

# Autumn/Winter Specials



## Sauna Offer



10 saunas for the price of  
5!!! Only \$225

Offer valid until July 31st

## Special! Protect your Immune Defence

Book in with Alisa to check on your  
defence against the Winter bugs.

Included:

- 1x 15 minute consultation
- Gut toxicity test
- Zinc taste test
- Meta zinc with Vitamin C
- Olive leaf extract 200ml

**All for only \$65**

Offer valid until June 30th.  
Available for existing clients only

### Some Top Tips To Help Manage Your Fatigue - Taken from my blog

Get enough sleep, this sounds obvious enough, but often it's the first thing that we miss out on when we are busy or under excessive stress. Our brains need a minimum of 8 hours to thrive, and 2 hours before midnight is worth 4 hours after midnight. Time for sleep needs to be prioritized just like anything else in your day.

Start your day with some exercise. Exercising first thing in the morning has many benefits, including increased energy. It can also allow you to plan your day in a positive way. It can be as simple as a 20 minute walk if it's a bit new to you. Exercising outside in the sunshine is the best way, but please find time to move that body.

Eat regular meals to help keep your blood sugar levels stable. This is essential for good energy levels. Always start your day with a good breakfast and don't allow any more than 4 hours between meals. Snack on protein rich foods that won't spike your blood sugars, servings only need to be small but eating regularly makes a huge difference to your energy and cognitive function.

Avoid Sugar and Caffeine. Both these will stimulate your adrenals and increase your production of stress hormones such as cortisol and adrenaline. Excessive production of these hormones contributes to adrenal fatigue and poor energy levels. I know that it is easy to fall into the trap of reaching for coffee and sugar to give you that boost, but you will come crashing down very quickly after having these only to reach for that next 'hit'. Limit to one cup of coffee per day and make sure it is before 10am. Replace with herbal teas such as green tea, or rooibos for an energy boost and try ginger, cinnamon or peppermint based teas to reduce sugar cravings.

Stay hydrated. Dehydration is the big energy drain and is one of the major causes of fatigue and when we consider that our brain is approximately 83% water it's no wonder we feel flat when we don't drink enough water. Many of us don't even realize that we are dehydrated. Drinking 2 litres of pure filtered water per day will help your body function at its best.



## Autumn/Winter 2014

From Diedre's Desk...

Well the 1st half of the year is all but over. For me, the last 5 months has flown especially with my daughter's wedding on the 5th of April. It

was a beautiful day (thank goodness!) and we had a wonderful time.

Now it's time to focus on the winter months. This is a time when we can easily get a bit slack with diet and exercise "it's all too cold and too hard". I understand this but adjusting our diet for winter doesn't always mean eating more carb-based foods like bread and potato. We do need more warming foods, naturally but look for healthier options in the way of soups, slow cook meals and curries. These still contain plenty of protein and vegies and if you need carbohydrates choose sweet potato over white potato and brown rice over white. I would still avoid pasta. Plenty of warming herbs and spices can add heaps of flavour.

Keep exercising through winter if you want to keep the weight down for spring. Check out our tips and specials for keeping the winter bugs at bay, and my tips for improving your energy levels can help keep you focused.

If you haven't visited my new website [www.naturallydynamichealth.com](http://www.naturallydynamichealth.com) please take the time. I have been uploading some interesting information on my blog section that may be of interest. This week is on fatigue.

Unfortunately, this is our last hard copy of the newsletter. We are aiming to reduce our carbon print and with the cost of postage going up again, this seemed like the best time to do this. The newsletter is always available via email or on our website so if you want to continue to receive my newsletters please let us know and you can be placed on our email list. You can collect a hardcopy from the office if you don't have an email address.

I look forward to seeing you all soon.

Yours in health... Diedre

## We are going



This is our last printed newsletter—if you would still like to receive our newsletters, please contact the girls to make sure that we have your current email address details.



Hi, My name is **Portia Eubanks**. I have over 20 years experience as a Mental Health Clinician and a Counsellor for TAFE students for the last 4 years. I have now started Private Practice, one day a week (Wednesdays), sharing premises with a lovely group of like-minded practitioners here at 577 Englehardt Street.

My approach to counselling is recognizing connections between Mind, Body and Spirit (Holistic) and believe that your inner life and outer encounters provide a continuous path for life time learning. Difficulties in life are viewed as 'opportunities' to develop personal growth, as there is a natural impulse in all of us to 'unfold' towards a deeper connection and acceptance of ourselves.

I use a variety of modalities, including Mindfulness, ACT, Process Oriented and Expressive/creative methods, including Sand Play Therapy which is effective for all ages and especially children.

Holistic Counselling benefits: Life changes, Poor self image, Relationship issues, Grief & Loss, Depression/isolation/stress, Anxiety, Trauma and Addictive patterns.

I am currently working from 577 Englehardt St on Wednesdays.

**Fees \$90 - Concession for Pensioners**

**Medicare provider, GP referral**

**Contact me on 0427 227 018 or email [portia.eubanks@icloud](mailto:portia.eubanks@icloud) for more information or to make an appointment.**

### Five ways to strengthen your immunity using simple food choices

The best way to avoid developing colds, influenza, and other viral disease this winter is not to go out and get more vaccines and over-the-counter drugs. Your immune system is fully equipped to thwart these conditions naturally on its own, provided you feed it with the nutrients it needs in order to maintain homeostasis (balance within the body).

1. **Garlic:** This powerful member of the onion family comes up frequently in lists of food and herbs that promote health and prevent disease, and for good reason. Garlic's high allicin content is largely responsible for its disease-fighting effects, as this powerful antioxidant compound neutralizes free radicals and quells disease-causing inflammation.
2. **Homemade chicken soup:** Arguably one of the most effective, and delicious, natural remedies for preventing and treating viral infections, homemade chicken soup made from whole, pasture-raised chickens is loaded with disease-fighting nutrients such as cysteine, an amino acid released during the cooking of the chicken. Real chicken broth made from whole chickens, bones and all, also contain a host of beneficial fats, vitamins, minerals, and other nutrients that support vibrant immunity.
3. **Sweet potatoes:** A rich source of both vitamins A and C, sweet potatoes are another essential immune-boosting food. They are particularly beneficial for your skin, which just so happens to be your body's largest organ, and the first line of defence against harmful bacteria, viruses, and other pathogens. Sweet potatoes are also one of the most effective foods for boosting glutathione levels in the body. Glutathione is often referred to as the "master antioxidant", as it plays a primary role in detoxifying cells and fighting off free radicals. In general, high glutathione levels are absolutely vital for maintaining strong immunity, which in turn helps lengthen lifespan and improve overall quality of life.
4. **Mushrooms:** Long revered in traditional Chinese medicine (TCM) for their incredible ability to stimulate the immune system, mushrooms of numerous sorts may hold the key to keeping you and your family healthy during the winter season. Copious research has revealed that white button, reishi, maitake, shiitake and oyster mushrooms, to name just a few, all possess unique immune-boosting properties that make them a worthy addition to a healthy diet.
5. **Brazil nuts:** One of nature's richest sources of selenium, Brazil nuts are distinctively beneficial in promoting a healthy immune system. Recognized for its ability to stimulate the production of antibodies, selenium is involved in most functions of cellular biochemistry, and is absolutely essential for proper immune function. Selenium also plays an important role in the production and function of glutathione which, as mentioned earlier, boosts adaptive immunity and promotes the production of white blood cells.

### FLU FIGHTER TEA

This tea is fantastic to drink when you have a cold or flu. It is very warming and soothing for a cough or sore throat and can help to support your immune system.

#### Method

Bring 1 litre of water to the boil and add: -

- 1 tablespoon of honey
  - 2 teaspoons of fresh ginger – grated
  - 1 lemon sliced (leave skin on)
  - 1 cinnamon stick or half teaspoon of cinnamon powder
  - 6 cloves
  - 1 clove of garlic
  - 1/4 teaspoon of fresh chopped chilli
- Continue to boil for 1 minute. Allow to cool slightly and drink the warm tea freely throughout the day.



Be sure to check out our new website

[www.naturallydynamichealth.com](http://www.naturallydynamichealth.com)

For blogs, information about our programs and practitioners plus much more  
*Check over-leaf for a taste of Diedre's most recent blog*



## Holidays to China

Both Diedre and Alisa are off to China this month at two different times, for two different purposes.

Diedre is going to spend her time with a group of like-minded and inspiring women checking out the hot-spots, such as Beijing, The Great Wall, Xian (where the Terracotta Warriors are located), Hang Zhou and Shanghai.

Alisa is re-visiting Hang Zhou to attend a friend's wedding which she's

been asked to be a bridesmaid! Alisa will be away from the 7th of May and will return to the clinic on the 20th of May.

Diedre will be away from the 26th of May and will return to the clinic on the 10th of June. Please note that whilst Diedre is away the clinic will be open from 9 - 5 and Alisa will be available to take appointments if needed.



## Message from Paul Nixon

### Early detection is the key to managing the life-long treatment of lymphoedema

It's estimated up to 300, 000 Australians live with lymphoedema, where an approximate 100, 000 with primary lymphoedema and another 200, 000 developing the disorder as a result of cancer treatment. It can affect people of all ages and occurs when the lymphatic circulation fails to function correctly causing persistent swelling of the limb(s) and other areas of the body.

Cancer survivors are in the highest risk category for developing the disorder as a side effect of cancer treatment, with 20% of breast and prostate cancer patients developing

the disorder. Early detection is key to reducing pain and managing the life-long and often debilitating disorder. I aim to educate those most at risk about the early signs and symptoms of lymphoedema so they can receive an early diagnosis and the best treatment to minimise the impact this disorder may have on their quality of life and lifestyle.

There is currently no cure for lymphoedema. But the right care, lymphoedema can be successfully managed to minimise its effects.

With greater awareness, and increased patient management of the disorder, we have the opportunity to minimise the impact lymphoedema may have on the health and quality of life of cancer survivors and importantly to reduce the cost of treatment.

**Paul is available at the clinic Tuesdays and Wednesdays. His 1 hour sessions are \$65 each.**