



NATURAL HEALING CENTRE

NATURAL GOOD HEALTH



SUMMER NEWSLETTER 2011-2012

It's that time of year again! We would like to thank you all for your ongoing loyalty to us throughout 2011. Wishing everyone a very Merry Christmas and may 2012 bring excitement, health and happiness to all.

Jason Winters Tea

"This is the tea the whole world is talking about!"

A fantastic blend used as a blood purifier, liver tonic and aids in detoxification. Also assists with skin problems and helps with poor circulation. This tea has millions of users in 70 countries since 1977.

"God placed certain herbs on each continent to purify the blood and when this is done then a person's natural immunity will have a chance to take over and fight all disease. It is as simple as that." Sir Jason Winters

Try our new Liver tonic!

- Feeling sluggish?
- Eating too many festive foods?
- Suffering from sluggish digestion?
- Bloating?

If you answered yes to any of the above, you may benefit from our Liver/Digestive tonic.

Just take twice daily to support your liver and lessen the impact on your body while enjoying the festive season.

Special price \$25 (Usually \$38) 200ml
Special price \$50 (Usually \$70) 500ml

(Contraindicated in pregnancy. Please check with your practitioner before purchasing)

Meet our new Doctor!

Dr Anjana Arunachalam

MBBS BSc – FRACGP- Dip O&G

Dr Anjana is a Wellbeing GP who practices Integrative Wellness medicine. She passionately engages conventional, nutritional and alternative approaches to cater for the needs of those in her care.

As a Bachelor of Medicine, Surgery and Science, a Fellow of the Royal Australian College of General Practitioners as well as a Diplomat in Obstetrics and Gynaecology she comes highly qualified. She has practiced as a GP obstetrician at Anglis Hospital.

She has completed the Primary ACNEM course with an aim to complete a fellowship in Nutritional Medicine. This is complimented with numerous meditation and nutritional courses and conferences.

Anjana's passion is to empower you, through knowledge and practice to achieve your point of unique balance and well-being.

Anjana specialises in Integrative Medicine, Functional Medicine, General Practice, Women's Health, Weight loss, Mental Wellbeing, Chronic Fatigue Syndrome, Irritable Bowel Syndrome and Nutritional and Herbal Medicine.

Anjana will be available for consultations Mondays, with the possibility of working Wednesday afternoons in the new year. Medicare rebates available.

Our Practitioners

Dr Nerida James N.D – Naturopath

Wednesday 9:30-1 / Friday 9:30-7

Linda Laratro – Naturopath

Monday and Wednesday 9:30-7 / 2nd Sat of each month 9:00-1

Lori Scaturchio – Naturopath

Thursday 9:30-7

Dr. Maria Colosimo N.D – Naturopath

Tuesday and Thursday 10-7/Sat 8:30-1

Dr John Piesse – Complementary GP

Tuesday and Friday 11-7

Scott Brisbane – Acupuncturist and Craniosacral Therapist

Monday 11-7 / Friday 9-12:30

Glyn Bennetts – Meridian Stress

Evaluation (foods and environmental)

Wednesday 10-6 once a month

Dr Anjana Arunachalam –Complementary

GP Monday 1-5 / (Wednesday 1-6 - Beginning 2012)

“Liquid Herb of the month” Turmeric

10 reasons to add turmeric to your diet

1. It is a natural antiseptic and antibacterial agent, useful in disinfecting cuts and burns. It also speeds up wound healing and assists in remodeling of damaged skin.
2. Reduces the risk of childhood leukemia.
3. Is a natural liver detoxifier.
4. May prevent and slow the progression of Alzheimer's disease by removing amyloid plaque build-up in the brain.
5. It is a potent natural anti-inflammatory that works as well as many anti-inflammatory drugs but without the side effects.
6. Is a natural painkiller.
7. May aid in fat metabolism and help in weight management.
8. Has long been used in Chinese medicine as a treatment for depression.
9. Because of its anti-inflammatory properties, it is a natural treatment for arthritis and rheumatoid arthritis.
10. Has been shown to stop the growth of new blood vessels in tumors.

Turmeric is often recommended to cancer patients, (especially for colon and breast cancer) as the spice assists the liver and gall bladder. People with digestive weaknesses, and flatulence, could consider using turmeric freely, especially as a flavouring with foods that are difficult to digest. Turmeric stimulates gall bladder muscles and increases bile flow, which is required to digest fats and to lubricate the intestines.

As well as stimulating bile flow, turmeric increases the output of the pancreas, which means the digestive enzyme production increases. Diabetics have found making a tea daily of 1 tsp. of turmeric, 1 pinch of cinnamon and cloves and 1/2 a crushed bay leaf, has enhanced the production of insulin by the pancreas. Research has shown turmeric helps lower cholesterol, internal blood clots and may be effective in conditions related to arteriosclerosis, particularly those related to thrombosis. Turmeric provides much the same effect as aspirin as a platelet inhibitor.

When turmeric is consumed as part of a meal, it is said to have the effect of binding the cholesterol substances in the food and rendering them incapable of absorption, and stopping them from clinging to the inside of arteries. As turmeric triggers better bile flow when taken with a meal, this helps digest fats and reduces the risk of gallstones. Turmeric also generates the secretion of several enzymes that assist the liver in breaking down and metabolizing certain toxic substances.

Please refer to our website or Facebook page for our monthly updates on our “Herb of the month”

Sugars effect on your health and the natural alternatives

One of sugar's major drawbacks is that it raises the insulin level, which inhibits the release of growth hormones, which in turn depresses the immune system. This is not something you want to take place if you want to avoid disease.

Here are just few effects sugar may have on your health

- Sugar can cause a rapid rise of adrenaline, hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
- Sugar contributes to obesity.
- Sugar can cause a decrease in your insulin sensitivity thereby causing an abnormally high insulin levels and eventually diabetes.
- Sugar can interfere with your absorption of protein.
- Sugar can cause toxemia during pregnancy.
- Sugar can increase the size of your liver by making your liver cells divide and it can increase the amount of liver fat.
- Sugar can increase your body's fluid retention
- Sugar can cause hormonal imbalances such as: increasing oestrogen in men, exacerbating PMS, and decreasing growth hormone.
- Sugar can reduce the learning capacity, adversely affect school children's grades and cause learning disorders.
- Sugar can cause headaches and migraines.

Along with Stevia and Agave as alternatives, Perfect Sweet, Xylitol is an all-natural sugar alternative that tastes and looks like sugar but that is where the similarities end. The natural sugar free sweetener is extracted from plants such as corn cobs and birch trees. It has a low glycemic index of 7, compared with sugar which has a glycemic index of 65!

The next time you find yourself buying sugar, please remember there are natural alternatives that will not harm you and your family's health.

NEWSLETTER VIA E-MAIL?

We are updating our data base, if you would like to receive our newsletter by e-mail please forward your e-mail address to

mitcham@naturalhealingcentre.com.au

This will enable us to send you our seasonal newsletter with lots of interesting news and updates on our practitioners and services.

www.naturalhealingcentre.com.au

P.S. We are now on Facebook so show your support and 'like' ☺

We look forward to seeing you soon. Please call 98730966 to make an appointment. Yours in good health, the staff of The Natural Healing Centre, Mitcham.