



# NATURAL HEALING CENTRE

NATURAL GOOD HEALTH

## WINTER NEWSLETTER 2010

And the seasons, they go round and round... once again winter is here. This newsletter will help you avoid those terrible sniffles and get you through the colder months. Nerida, Teresa, Linda and Faye are all happy to help with any questions or concerns you may be having.

**“To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.” - William Londen**

### WHAT'S HAPPENING AT FERNY CREEK

Huge congratulations to Zoë, our part time receptionist, who has received a scholarship to study abroad in The Netherlands. Zoë will be leaving in July. She will be greatly missed and we wish her all the best for a safe, successful trip.

**Dr Teresa Oates** (Naturopath) - Tuesday, Wednesday, Thursday and alternate Saturdays.

**Dr Melijah Maghanoy** (Osteopath) - all day Thursday.

**Dr Linda Laratro** (Naturopath) - all day Friday.

**Dr Nerida James** (Naturopath) - all day Monday and Tuesday, Thursday mornings and alternate Saturdays.

**Faye Stone** (Chinese Herbalist & LIFE system) - all day Wednesday.

**Don't forget we are open 6 days a week.**

**Book early for your Saturday appointment and yes, we are open late for those after work appointments.**

### STOCKTAKE SALE!!

**15% off all remedies for one week**

**From Wednesday 23<sup>rd</sup> -  
Wednesday 30<sup>th</sup> June 2010**

*All of our practitioners work as a team exchanging knowledge and information so don't forget if you can't get in to see your favourite practitioner on the day, others are more than willing to help you!*

### TOXINS AND CHILDREN

Environmental Protection Agency studies have shown that indoor air pollutants are up to 70 times higher than outdoors. Other studies show that approximately 50% of all illness is due to poor indoor air quality. 150 chemicals found in the home are connected to allergies, respiratory disorders, cancer and psychological disorders. For example; children exposed to organosphosphates (originally developed for chemical warfare, and now widely used as pesticides in Australian food production and pest treatments in the home) have a higher risk of ADHD. Organophosphates, along with many other chemicals found in household and personal care products are known to be toxic to the nervous system. Even small levels of neurotoxins, which would be harmless to adults, can alter a child's nervous system. Bio-accumulation studies have shown that some toxins store in our bodies for life.

What you can do to prevent your child/ren being exposed to toxins;

- Eliminate harmful toxins from the home by using natural cleaning and personal products (your local health food store will stock these, along with some supermarkets)

- Buy organic foods (especially fruit, vegetables and meat).

- Use BPA free baby bottles and silicon dummies (rubber releases toxins).

For further information please visit our website:

[www.naturalhealingcentre.com](http://www.naturalhealingcentre.com)

## **Olive Leaf Extract**

### **-an antibiotic alternative-**

Olive trees are amongst the world's oldest and longest living plants. Some trees in Northern Africa are 300 to 800 years old. The olive tree is particularly resistant to insects and microbial attacks due to the high concentration of a group of compounds called seco-iridoid glycosides, which occur predominantly in the Oleaceae family. These glycosides are deadly to micro organisms. The olive leaves in particular concentrate large amounts of oleanolic acid and its hydrolysis products. They act as a natural barrier to microbial invasion. Extracts of olive leaves have been used medicinally for several hundred years to lower fevers and treat malarial infections.

### **Universal Anti Microbial**

More recently, olive leaf extract has been shown to be a potent remedy against viral diseases, yeast and fungal infections, bacterial, protozoan and parasitic infections. One of the greatest converts to the efficacy of olive leaf extract is Dr. Robert Lyons of the Robert Lyons Clinic in Budapest, Hungary. Working with 40 holistic health professionals, including medical practitioners, naturopaths, chiropractors, herbalists and nurses, Dr Lyons has had particular success in treating respiratory diseases of bacterial origin, gastric/duodenal ulcers caused by *Helicobacter pylori*, *Candida albicans* over growth and herpes infections- both simplex and zoster.

In the July 2000 Townsend Newsletter for Doctors, Morton Walker describes how the Hungarian government has now made olive leaf extract the official anti-infectious disease remedy in its national insurance (Medicare) program. Olive leaf extract has replaced antibiotics. The dose range for olive leaf varies from 500 milligrams to 3000 milligrams per day.

### **Infectious Diseases Successfully Treated with Olive Leaf Extract**

Colds, Influenza, Pneumonia, Strep throat, Gastroenteritis, Amoebiasis, Hepatitis, Botulism, Mumps, Thrush, Toxoplasmosis, Campylobacter, Vaginitis, Chlamydia, Ringworm, Warts, Giardia, Round worm, Salmonella, Shigella, and Staphylococcus.

## **DID YOU KNOW THAT NATURAL MEDICINE HAS MANY NATURAL ANTIBIOTICS?**

They do exist... we have several. For many years we have used a little-known remedy called "Propolis" as an effective antibiotic. It is a substance the bees collect from the bark of the trees... especially poplars, horse chestnut, spruce, larch and other conifers. The bees coat the entrance of their hives with this substance and it stops any infection getting inside the hive. The bees also brush against it going in and out of the hive thus protecting their home.

Propolis has been hospital-tested by numerous doctors over the years and it has been found to be effective against staphylococcus (throat-chest infections), salmonella (food poisoning) and E.colli (gastric infection). External ulcers, such as leg ulcers, respond well to Propolis, as do internal ulcers in the mouth, oesophagus and stomach. Propolis is particularly great for treating and warding off influenza. There are no harmful side effects, and best of all, propolis does not kill off the "good" bacteria in the body. It also boosts the immune system and helps to build each person's resistance to infections.

### **Garlic**

Garlic is another well-known natural antibiotic that is particularly effective for fighting colds, coughs and flu.

### **Echinacea**

Echinacea is a herb well-publicised for its terrific immune-building properties and its ability to treat upper-respiratory infection.

### **Grapefruit Seed Extract**

Grapefruit Seed Extract is an excellent antibiotic, anti-fungal and anti-viral medicine. I discovered this medicine in America and I was so impressed with its effectiveness that we started a company (Citricidal Australia) to import it into Australia. We have received many letters from people who have successfully used Grapefruit Seed Extract for various types of infections.

## **NEWSLETTER VIA E-MAIL?**

We are trying to cut back on our carbon emissions, so if you would like to receive our newsletter by email, please forward your e-mail address to [fernycreek@naturalhealingcentre.com.au](mailto:fernycreek@naturalhealingcentre.com.au)

### **Natural Healing Centre**

**8 Mt Erin Rd**

**Ferny Creek**

**(03) 9755 1900**

[www.naturalhealingcentre.com.au](http://www.naturalhealingcentre.com.au)

Stay warm this winter, inside and out and remember;

"Health is the thing that makes you feel that now is the best time of the year" - Franklin Adams.

*We look forward to seeing you soon.*

*Yours in Health,*

*Nerida, Teresa, Linda, Melijah, Faye, Shana, Loretta and Zoë.*