

Newsletter

**March/April
2011**

Keeping on top of Type 2 Diabetes

The incidence of type 2 diabetes is rapidly increasing in Australia. Type 2 diabetes typically occurs in overweight people over the age of 40, frequently with a family history of diabetes. Type 2 diabetics have high blood sugar levels which if unmanaged, lead to a range of serious health problems affecting the eyes, kidneys, nerves and circulation. The mainstay of management is a balanced diet, losing excess weight and maintaining regular exercise. Medication is used when addressing these lifestyle factors is inadequate to achieve healthy blood sugar levels.

Unlike type 1 diabetes which usually shows up in younger people insulin is not usually needed. Managing alcohol consumption and stopping smoking are critical to minimising complications. Type 2 diabetes is another of the so called lifestyle diseases because as you can see the disease can often be prevented or managed by lifestyle factors alone. Because diabetes can affect many systems it is usual to be under the care of a GP, optometrist, dietician and podiatrist. Complementary medicine can play a useful role both for those not yet on medication as well as those who require it.

- A number of strategies can stimulate weight loss in stubborn cases, and once again for many people a professionally supervised liver detox program can kick start the process. Avoiding excess energy rich carbs such as bread and added sugar is often another key.
- Acupuncture has a role with points that are useful in regulating blood sugar as well as points that can improve immune function and circulation.
- Many herbs and nutrients have an effect on insulin sensitivity and blood sugar levels. Cinnamon and chromium are well known for their effects on blood sugar, and the Chinese herbs Huang Qi, Shu Di Huang and Dan Shen are among herbs often used in treatment.

Because herbs, nutrients and a change in diet can lower blood sugar, it is possible that blood sugar can be lowered too much resulting in hypoglycaemia. For this reason it is important to be professionally supervised so that the programme is tailored to individual needs. It is better to seek professional care rather than “doing it yourself” and any one of our Chinese medicine or naturopathic team is able assist with a programme.

Acupuncture and Back Pain: The Clinic’s Approach



Acupuncture is well known for treating painful conditions. Many people are still under the misunderstanding that acupuncture treats the symptom of pain only. This misunderstanding is linked to early research showing how acupuncture increased the body’s endorphins – natural pain killing chemicals. While it’s great to treat the symptom of pain such an effect quickly wears off. Only 30% of what acupuncture does is concerned with pain. The main game is

stimulating repair of damaged tissue and restoring normal function and this is where acupuncture excels with back pain. More recently confusion surrounds “dry needling” – this is where non-acupuncturists use acupuncture into trigger points believing that trigger points are the main basis of musculoskeletal pain. Apart from often being a painful technique and frequently resulting in post-treatment pain as well – this simplistic “dry-needling” approach does not activate the powerful repair mechanisms built into the body in the way that regular acupuncture can.

Last Issue:

- Stress management for flood victims
- The Clinics chronic disease strategy
- Start with a detox
- What is dry needling?
- Hot stone massage

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Specialised treatment for:

- Back Pain
- Insomnia
- Plantar fasciitis (heel spur)
- Trochanter bursitis
- Achilles’ Tendonitis
- Fertility
- Pregnancy care
- Detox

Cold and Flu kit available now from reception!

Six week Professional detox package available.

New Organic Skin and Hair Range

- No nano-particles or petrochemicals.
- Also organic argan, rosehip and hemp oils

Gift Vouchers Available

Vouchers can be used for massage, acupuncture, naturopathy or products including our new organic skin product range.

Ph 3878 4477



Fast claims... on the spot

In the clinic we first use a soft-tissue screening examination to identify if we are dealing with mostly muscle spasm, joint involvement or mainly a disc and nerve problem. Depending on our assessment we may use some soft tissue massage techniques to free up tight muscle, a postural balancing approach to correct overcompensation which can maintain pain, and then acupuncture. Acupuncture can be used over the painful area, in the arms and legs or in the ears depending upon the particular case. Treatment is individualised rather than standardised because even in two people with the same type of pain the individual sensitivity and response to treatment can require two different approaches. Anti-inflammatory and pain killing medications can play a useful role in acute pain because in most cases good sleep and maintaining mobility leads to the best recovery. Natural anti-

inflammatory herbs are available for those who find pharmacy medicine unsuitable. Acupuncture has its full effect over 3 days so except in the most severe cases treatment is no closer than 3 days apart. Treating too often can aggravate rather than improve back pain. We rarely use exercise therapy in acute pain for the same reason, reserving exercise for the rehabilitation phase with a view to preventing recurrence. For those with a chronic, degenerative or recurrent condition preventive maintenance with massage and or acupuncture every four to six weeks is often enough to prevent recurrence and maintain a strong back. The clinics holistic strategy is typically effective with getting people over their back pain. For stubborn cases Acupuncture Point Injection Therapy (APIT) can often make the difference. For more information on APIT see our website.

Research News:

A whole range of research has recently rediscovered some natural health principles that we have been using for years (and sometimes ridiculed for).

- **Wheat Aggravates Irritable Bowel Syndrome Even Though No Wheat Allergy**

A recent double-blind, randomised, placebo controlled trial published in *The American Journal of Gastroenterology* has found that people with irritable bowel syndrome can be aggravated by wheat in their diet even though they do not have any markers for wheat allergy or celiac disease! This groundbreaking study has acknowledged that people can react to wheat but the mechanism remains unknown. The natural health professions have eliminated wheat from patient's diets for years knowing that wheat is often an aggravating food in many digestive disorders, even where a true allergy does not exist.

<http://www.nature.com/ajg/journal/vaop/ncurrent/abs/ajg2010487a.html>

- **Leaky Gut Syndrome linked to Auto-Immune Disease**

Natural medicine tells us that wheat or other food intolerance may sometimes be temporary and linked to leaky gut syndrome – repair the irritated gut wall and improved food tolerance may follow. Leaky gut syndrome – a mainstay of naturopathic medicine for years – has also been discovered by modern medicine. Scientific American has linked leaky gut to the mechanism of some autoimmune diseases (*Scientific American* August 2009 *Surprises from Celiac Disease*). We routinely address leaky gut syndrome as part of a professional detox and whenever treating chronic digestive disorders.

- **ADHD and Diet**

In another revelation the first line treatment for ADHD should now be – diet. This randomised controlled trial reported in *The Lancet* has finally conceded what many parents have always known - that children's behaviour can be affected by diet – even though no identifiable allergy exists. An elimination diet is now recommended before medication for this condition. Potentially reactive foods should be added one at a time to a low reactive diet to determine which foods are tolerated. Interestingly IgG levels (allergy blood tests) did not predict which foods would be a problem and the elimination and challenge approach is recommended.

<http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2810%2962227-1/abstract>

- **Zinc taken within 24 hours of symptoms reduces severity and duration of Common Cold**

A recent Cochrane review has supported the clinics practice of recommending zinc for the common cold. This study is a reminder that early treatment can make all the difference for colds

<http://www2.cochrane.org/reviews/en/ab001364.html>

Plan for the Cold & Flu Season Now

With the change in weather this is a good time to grab our cold and flu kit (Chinese herbs and zinc with vitamin C) and have the tools you need on hand. Those who are prone to asthma or respiratory illnesses should commence a program now to enhance immunity. Before illness therapy can focus on improving immunity and reducing susceptibility to illness in the first place. Once ill, treatment is focused on symptom improvement. There are both naturopathic and Chinese medical options here and any one of our Chinese medicine or naturopathy team can help with immunity.

New Web Page – Join Our Facebook Page and Stay Up to Date!

It has been five years since we launched our first web page. Over that time much has changed including the role of the internet in staying in touch with businesses. Rather than being a static site, web pages need to be up to date and constantly relevant. With this in mind we have redeveloped our site and are progressively updating the content. Some new links have been added and I would particularly draw attention to the "Better Health Channel" which is a wealth of well written consumer health information for common conditions. Find us at www.kenmorehealth.com.au Want to stay up to date with what's happening at the clinic? Click "like" on our Home page and receive up to date news on facebook.

Our Practitioners:

Acupuncture & Chinese Medicine: Stephen Janz, Ian Murray, Michelle Blum

Naturopathy: Ruth Sladek

Massage: Karen McGrath, Uli Graf, Teena Stefanovic

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