

Hi

I have heaps of clinic news so here is a summary:

- Time away 23/3-26/4
- Patient ordering system
- Anti ageing questionnaires and Health Appraisals
- New point of care testing
- Free Shake it soup tubs
- Cholesterol management
- Upcoming website
- Cancer talks
- Fee increase

CLINIC CLOSURE

Just letting you know I will be away from the clinic again (aren't I having an exciting year) from 23 March restarting work again on 26 April. I am looking forward to a lovely holiday with my family. My daughter is playing the clarinet in the Pacific Basin Music Festival in Hawaii then we are off the USA! I wonder if it will be relaxing now I have two teenagers!

PATIENT ORDERING SYSTEM

While I am away as before I will not be contactable however you can leave a message, email or send a text to book an appointment on my return. For supplies of practitioner only prescribed supplements during this period you can order them and they will be delivered to your home or office within 24 hrs. Follow the instructions as below:

Call 1800 777 648 and set up a patient ordering account as my client (Practitioner no 39400x) and pay by credit card – you can order as much as you like and it will come to you directly. It takes a minute to set up and then you can use the patient ordering system as often as required.

ONLINE QUESTIONNAIRES

A huge thank you to all clients that have already completed their online health appraisal questionnaires and anti-ageing questionnaires, in May I will email everyone that has completed their surveys and offer you an appointment to come and discuss those results. I am pleased with the results overall and feel I have a lovely healthy bunch of clients (or maybe only the healthy ones are completing the surveys!)

Instructions are below. For clients without access to a computer or internet you can fill out the survey using my Ipad in the waiting area – so please ask.

<https://www.metagenics.com.au/healthy-ageing-questionnaire>

TAKE THE CHALLENGE AND FIND OUT HOW OLD OR YOUNG YOU REALLY ARE! To fill out this questionnaire enter my practitioner number which is 39400 and away you go – results are emailed to me.

NEW POINT OF CARE TESTING

As my naturopathy clients know I love blood tests and use diagnostic testing as much as possible in my practise. I recently attended two seminars that have deepened my knowledge in these areas.

In May I will be adding to the normal point of care testing we carry out now in Naturopathy appointment number two adding grip tests and sit and reach tests. Interestingly our ability to reach our toes in a sitting position is an indicator of arterial health and cardiovascular risk factors.

I also have additional information on blood testing and other functional testing we can do in conjunction with your doctor or privately to assess everything from fertility to stress, cholesterol risk management, diabetes control, thyroid and other health factors. We can look more closely at results and indicators of improving or declining health.

Appropriate tests will be given in Naturopathy appointments one or two to be completed outside the clinic with results available for appointment three which is our report of findings appointment.

I have been trialling this new system with new clients and its working well as the appointments are faster and less overwhelming information wise!

Process is outlined below:

1. Online health questionnaires – done at home or in waiting room – two to be completed – the complete health appraisal (30 min) and the healthy ageing questionnaire. (10 min)
2. Consultation and research (45 min -60 min consult and up to 30 min research) – gathering further information and researching individualised conditions, medication interactions and nutrient requirements
3. Testing appointment (30 min) comprehensive testing including physical exam, iridology, urine analysis, gut toxicity, ph, grip strength and blood requests
4. Report of findings consultation (30 -60 min) which includes a typed report and treatment plan

This approach will help streamline and systemise all naturopathy clients and enable us to stay focussed on getting great results in all areas of health.

FREE SHAKE IT SOUP TUBS

I have 5 tubs of shake it soup available in my clinic for free to clients that are currently doing the shake it fat loss program – first in best dressed text me if you want one left out or grab one at your next appointment.

CHOLESTEROL MANAGEMENT

Super exciting news for clients with elevated cholesterol. I have a new product in clinic now that in clinical trials is reducing cholesterol by around 25% in only 4 weeks. This is great step forward – we have always had great natural methods of cholesterol management but this new product is super fast and looks like its yielding excellent results. The other plus is that unlike statin drugs that deplete coenzyme Q10, which can make people tired, muscle achey and sore – the new natural tablet actually increased co Q10 production so there is no nasty side effects and who wouldn't want to have a bit more energy? The product is a one a day tablet, taken at night, very economical too! Can't wait to start getting some blood tests back from clients already taking new Cholcare.

NEW WEBSITE

In May my second website will be ready to go – it will link in with current website. It's a site being designed specifically for my cancer care information and will have a free downloadable PDF booklet on easy ways we can prevent cancer. I am looking forward to getting this site up and running later in the year.

CANCER TALKS

I have had numerous requests to rerun the Cancer Prevention talks I ran in the later part of 2012. I intend to revamp and rerun them again later this year – I will keep you posted with dates and venues. As you know this topic is a passion of mine.

I recently lost my lovely aunt to cancer only 5 months after diagnosis. She has left behind 5 children from 10-24 years. This is very sad and unfortunately very common and when I thought about it, the last three or four funerals I have attended have all been due to cancer. If there is anything we can do to prevent cancer and manage recurrences we need to be doing it – no-one wants to die that way and especially leave your loved ones behind.

On a happier note I am currently using some high potency specialised mushroom extracts with clients with cancer as well as chinese herbs that increase white blood cell counts and improves normal cell recovery after chemo and increases cancer cell receptivity to treatments. I am always looking a new things we can try and assist in the prevention of cancer and treatment options.

FEE INCREASE

As of 26 April my fees will be increasing after quite a few years at current rate, most treatments will be increasing around \$5. New price list will be in clinic in May.

Wishing you all a very happy, relaxing Easter break and look forward to seeing your lovely smiling faces in clinic in late April- Early May.

Kind regards
Christina Pirie