



MOONEE PONDS *Mind Body* HEALTH CENTRE

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MPMBHC - AUTUMN NEWSLETTER - 2010

An Integrative Approach to Improving the Immune System



As the summer winds down and Autumn approaches we come to the time of year when viral infections are more common. As an integrative health centre all our practitioners take a holistic approach to our clients and supporting immune function is an important part of a holistic approach.

Our practitioners have compiled tips from their varied therapies that can be used at home or in the office to facilitate more vital immune function.

As an integrative GP I like to make sure my patients are aware of the simple things they can do at home to prevent and alleviate winter viruses.

One of my favorite recipes to share is **"Kill a Germ Juice"**

Use equal amounts ginger & garlic, a bunch of peppermint leaves, and a pinch of cayenne in boiling water, with the juice of one lemon and honey to taste. You can drink as a broth or add chopped vegetables to make it into a soup. It seems to work like a charm every time.

Our naturopath has another broth recipe she likes which she gives in her article.

Dr Linda Rayner, Integrative GP

JOIN US FOR OUR OPEN DAY

SUNDAY APRIL 18TH
12:00pm – 3:00pm

- Come meet our health practitioners and see our new facilities
- Free healthy living advice & assessments
- Free mini yoga sessions
- Free mini massages
- Sample health foods, products & teas
- Manuka honey & oil products
- Personalized flower essence mixtures
- Free face painting

Win a healthy products hamper & free consultations.

TURN TO THE BACK PAGE FOR INFORMATION ABOUT OTHER UPCOMING EVENTS

Building Your Immune System in Winter

Ideas from an Integrative Doctor Dr Anne Small – Integrative GP

There are a number of nutrients that can build up our immune system:

- a) Vitamin D comes from sunlight and even during the summer many people do not have adequate amounts of vitamin D. So when the dark winter comes, most people have low levels of vitamin D. Your GP can do a blood test to check your level. Supplements can be in tablet form – Ostevit from the chemist or in liquid form, available in our centre or at some health food stores.
- b) Vitamin C has been well proven over the years to boost our immune system. It is present in citrus fruits but tests a few years ago on oranges from the supermarket showed low levels of vitamin C. If you are prone to winter coughs and colds, supplementing with vitamin C 2-3 grams twice a day can be helpful.
- c) Zinc is a mineral that is essential for a strong functioning immune system. It is plentiful in oysters, and found in other foods such as nuts, peas, chicken and tuna. It is also available as a supplement – a dose around 30 mg/day during the winter would be helpful for your immune system.

These points are by no means exhaustive but they are the common issues that I see.

There are some important conditions that can drain our immune system:

- 1) Stress levels play a key role in your immune function. The more stressed you are the worse your immune system functions. So especially during the winter take care of yourself by doing things to relax, don't overwork, get lots of sleep and eat plenty of fresh fruits and vegetables.
- 2) Food sensitivities, especially to wheat, gluten, dairy and eggs can stress the immune system. There is an excellent blood test available from Healthscope that can evaluate your food sensitivities. If you are eating foods that you are sensitive to your immune system has to deal with this and so it is diverted away from fighting the winter coughs and colds.
- 3) Gut infections with parasites are quite common due to contaminated water supplies. Over the past 10 years I have seen an increasing number of parasitic gut infections because of the water levels becoming so low in the dams due to drought. Again if our immune system has to deal with these infections then it is diverted away from treating the winter ills.



YOGA'S EFFECTS ON THE IMMUNE SYSTEM

Michael Alder - Yoga & Pilates Instructor

Soon Autumn will be upon us and changeable weather will place the body's immune system under stress. This makes it more challenging to ward off the coughs, colds and sore throats which become more widespread amongst the population at this time of year.

Yoga is a great way to strengthen the immune system as it works in a number of ways:-

- 1) The exercise component leads to a healthier endocrine system with more balanced release of hormones and effective white blood cell generation to fight off infection.
- 2) By minimizing stress and worry caused by aches, pains and general discomfort through the process of increasing flexibility, strengthening weak muscles, improving breathing and heart functions we take a significant load off the immune system.
- 3) The breathing practice improves the efficiency of the lungs and associated muscles which leads to better intake of oxygen and elimination of toxic waste products from the blood.

4) Both the deep breathing and the guided relaxation practice help to induce calmness and emotional control so that over stimulation of the adrenaline system does not soak up valuable energy and leave us prone to attack from those nasty bugs.

5) A general sense of wellbeing and satisfaction that we are taking the right course to maintain good health and look after our bodies significantly boosts our ability to draw upon the immense power of the mind to fight off disease. If taught in the right way Pilates can have similar benefits.



Manual Lymph Drainage & the Immune System

Laurie Hilder-Quach – Massage therapist, Lymphatic drainage

The lymphatic system not only removes and circulates fluid around the body, but it plays an important role in our immune system. With a healthy lymphatic system and a strong immune system it is more likely that you will avoid flus and colds this season, or that the recovery will be quicker, or there will be a reduction of severity.

Manual Lymph Drainage (MLD) is a manual, hands on therapy that stimulates the lymphatic system. This technique mimics the natural

rhythm of the lymphatic circulation, clearing lymph nodes, moving lymphatic fluid and removing lymphatic congestion. MLD is never performed whilst there is a virus or infection as it can spread these throughout the body making symptoms worse.

It is best used as a preventative treatment to build up the immune system, thus allowing the body to naturally fight colds and flus that might come this season.

COLDS, IMMUNITY AND STRESS

Jane Lee-Stewart – Kinesiologist

As one of the body's key natural defenses against harmful viruses and bacteria, the immune system can be compromised by excessive levels of stress, eventually reducing its efficiency and leaving us more susceptible to colds and flu.

Bioenergetic balancing with Kinesiology assists the harmonious working and integration of nerves, organs, glands, meridians, emotions and subtle energy systems. By identifying and correcting key stresses that may be having an impact on your immune system, kinesiology helps the mindbody move from compensated stress states to balance or tolerable levels of stress where the body is better able to resist disease.

A kinesiology balance is relaxing, takes place fully clothed and gently monitors key muscles to identify stress. Stresses identified will be unique

to each person and could be as diverse as unresolved emotional trauma, dietary stress caused by food intolerances or toxicity from exposure to harmful environmental pollutants.

Kinesiology can assist to pinpoint dozens of factors that may be having an impact on your stress levels and in turn, your general immune status. Kinesiology balancing allows you to move on from worry, fears, anxiety and sadness and can assist you to make decisions about the ideal foods, supplements and activities for your unique biochemistry.

For more information about Holistic Kinesiology you can contact Jane Lee-Stewart via email: kinesiology@mindbodyhealth.com.au



THE FLU SEASON

Kate Lukis – Naturopath

Although we may not like it, the occasional mild cold is a good thing as the immune system actually needs to work. It is not a good sign if these colds tend to travel straight to your chest or if you seem to catch every bug that is going around. If this sounds like you, it may be good to prepare your body now to minimise the impact winter may have on you.

Lifestyle: There are many lifestyle changes you can make to support your body through winter. Make sure you have a good work / life balance as stress is a major cause of illness. Activities such as yoga, pilates, exercise or meditation are all great ways to keep fit and reduce stress levels. This is best maintained on a regular basis throughout the year to sustain fitness levels.

Remedies: There are many herbs to improve your immune system, Echinacea is just one of these. Be careful when self prescribing with over the counter products, as some may not have a sufficient amount of the active ingredients required to help you. By taking these herbs before winter, you can build up your immune system in time to avoid becoming ill. Vitamin C powder is another excellent product for the immune system. Start taking this now and if there is any hint of a cold, increase the dose, which may be enough to stop a cold in its tracks.

There are several homeopathic preparations that can be used as acute and constitutional remedies. These are extremely effective and very

easy to take. You will need to see a Naturopath to help decide which remedy fits you best and at what dose.

Food: Increase your intake of fresh fruit and vegetables to nourish your body. Cut down on take away foods and reduce your sugar intake as this will only further deplete your immune system.

Here is a great recipe to help keep the bugs away or help you feel better if you are ill.

Broth Recipe

- 1 Organic Chicken (or 1 cup of brown lentils for vegetarians)
- 2 Carrots roughly chopped
- 1 Celery heart or 3-4 celery stalks roughly chopped
- 1 Onion
- 3 cloves of garlic
- 1 small piece of grated ginger

Combine all ingredients and add water to cover. Bring to the boil then reduce to simmer for 1-2 hours, adding water if necessary.

Strain through a fine sieve and this will give you a lovely rich broth full of minerals. This is excellent as it is or you can add some green vegetables, chili, lemon and some organic chicken. You will find this very nourishing when you are ill and it will be easily digested.

A MindBody approach to Interpreting your Winter Ills

Dr Linda Rayner – Integrative GP

"The greatest discovery of any generation is that human beings can alter their lives by altering their attitudes of mind" Albert Schweitzer

The role of the mind and emotions in your state of health is a vital one. It is only part of the picture, but is typically overlooked. By understanding this relationship you can understand yourself more deeply and can play a greater role in your own well-being.

By learning the mindbody language you can discover what is being repressed or ignored in your psyche and emotions, and the effect this is having on your physical body. Discovering your own mindbody connection means paying attention to your details and listening to the body's communication. Listening to your intuition, your feelings, and your body is a gentle process of opening into awareness. Patience is required in this listening process. Mindfulness or paying attention means watching, noticing, without comment, judgment, criticism or guilt.

Here are some examples of mindbody interpretations.

Infection means 'to allow something in that affects you.' It may represent someone or something weakening your ability to protect or defend yourself. What or who is causing you to lose your balance or tolerance?

Inflammation occurs when the immune system is trying to fight off an invading harmful substance. It suggests you may feel angry, fired up or have an internal battle of beliefs or feelings waging within.

Colds typically occur when you are exposed to the virus AND have low resistance due to stress or emotional issues.

Mucus from a runny nose and **tears** from watery eyes are both ways of releasing repressed or pent up emotions.

Influenza means 'to come under the influence of' implying that someone or something is having a strong influence on you, affecting your sense of self and purpose.

Ear infections imply that what you are hearing is affecting you deeply creating anger, or that someone is not listening to you.

Sore throats & tonsillitis can relate to feeling upset and not being able to voice your feelings, feeling powerless, insecure or finding something hard to swallow.

Coughing is a way to clear an irritant from your system. What is it you need to clear, what are you being made to swallow or what is making you gag? Are you having difficulty expressing yourself? What do you need to bring up or get off your chest?

Bronchitis is often related to being able to share what you really feel. Are you feeling smothered or overwhelmed by something or someone? Is there sadness, grief or guilt that the infection is masking?

It is important to take the time to rest when you are sick and do the physical things that support your immunity. During this quiet time you can take the opportunity to listen to what your body may be trying to tell you.

Sources: "Your Body Speaks your Mind" by Deb Shapiro; "Heal Your Body" by Louise Hayes; "The Body is a Barometer of the Soul" by Annette Noontil

Announcing our new 6 week Saturday Yoga beginners class, beginning April 17th 10-11am.

Please reserve your place by calling the centre on 03 9372 0499 or Michael Alder on 0412 244 662.

DEEP TRANCE MEDIUMSHIP NIGHT

with International Medium Ian Rogers

A unique experience taking place to enhance spiritual knowledge, Ian brings forward information from the spiritual world in a direct form for those seeking a higher level of spiritual knowledge.

Date: Saturday April 17th

Time: 7:30pm – 10:00pm

Cost: \$90

For enquires & bookings contact Donna Pleysier on 0425 783 551 or at donna@sphinxspiritual.com

www.sphinxspiritual.com

FERTILITY INFORMATION SESSION

Learn from Naturopath Kate Lukis and Chinese Medicine Doctor Wei Wei Qian how you can optimize your chances of conceiving naturally.

Topics include charting your cycle, supportive foods & nutrients, IVF support.

Date: Saturday May 15

Time: 2:00pm – 4:00pm

Cost: Only \$5
bookings are essential.

For any further enquires please contact the centre at 03 9372 0499.



HAKOMI & FORGIVENESS: From separation to relationship

A two day workshop with Dr Suhari Mommsen-Bohm focusing on healing relationship with ourselves and others. Experience Hakomi psychotherapy techniques like mindfulness & accessing core material.

Date: May 1st & 2nd

Time: 9:30am - 4:00pm

Cost: \$350 (\$275 if paid by 1/4/10)

Contact Raelene Bartram at 0413 816 610 or raelene@hakomi.com.au

www.hakomi.com.au

HEALTHY EATING WORKSHOP

Spend the afternoon with our practitioners and learn about various approaches to healthy eating

- Basic information on nutrition
- Learn about living gluten free
- Chinese medicine approach to food
- Eating organic
- Cooking demonstrations
- Health food/gluten free sampling

Date: Sunday May 23rd

Time: 12:00pm – 3:00pm

Cost: \$15

Please RSVP to save your place on 03 9372 0499

