



NATURAL HEALING CENTRE

EXCELLENCE IN HEALTH
AND WELLBEING



NEWSLETTER
Winter 2013

*Trusting : Knowing that the ups and downs of life are opportunities in disguise,
I accept the journey at hand.*

What's Happening at the Natural Healing Centre ?

- Mitcham has a new Clinic Manager starting in two weeks.
- Nerida has just returned from the USA. She travelled to the Narconon Executive Directors Conference in Oklahoma City with Dallis and David, executives from Get Off Drugs Naturally who deliver the Narconon Program here in Australia.

They also travelled to Arrowhead, the largest Narconon worldwide, accommodating 300 students. In addition, Nerida attended a one week convention on Prosperity, Marketing and Management combined with a training course on Tools for Effective Leadership.

Whilst in the US, they accepted a first place award on behalf of Get Off Drugs Naturally for the *Most Productive and Expanding Narconon worldwide.*



They won The Birthday Game competing against more than 100 centres in the Narconon International Network. Get Off Drugs Naturally Australia presented Narconon International's President, Executive Director and Production Managers with a didgeridoo and for each of them a handmade Australian timber desk box which plays Waltzing Matilda.

Practitioner Availability – Ferny Creek

- **Dr Nerida James** - Naturopath - Monday, Tuesday, Thursday, Friday and alternate Saturday
- **Dr Teresa Oates** - Naturopath - Tuesday, Wednesday, Thursday and alternate Saturday
- **Dr Linda Laratro** - Naturopath - Friday

Practitioner Availability – Mitcham

- **Dr Nerida James** – Naturopath – Wednesday and Friday
- **Dr Linda Laratro** – Naturopath – Monday, Wednesday and Saturday
- **Dr John Piesse** – GP *General Practitioner* – Tuesday and Friday
- **Dr Maria Colosimo** - Naturopath – Tuesday, Thursday and Saturday
- **Dr Anjana Arunachalam** – GP *General Practitioner* - Monday
- **Scott Brisbane** – Acupuncturist – Monday and Friday



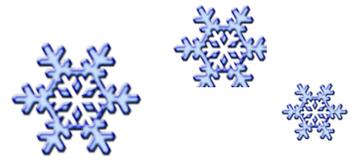
Fertility and Preconception Care – Linda Laratro N.D.

Earlier this year I attended a four day intensive fertility seminar, a jam packed four day event with lots of updated information on ways in which practitioners can assist patients, not only with fertility but also ways to support couples going through IVF procedures.

Some of you have already benefited from this knowledge with quite a number of pregnant couples in our practice at the moment. For those of you who may be about to embark on this exciting journey;

Why use preconception care?

- There are countless studies indicating that nutritional deficiencies, illness, toxin exposure and other factors can all influence the health of the egg and sperm.
- It is a way for prospective parents to improve their chances of fertility and health of egg and sperm quality.
- Learning about and charting the menstrual cycle gives accurate and comprehensive assistance with recognising fertility signs.
- It helps to optimise the chances of conception.
- Increases health and vitality.
- Establishing good nutrition before you conceive helps you and your baby achieve greater health throughout the pregnancy and beyond.
- An empowering experience in managing your own fertility.



Be Prepared this **Winter**

At the Natural Healing Centre, we believe prevention is even better than using natural medicines to recover faster. There are many natural everyday measures you can practice to prevent the spread of the influenza virus.

Flu Prevention Tip No 1 - Avoid Contact. Viruses spread through contact so avoid unnecessary contact with other sick people. Viruses enter the body through the nose and mouth, so do not touch your face and remember to wash your hands regularly when around sick children and adults.

Flu Prevention Tip No 2 – Eat More Fruit and Vegetables. There is never a better time to increase the amount of fresh fruits and vegetables than during flu season. Many fruits and vegetables contain anti-viral properties, with dark green vegetables and fruits like apples and quinces having been shown to be particularly effective at helping prevent the flu. The antioxidants in fruits and vegetables also help scavenge free radicals and give your immune system an overall boost. Eating fruit and vegetables in season, go hand in hand with their seasonal health benefits.

Flu Prevention Tip No 3 – Drink plenty of Fluids – Especially Water. Water helps to flush out the system and remove waste and toxins. Green tea contains antioxidants providing benefits for flu prevention whilst herbal tea with a touch of lemon is another way to get flu preventing antioxidants and other anti-viral ingredients into your system while re-hydrating at the same time. To gauge if you are drinking enough fluid simply check the colour of your urine. If it is clear or close to clear, you're drinking enough and if it is very yellow, you need to drink more.

Flu Prevention Tip No 4 – Exercise Regularly - Exercise that increases your breathing rate, increases blood circulation and works up a mild sweat may help prevent flu's in a number of ways. This type of exercise increases your metabolism, helps to cleanse the system and has also been shown to elevate the number of the body's natural flu fighting cells (white cell count).

Flu Prevention Tip No 5 – Natural Vitamin and Herbal Supplements – Taking additional vitamin and herbal supplementation at more vulnerable times of the year, such as flu season, are valid preventative measures.

Did you know a probiotic will assist in boosting the good bacteria in your gut helping to strengthen your immune system? Vitamin C, an essential nutrient for the healthy growth and development of cells and tissues is also an antioxidant helping to protect cells from oxygen damage. Vitamin C is widely recognized and endorsed as a therapeutic treatment for a variety of ailments including the common cold and flu. Zinc is found in every cell of your body and is essential for your immune system and even a small deficiency can cause health problems. Did you know zinc in Australian soil is amongst the lowest in the World?

At the Natural Healing Centre supplements are selected and recommended for their potency and effectiveness. Liquid Herbal Extracts such as Infection Fighter and Traditional Chinese Herbal Medicines are also prescribed to help prevent and reduce the severity, inflammation and length of colds, coughs and flu.

Following these 5 flu prevention tips may get you through the cold and flu season unscathed and if not, you'll probably find that you experience milder symptoms and faster recovery times.

Remember to be kind to your body and rest. Rest too will help to strengthen your immune system.

For further information, please contact one of our Health Professionals for advice.



For latest news articles, information, resources and *shopping cart* visit our website

www.naturalhealingcentre.com.au

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