

# Newsletter

January 2011

## Flood Affected? How Can We Help?

Nothing can take away the challenge that lies in front of those affected by the loss and disruption caused by the flood. Like all challenges, they are easier to face when anxiety and stress are well managed. Acupuncture is an excellent treatment to balance the autonomic nervous system and reduce feelings of anxiety and stress. The result is a sense of calm, clearer thinking, better decision making and better coping overall. Acupuncture is also one of the best treatments for back pain and many other musculoskeletal conditions. The clinic has made a number of acupuncture appointments available each week at either no cost or for your Hicaps rebate only for people whose homes have been flood affected. Contact reception and mention the flood recovery program when making a booking.

- Meditation is another great self-help tool to reset the nervous system and reconnect to feelings of calm. For an immediate start check out the link on our web page [www.kenmorehealth.com.au/links](http://www.kenmorehealth.com.au/links) and click on "How to meditate". As little as five minutes every day can make a difference.
- Aches and pains as well as stress and tension also respond well to massage therapy. Our three massage therapists have a range of skills between them including deep tissue, relaxation massage, hot rock massage, Bowen therapy and Orthobionomy.
- Some people have reported diarrhoea. In some cases this goes away on its own and other cases requires treatment. We use a number of products that are very effective in treating persistent diarrhoea, even when it has recurred after antibiotics. Once resolved, it is always a good idea to continue probiotics for a couple of weeks to restore normal bowel and immune function.

## 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 as 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](http://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.

## KCFH's Chronic Disease Strategy – Start with a Detox

According to the National Chronic Disease Strategy up to 1/3 of the impact of chronic disease can be attributed to lifestyle factors such as smoking, high alcohol use, physical inactivity, poor diet and excess weight. Addressing these

### We are currently treating:

Hay fever  
Sinus  
Back and Neck Pain  
Irritable Bowel Syndrome  
PMS  
Weight management  
Male & Female Fertility  
Frozen Shoulder  
Shoulder pain & problems  
Plantar Fasciitis (heel pain)  
Trochanter Bursitis  
Anxiety, Depression  
Stress  
Insomnia  
Menopause  
Fatigue, Post-viral fatigue  
Candida  
Headaches  
Arthritis  
Poor Immunity  
Growing Pains  
Coughs and Colds  
Stopping Smoking

### Specialised treatment for:

- Back Pain
- Insomnia
- Plantar fasciitis (heel spur)
- Trochanter bursitis
- Achilles' Tendonitis

### 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**

#### Our Practitioners:

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

**Naturopathy:** Ruth Sladek

**Massage:** Karen McGrath, Uli Graf, Teena Stefanovic



Fast claims... on the spot

factors either prevents some diseases all-together or improves the management of conditions such as heart disease, stroke and vascular disease, cancer, asthma, diabetes, osteoarthritis, rheumatoid arthritis and osteoporosis. For many people the dilemma is “I know I need to change but how do I get started?” Whether the goal is to maintain current good health and prevent the onset of disease, or to improve disease management, a professionally supervised liver detoxification programme is the ideal starting point.

Why a liver detox? Normal metabolism constantly produces a range of by-products that are toxic to the body if not eliminated. Fortunately one of the many functions of the liver is to neutralize and eliminate these products from the body via the urine or bowel. Specific nutrients are essential for this system to work properly (e.g. some B vitamins and amino acids). Dietary imbalances combined with the additional metabolic load from medications, alcohol, food additives and

environmental toxins can overload the natural liver pathways leading to a toxic burden and impaired liver function. Chronic bowel irritation allows for the re-absorption of toxins from the bowel rather than their elimination. This is why a professional detox program focuses on bowel health at the start of a liver detox program. This overload ultimately leads to chronic inflammation which is now known to contribute to cancer, heart disease, depression, diabetes, obesity and many other diseases. Cleaning up the diet and providing specific nutritional and herbal support returns the bowel and liver to normal function, reduces inflammation and resolves the unwanted symptoms. A well functioning liver aids in normal hormone and blood sugar metabolism resulting in improved energy, well being and weight loss in its own right. Sensitivities reduce and medications can work even better. After six weeks you should be ready to address any remaining specific issues associated with your particular health condition.

## Wheat free/gluten free

### Spiced Besan Fritters

These quick and delicious fritters are a healthy sugar and gluten free alternative to muffins. Besan flour is rich in protein, is produced from dried chick peas and is available from Blazing Star health food shop or Indian supermarket in Marshall Lane. Turmeric has been used traditionally for gut disturbances and has anti-inflammatory and anti-oxidant properties.

- 1 large Zucchini
- 1 small – med Carrot
- 1 small Onion
- ½ cup Corn Kernels (fresh or frozen)
- 1½ tsp Turmeric
- ½ - 1 tsp Curry Powder
- Salt & ground Black Pepper
- 1 Egg
- 1 – 2 cups Besan Flour
- 1 tbl spoon ghee or sunflower oil

Grate vegetables into a mixing bowl: add corn, turmeric, curry powder, salt and pepper to taste then mix all ingredients. Mix in a beaten egg then mix in ½ cup of flour, adding flour gradually and mixing until pancake mix consistency. Heat ghee to thinly cover the base of a frying pan on medium heat. Place dessertspoonfuls into hot ghee and cook approx. 2 minutes each side. Serve hot with natural yoghurt. Can be refrigerated and packed for lunches.



### Hot Stone Massage with Teena

One of the skills that Teena has brought with her to the clinic is hot rock massage. Hot rocks are placed on the body and also used in the massage.

Hot rocks result in deep muscle relaxation, relief of pain, calms the mind and eases stress. Book now to relax and unwind with a hot rock massage!

## New organic skin and hair care range

The clinic now stocks the *lariese* range of organic botanical skin, hair and beauty products. This range is free from the petrochemicals and synthetic compounds which dominate the skin care market. The range also includes pure Moroccan Argan oil.



### What is Dry Needling?

Dry needling is a term used by people who wish to use acupuncture but have not completed the full course of study. These short courses may be as little as 1 weekend. Typically physiotherapists and massage therapists use this term. These practitioners are not accredited by the Australian Acupuncture and Chinese Medicine Association (AACMA) to practice acupuncture. AACMA accredited acupuncturists are required to complete at least a 4 year full time degree in acupuncture and health science. Originally the term “dry needling” was used to differentiate inserting an acupuncture needle (dry needle) from injecting fluid (wet needle). If you have had “dry needling” please understand that this is not a reflection of a true acupuncture treatment.