a good book
- Making love, meditation, creativity, laughing out loud!

Level 2

This level involves clearing the toxic backlog of negative emotions that have built up in your body, making it harder for you to maintain control of your emotions. Perhaps you are reacting instead of taking action, being angry instead of assertive, crying too easily, or find yourself anxious or indecisive trying to please everyone. Neuro Linguistic Programming (NLP) is the perfect technique to de-stress at this level.

Level 3

This is the deepest level and involves resolving and clearing the underlying issues of self-esteem and self-trust which are the true causes of your perceived lack of time, money and connection. For example, the lower your self-esteem and trust the harder it is for you to set and maintain boundaries with others. You end up spending enormous amounts of energy and time trying to satisfy everyone else's needs. Another important factor in this level of de-stressing is learning to live in the present, where you are safe and totally in control, rather than in the depressing past with regrets and 'should haves' - or - in the anxious future with the 'what ifs'. You can learn how to distinguish between intuitive doubts and those which are simply someone else's voice from the past. You can choose to use NLP or Hypnosis to safely work at this deep unconscious level.

To de-stress at levels 2 and 3 you can attend the next

De-Stress for Success Workshop, being held in Brisbane on 9th October, or book

in for an individual session either in-person at the Clinic or over the phone.
Sue Lester

<p>We are doing a Hike to Help Nepalese Children on Sunday 12th September. Details at www.nafa.org.au</p>	
--	--


<p>Visit Paddington Clinic Online www.paddingtonclinic.com.au or call 07 3369 0045</p>