

October 2011 Newsletter

Welcome to **My Wellness Clinic** news update... I hope you are well! The end of the year is approaching (again) and I have lots of news to share.

I just spent the weekend at a seminar on **Managing the Emerging Epidemics of Childhood** – this covered topics such as childhood obesity, autism, attention deficit disorder, allergies and immune health. It was really interesting- did you know 70% of children in Australia don't even get 70% of the recommended daily intake of nutrients.

We discovered that children with attention deficit disorder commonly have over active dopamine transporting which causes them to fidget, be loud and overactive. The thing which can cause overactive dopamine transportation is heavy metal toxicity and also a deficiency of B6, B12 and folate in some children. These are all things which can now test for and treat accordingly – by regulating dopamine transportation we allow the dopamine to stay in the child's system longer allowing them to concentrate, relax and focus. We were advised the importance of zinc in children especially those on Ritalin as it can enhance brain function and activity.

An interesting correlation between children that have allergies or behavioural disorders was that these children often suffer with mental health problems as teenagers due to long term nutritional deficiencies and over/underactive neurological processes. So kids with asthma or eczema can often represent as teens with anxiety or depression.

With children with Autism we were advised against prescribing all probiotics except for one specific strain as all other probiotic strains can adversely affect brain function. Children with autism with generally benefit from a strict gluten and casein free diet. It was also explained that children with autism benefit from Vitamin D levels that are 2-4 times what we would normally expect as vitamin d switches off one of the processes that affects poor brain function.

We also learnt about the importance of glutathione as an important antioxidant that supports immune function, supports liver function and heavy metal chelation (ridding it from the body). For our bodies to have sufficient levels of glutathione we need vitamins b2, b3 and selenium and important amino acids (from protein in our diet). We are now able to check glutathione ratios. Frighteningly- one thing that substantially reduces glutathione levels is paracetamol – so overdoing paracetamol can adversely affect immune function in children and adults.

As you can see our bodies are complicated but it highlights the importance of broad spectrum nutrient intake and how important it is to support our kids with a healthy diet and supplements as prescribed. The new range of children's supplements taste fantastic (I think even my fussy kids will like them!). The new fish oil has added factors to improve cognitive function and taste like peppermint. We can now also use pleasant tasting supplements to detox kids and rebuild gut and liver function if they have had lots of antibiotics and a poor diet.

We have new methods of treatment of allergies and for children with poor immune function – we also have an excellent fat loss program for children and teens that has excellent results, high compliance and is health fund rebate able.

I think kids are our future and its important that we take the guess work out of prescribing supplements for kids – many over the counter products have fillers and additives like heavy metals, sodium lauryl sulphate and artificial sweeteners. In fact independent studies have shown 20% of fish oils in the retails market have no EPA or DHA present due to oxidation. So often you may think you are doing the right thing for yourself and your children by buying vitamins and supplements but sometimes you can actually be doing harm unwittingly by buying inferior products. Its important that supplements for children and adults are prescribed and the correct therapeutic dose is taken to get a therapeutic beneficial result. It is far easier to build strong children than to repair broken men.

In other clinic news I have joined forces with **FCF Gym** at Umina. They are upstairs opposite Coles and have excellent membership rates starting at \$5 a week. It's a great unisex gym and is a great comfortable workout environment for all ages. They offer fitness classes and also excellent personal training packages at really affordable rates so its worth going in and meeting the staff. I am doing nutrition and naturopathic consults for the gym and their clients. Its great to work with people who are exercising as with simple dietary adjustments we get great results. I go into the gym on Fridays for clients that are not able to travel to my clinic. Nutrition consults are on special \$55 for 45 minutes if you need a dietary tune up or a complete overhaul.

My student **Olivia** has moved to the Hunter Valley and is almost ready to graduate as a nutritionist and yoga teacher. She was a great help to me in clinic and I wish her well. Some of you will meet my new student **Jane** – she is a final year naturopathy student who is finalising her practical hours. Jane will sit in on some nutrition and naturopathic appointments this year to enable her to refine her skills before graduating. Students also help me with mundane tasks such filing and folding newsletters which I appreciate. Thank you to those of you that share your appointments with a student – it's a great way for them to learn and become better practitioners.

Sadly our lovely cat '**Itty Bitty**' that used to greet clients on the stairs and sit on your lap if he got a chance was killed by a dog attack – we are very sad and miss him as I sure all his friends will.

Christmas is rapidly approaching – I will be **taking time off from the 9-16 November and from the 23 Dec till the 11th of January**. I am now booking up appointments till the end of the year so please make sure you book in to avoid disappointment.

Beside taking care of my lovely clients and my family we are very involved in our **pet rescuing and rehoming**. We and other foster carers have lovely cats and dogs of all sizes and ages available to be adopted – if you are looking for a new fur friend please consider adopting a rescue pet rather than supporting pet stores and puppy/kitten mills. For more information on what we have

available for adoption at the moment please contact me or check out Pet Rescue website.

Speaking of pets – one of my passions is animal health and nutrition – I am now also practising as an **animal naturopath, nutritionist and massage therapist** – if you want some advice on natural treatments for your pets ask me. I will also have a range of natural flea and tick collars available – they work on a magnetic field around the animal and are a chemical free way of managing fleas and ticks – they work out to be safer and much more economical than other treatment methods – they are called Shoo tags – ask me for more info.

I am excited to welcome **Louise Power of Skin Synergie** to My Wellness Clinic. Louise is a highly trained beauty therapist and will be offering **microderm abrasion treatments** which are a highly effective way of managing skin conditions such as acne and anti-ageing. I will be trialing her treatments so you can see the improvements in my skin. Louise is passionate about skin care and will be using a range of skin care products that are prescription only – they are affordable and economical – she is very interested in treating acne and offers excellent affordable teenage skin treatments. I will forward more information on her treatments shortly.

Please find attached an information sheet on **preconception health care**. The importance of good diet and nutrition and a healthy lifestyle during pregnancy is recognised by most, but for many couples wanting to start a family the importance of preconception care can remain over looked, especially for men. The Wellness Review explains the value of good preconception care for both men and women looking to start a family to achieve the best outcomes for themselves and their baby.

http://www.mywellnessclinic.com.au/docs/info/Ready_start_familyV2.pdf

I have also attached in information sheet on **toxic exposure** – it is seemingly unavoidable in our modern world. An accumulation of toxins can leave patients feeling tired, sluggish and less than their best.

Read about the symptoms and potential causes of toxicity, as well as advising patients of the importance of a professional detox program in order to bring them back to a state of health and vitality.

http://www.mywellnessclinic.com.au/docs/info/Its_time_spring_clean.pdf

I am also excited that I have booked into go to the **International Congress of Natural Medicine in 2012 on the Gold Coast** – the topic is **cancer** treatments and I expect international speakers will educate us further on new treatments and working along side oncologists to achieve better outcomes with our cancer clients. I feel our current treatments for cancer most certainly help a great deal but I would love to learn new methods I can offer to clients that are going through this difficult and common health crisis.

Don't forget **gift vouchers** are a great way you can give the gift of health to your loved ones and you may still be eligible for a refund on your health fund for this financial year. Gift vouchers are available at all times and can be posted, emailed or left out for collection. You can pay online or direct debit if required.

Note for **direct debit payments** my BSB has changed to 812-170 please update your records if required.

I think that's all my news – my family are going well – my beautiful daughter Tatiana has blossomed into a lovely teenager and enjoys her singing, music and her group of friends. My son Huon has his first job (ball boy at the driving range) and is growing into a kind, responsible young man. I wish you and your family all the best and look forward to taking care of your health soon.

When do I work?

Mon (clinic 8.30-5.30pm)

Tues (home visits)

Wed (clinic 8.30-5.30 pm)

Thurs (clinic 8.30-9pm)

Fri (home visits/FCF Gym)

Sat (fortnightly – Clinic 8-12.30pm)

Current price list – note all prices are the same except for an increase on hot stone treatments. All treatments are health fund rebate able

Remedial Massage (relaxation, rehabilitation)

\$65 1 hr \$35 ½ hour \$90 1.5 hr

Lymphatic drainage

\$50 45 min

Thermal stone therapy/massage

\$80 hr \$115 1.5 hr

Ear Candling

\$45 inc candles – candles separately \$8.50

Naturopathy

\$100 initial inc all testing 1.5 hr

\$40 follow up ½ hr

\$20 weigh/measure ¼ hr

Nutrition

\$55 ¾ hr consult

\$40 follow up ½ hr

Animal consults – please enquire for a price

Home visits and **workers compensation** treatments – price varies - enquire

To book email me on cpirie@exemail.com.au or call/text 0414 868 185.

Check out my website www.mywellnessclinic.com.au