

Earth Wise Natural Medicine *e-news* – Issue no. 2



Everyone at the Earth Wise Natural Medicine clinic wishes you a very Merry Christmas and a continuously Happy New Year.....ho ho ho.

Welcome to the 2nd edition of Earth Wise Natural Medicine *e-news*. This newsletter will be available every two months. We will keep you enthralled with riveting articles on health and the latest clinic news and what everyone loves to hear about clinic specials. Proudly presented by the practitioners of The Earth Wise Natural Medicine Clinic, located at 30 Clyde Road, Berwick, 3806. Phone: 97699116. www.earthwise.com.au .



The Fourth Trimester

Scan the shelves of most bookstores and you can be assured that there will be many books written on how to conceive a healthy child, ways to look after yourself during pregnancy, surviving labour and learning about breastfeeding. It is then that the kindly advice and supportive strategies shift focus to primarily address the baby's needs. Women start their journey into motherhood, babe in arms with new skills to learn, enormous expectations and often, a crushing sense of bewilderment.

The forgotten fourth trimester – those initial 12 weeks – is a time of incredible change, emotional upheaval and intensive learning. It can also be a time when a new mum feels at her loneliest.

What a New Baby Brings

Becoming a parent is such a highly anticipated occasion and there is no doubt that a new baby brings much happiness, love, fulfilment and hope. Like any new

beginning however, there can also be unanticipated emotions and/or circumstances. If you were a new mum who sat in the car after returning from hospital pondering "OK, now what do I do?", you are certainly not alone. A baby does not enter the world with an instruction manual and so it is very much learn-as-you-go. There is a lot to discover – how to change nappies, how to breast or bottle feed, how to correctly hold and bath a newborn, how to make them comfortable, how to calm the crying..... What can make this time even more challenging is that you often face it while physically exhausted, hormonally volatile and a little disorientated.

Challenges in the First Twelve Weeks

Along with the new baby comes a number of new challenges to face. Some of the issues include:

- Functioning on limited sleep;
- Learning how to breastfeed;
- Dealing with emotions – the "baby blues", feeling overwhelmed, Post Natal Depression;
- Receiving and filtering the well-meaning advice from most people you meet;
- Finding a routine that suits you and your new baby; and

- Acknowledging that you are now in a new phase of your life and allowing time to say farewell to the previous life you knew.

A High Demand Time

In most cases, a woman has nurtured herself throughout pregnancy. She has made sure she has eaten appropriately, taken recommended supplements, exercised moderately and rested as often as she could. Once the baby arrives and the maternal instinct has been “plugged in” to put baby’s needs first, it is very common for the mother to become depleted and use up all her reserves of nutrients and energy. It is however, a time to be just as mindful of your health so that this new experience of motherhood can be enjoyed and not merely endured.

Supporting the Mother

The experience of motherhood is particular for each woman and as such, nutritional, herbal and/or emotional requirements will differ. It is important to consult your Natural

Herbal Medicines

A number of wonderful and effective herbs are available through your Natural Health Practitioner that can support the nervous and immune systems as well as regulate hormone production. If you are a breastfeeding mother, it is essential that you consult a qualified practitioner to ensure that the herbs will not interfere with breastfeeding or harm the baby.

Flower Essences

These remedies are designed to support emotional concerns and are particularly effective when combined specifically for you. Some of the Bach Flower Remedies that are relevant for the Fourth Trimester include:

- Mimulus – for feelings of fear
- Cerato – for times when there is a loss of confidence in inner wisdom / intuition
- Hornbeam – for acute fatigue, weariness and lack of energy
- Honeysuckle – if stuck in the past and very nostalgic to the detriment of dealing with this new phase of life
- Mustard – for feelings of gloom and melancholy

Health Practitioner as s/he can offer individualised prescriptions and supportive strategies based on your needs. Listed below

Nutrients

- B vitamins – required for nervous system nourishment, energy production and stress management
- Vitamin C – to boost the immune system and also nourish the adrenal glands (release our stress hormones)
- Essential Fatty Acids (EFA's) – to nourish all cells in the body and assist in the prevention of depression
- Zinc – to prevent post natal depression and cracked nipples, to boost the immune response
- Iron – required for energy and immune system function
- Magnesium – to nourish the nervous system
- Calcium – to encourage production of breast milk
- Chromium – to control blood sugar levels and therefore alleviate sugar cravings
- Iodine – to maintain hormone balance and thyroid function

- Agrimony – if wearing a mask that all is well but denying real feelings

- Walnut – for times of change and growth and to assist in embracing this new phase
- Star of Bethlehem – if in a state of emotional or physical shock
- Sweet Chestnut – for times of absolute despair and a sense of hopelessness

The Fourth Trimester and Beyond

There is no doubt that this period will be one of the most momentous of your life. It does not however, have to be a time when you are continually exhausted, unsure or despairing. Make use of the remedies, strategies and professional advice available to you so that you, your partner and your baby can thrive and enjoy this wonderful time and the many experiences to come.

By Nicola Howell N.D Naturopath and Herbalist

Nicola will be on maternity leave from December 15 2006 and is planning to return to clinical practice in July 2007. Thank you to all those clients who have sent their warm wishes.

SPILLING THE BEANS – So What is the Real Deal on Coffee?



Believe it or not coffee is an herb, categorised as stimulating, oily and bitter. The most common beans we use today are *Coffea robusta* and *Coffea arabica*. As many of you know, coffee has the ability to raise our levels of concentration over the short term and can stimulate our nervous system to help keep us awake. This equates well with the ‘morning cuppa’ that most people enjoy, and this is achieved through coffee’s main active constituent, caffeine.

Coffee has been drunk since the 13th century and most people consume it as a social beverage, one to share with friends and family. So there is usually a sense of disappointment on my client’s behalf when they are requested to either eliminate or reduce their daily coffee intake.

Like most areas of scientific research, coffee comes in for both good and bad press. One moment it’s okay to drink it, and the next minute we’re told we’re putting our long-term health at risk. So what is the real deal?

To help you navigate the maze of research and information I’ve collated two tables. [Table I.](#) illustrates the levels of caffeine in each standard cup of coffee. From this you can ascertain how much caffeine you actually consume daily.

[Table II.](#) provides an ‘overview at a glance’ of how the pros and cons of coffee consumption stack up. I’ve divided this table up into the physiological systems of the body, so that you can quickly scan the table for any areas of concern you may have.

TABLE I. CAFFEINE LEVELS

| COFFEE TYPE (250ml) | CAFFEINE CONTENT (mg) |
|---------------------------------------------------------------|-----------------------|
| Drip filter coffee | 100-300 |
| Percolated coffee | 60-120 |
| Instant coffee | 60-80 |
| Espresso (inc long black, flat white, cappuccino, café latte) | 30-50 |
| Black decaffeinated coffee | 3-8 |
| Caramel-flavoured iced coffee (480ml) | 60-100 |

Heavy consumption of coffee is considered to be three or more cups (750ml) or more than 300mg caffeine per day. Peak effects of coffee on the body are reached 30-45 mins after consumption, and continue for up to 3 ½ to 5 hours. Pregnant women should avoid coffee.

It should be noted that some of the disease risks associated with coffee intake may be part of a broader dietary health picture. I.e.: a coffee drinker may eat fewer vegetables and fibre, have a diet higher in saturated fats and is more likely to smoke cigarettes.

TABLE II. PROS & CONS OF COFFEE CONSUMPTION

| BODY SYSTEM | POSITIVE HEALTH EFFECTS | NEGATIVE HEALTH EFFECTS |
|----------------------------|----------------------------------------------------------------|---------------------------------------------------------------------|
| Cardiovascular | Can prevent heart disease | Raises blood pressure |
| | | Raises cholesterol levels |
| | | Increases risk of stroke for those with high blood pressure |
| Liver & Gallbladder | May prevent liver cancer | |
| | Can prevent gallstones | |
| | Helps to prevent cirrhosis | |
| Female & Male Reproductive | | Link to miscarriage and birth defects |
| | | Increases risk of infertility in men and women |
| | No proof it causes breast cancer | Link to fibrocystic breast disease |
| | | Exacerbates Premenstrual Syndrome |
| Skin | | Exacerbates some menopausal symptoms |
| | | Dehydrates |
| Kidneys | | Causes foot odour |
| | | Dehydrates through diuretic action |
| | | Can cause kidney stones |
| Respiratory | | Irritates kidneys and bladder |
| | Dilates airways, can be useful in asthma treatment | Increases risk of lung cancer |
| | Helps premature babies breathe | |
| Nervous system | Relieves hayfever | |
| | Improves short term concentration | Anxiety, tremor & irritability |
| | Reduces blood vessel dilation in migraine | Can trigger migraine |
| | Improves mood | Headaches with over consumption or with coffee withdrawal |
| Gastrointestinal | | Insomnia and produces fewer cycles of deep sleep |
| | May help prevent colorectal cancer | Trigger for irritable bowel syndrome (IBS) |
| | Increases stomach acid to improve digestion | May initiate or worsen reflux |
| | Can induce vomiting in overdose | Can induce allergic reaction |
| Musculoskeletal | Has a laxative effect | |
| | Improves athletic performance | Increased risk osteoporosis |
| Nutritional | A source of potassium | Depletes iron and induces anaemia |
| | Adding milk to coffee reduces calcium loss induced by caffeine | Increased calcium loss |
| | | Reduced zinc absorption |
| | | Increased excretion of B Vitamins and other minerals |
| Degenerative disease | Not linked to cancer | |
| | Protects against Type II Diabetes | |
| General | Reduces body weight by increasing the basal metabolic rate | Coffee increases cravings for tobacco in smokers |
| | Can reduce bacteria associated with tooth decay | Can discolour teeth |
| | | A 10g dose in a 67kg person is lethal equivalent to 100 cups coffee |

Ref: [Journal of Complementary Medicine](#) Vol 5, No 3 May/June 2006
[Nutrition For Women](#) Elizabeth Somer. Bookman 1993
[Hyperhealth](#) CD 2003

By Alison Kane

You Are What You Eat



With increased media focus on diabetes, heart disease and obesity, Australians are becoming aware that there is something not quite right with the average diet. Almost every week we have a new article on TV, in the weekend papers or in the health section of the weekly magazines. Usually the articles focus on obesity, diabetes and heart disease. However, in addition to these insidious diseases there are a few less obvious conditions including some mood disorders, asthma and skin allergies that are aggravated by foods and beverages.

Food and its effect on gut health

Just as the quality and variety of ingredients and the means of preparation influence the taste, nutrition and quality of a meal, the types of foods and their mode of preparation also influence the health of our gut. In your garden the overall mix of light, shade, moisture, minerals, organic matter and insects creates an environment that works for some types of plants but not others. A similar situation exists within a person. Dietary intake of food, beverages and drugs creates an environment in the gut that can heal or harm the gut wall and favor some types of gut bacteria but not others. There appear to be a couple of broad mechanisms at work, one being infection and the other being irritation.

Gut Inflammation, intolerance and over consumption

Research has identified a link between inflammation of the lining of the gut and irritation of the gut wall by substances including foods, beverages and medication. Inflammation of the gut wall appears to trigger an increased and inappropriate immune system response. This over stimulated immune response appears to increase the likelihood of allergy and other immune triggered conditions. Some of these conditions include mood and energy changes, skin rashes and breathing disorders. Reviewing and revising your food, beverage and medicine intake can facilitate repair of the gut wall with the consequent reduction of unwanted symptoms.

Gut bacteria and allergy

In clinical tests, beneficial gut bacteria, "Pro-biotic bacteria", when administered to patients with food-allergy-based skin conditions demonstrated improvement in symptoms after only a few weeks. In other trials supplementation of the pregnant mother and later the newborn child with pro-biotic bacteria in the diet is associated with a reduction in allergic conditions of the skin and airways. Simply put, it has been suggested that the beneficial effect comes from the calming effect that pro-biotic bacteria have on the gut immune system and the consequential reduction in irritation and inflammation of the gut wall. Less irritation and inflammation of the gut wall then leads to reduced activation of the body's overall immune system and as a consequence, fewer allergic symptoms.

Your health is what you eat

As more research is done into the effect of substances within our food it is becoming increasingly evident that, in addition to the health benefits of vitamins and minerals, the living organisms and plant chemicals that are part of our food can have a profound effect on our physical and emotional well being.

By Michael Murphy



The Perfect Christmas Gift



Gift Vouchers for a Massage



A Gift of Wellbeing



The perfect Christmas gift for you or a special person you care for... is a massage voucher. Massage vouchers available for \$60.00 an hour.

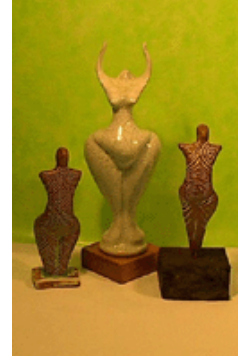


Gifts available at the clinic

Crystals and beautiful jewellery



Goddess inspired Gifts



Unique gifts of body spritzers, essential oils and seasonal herbal tea blends



Stork Style Homoeopathic Birth Kits



It's Christmas Time



Christmas is a time of the year where emotions of all types are bubbling in people everywhere.

It may be the total elation of looking forward to your child's first. A moment in time captured on video or stills of a camera.

But for some it can be coming to terms with other issues.

It may be the first Christmas since separating from a partner or it could be the first Christmas after losing a love one. Christmas may mark another year of unsuccessfully trying to conceive a child.

Or it simply may be a time you are frustrated as you are in the middle of lifestyle changes such as dietary modifications to either lose weight or to just get healthier and then Christmas appears on the doorstep. I haven't even mentioned rushing around trying to do the Christmas shopping....who needs to train for the Olympics!

What ever Christmas means to you, the common thread it is a time that brings a certain degree of reflection. As no sooner have we ingested the Christmas lunch are we bringing in the New Year. This is when we assimilate our successes, wrestle with our unfinished tasks and/or make the infamous New Year resolutions.

Personally I feel it is a lot to incorporate in a very short time.

If Christmas is a time of grief for you then please be gentle on yourself and pace the amount of times you attend parties and if you don't feel up to attending, then don't. I am sure your friends will understand. Sadness often needs the passage of time to leave and rushing it doesn't quicken the process.

Be kind to yourself and allow the sadness to vent. Flower essences are wonderful support during this time. Drop into the clinic and discuss your needs with a practitioner and they will be able to make a mix specific for your needs.

If diet is an issue for you and just thinking of the calorie laden Christmas feast in itself puts on a few pounds, then please remember the following. Rome and Elle Macpherson's body were not built in a day. So enjoy the festive season. That doesn't mean to eat everything and anything but rather eat sensibly. Make sure water is the every second drink if you are imbibing. Go for a small serving of everything, so you can go back for seconds and not feel like you have over indulged. If you don't have time to do the half hour walk then do a 15 minute one....sometimes a little does go a long way. However make sure it counts and swings those arms and keep the pace up.

If you find after Christmas you normally fall into a heap and are left exhausted then drop into the clinic and discuss this with one of the practitioners and they will prescribe supplements to stop this occurring.

If the New Year brings a the realisation of just how much you didn't tick off last years resolution list, then reassess whether it was something you really want or need. If it is, then just add it onto your next New Years resolutions list.

Everyone's pace is different and that's okay. It isn't so much the time it took you to achieve but the journey you had along the way.

By Pauline Howard. Naturopath.
Dip App Sc. BHSc

IMAGININGS **GIFTS OF ENCHANTMENT** **SUMMER CLOTHING SALE**

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Berwick

Melway ref: 131 A4

Bring a friend. Champagne on arrival.

Enquiries please phone Robyn on

Mob: **0419 558 334**



The Art of the Journal

Keeping a journal can be the most rewarding and awakening experience you are able to do for yourself. Documenting events and emotions not only offers historical insight but it may create understanding of how and why you react in certain situations. Life patterns that have altered our focus and direction are given illumination. Robyn Johnston our resident writer is running a workshop on

“The Use of Journals” in Mar 2007. Booking can be made by calling 97699116

Clinic Hours

| | |
|-----------|-------------------|
| Monday | 1.00pm to 7.00pm |
| Tuesday | 10.00am to 6.00pm |
| Wednesday | 9.30am to 5.00pm |
| Thursday | 9.00am to 7.00pm |
| Friday | 9.30am to 5.00pm |
| Saturday | 9.00am to 1.00pm |

Staff Holiday Times

| | |
|----------------|-----------------------------------------|
| Alison Kane | 20/12/2006 to 17/1/2007 |
| Nicola Howell | 15/12/2006 maternity leave to July 2007 |
| Robyn | 20/12/2006 to 17/1/2007 |
| Pauline Howard | 30/11/2006 to 11/1/2007 |
| Brett Leo | 21/12/2006 to 09/01/2007 |
| Mick Murphy | 23/12/2006 to 08/01/2007 |

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