

# Earth Wise Natural Medicine *e-news* – Issue no. 1

Welcome to the 1<sup>st</sup> 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](http://www.earthwise.com.au) .

## Lets soak on it

Most people enjoy the scent of Lavender. Lavender essential oil is one of the most popular oils purchased. People add it to baths whilst others use a few drops in the oil burner. If you take a stroll around any neighbourhood inevitably you will find a garden growing it. People **dry** the flowers and use them as both decoration and an air freshener. Dried lavender flowers are also used as decorations on cards, soaps and sometimes to jazz up the presentation of a gift.

It's a common practice after a trying day to run the bath and add a few drops of something that smells nice and hop in and soak. You may not know nor care of the therapeutical effects of what you add to the water, you just do it, because it smells nice.

A researcher from Wolverhampton UK<sup>1</sup>, took the concept of soaking in a bath with lavender oil a little further. He used this ordinary act to conduct two studies and examined the therapeutic effects of bathing with lavender oil. The 1<sup>st</sup> study investigated the effect lavender had on moods and the 2<sup>nd</sup> study investigated people's response to future events. The 1<sup>st</sup> study consisted of 40 women as did the 2<sup>nd</sup> study. The two groups were randomly allocated, to add either 3ml of pure Grapeseed oil or 3ml of a blend consisting of 80% Grapeseed oil and 20% lavender oil (*Lavendular Augustifolia*) to their bath for 14 days. The duration of the bath was to be ten minutes and taken at the same time each day.

The 1<sup>st</sup> study group of 40 women who had be given the lavender oil mix, displayed positive effects of energy, releasing tension and a general sense of wellbeing, a selective response was noted for lessening anger and frustration. In the 2<sup>nd</sup>

<sup>1</sup> PMID: 12594973 [PubMed - indexed for MEDLINE]

study group they found the women who had be given the lavender mix to add to their baths selectively displayed lessened negative responses about the future. The results were overall encouraging and the researcher suggested further investigation.

Research conducted in Western Oregon University, <sup>2</sup> October 2004, comprised of a group of non smokers consisting of 42 females and 31 males. The group were exposed to anxiety inducing tasks. Prior to the task the participants heart rate and temperate were recorded and reassessed after the tasks were completed. The heart rate and temperature did not alter. The moods were assessed. The people who were exposed to the scent of lavender were found to have greater vitality and less fatigue and inertia.

So next time you run a bath, consider adding a few drops of lavender oil to the water. Not only will the scent give pleasure to your olfactory nerve but it will placate you and lift your vitality. You will also have the added benefits of smelling better, be cleaner and better still if you are having a B-B-Q, it has a reputation of deterring<sup>3</sup> mozzies.

*By Pauline Howard. Naturopath.  
Dip App Sc. BHSc*

Book an Aromatherapy massage with Pauline and receive a free moisturiser valued at \$10.00.

(Available until the end of November2006)



<sup>2</sup> PMID: 15587240 [PubMed - indexed for MEDLINE]

<sup>3</sup> Dr Jean Valnet (1991) The practice of Aromatherapy. CW Daniel Company Ltd ISBN 085207 143 4

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## Tapping the Healer Within Minutes – Emotional Freedom Technique

It's been years now since Robyn and I went along to learn about Emotional Freedom Technique. It was a one day seminar and it promised so much. I went with an open mind as is the prerequisite in the natural health arena.

This course promised to rid the body of negative emotions that disrupt the body's energy system, and ultimately lead us to damaging and unhealthy physical and mental habits. It claimed to assist in the relief of:

- Fears and phobias
- Anxiety and Depression
- Guilt
- Anger
- Addictions
- Stopping smoking
- Weight loss and food cravings
- Pain
- Relationship difficulties
- Work and career issues
- Improving sports performance
- Improving self-esteem & self-worth

We were guided through a sequence of physically 'tapping' with our middle and forefingers on specific sites on the face, upper torso and hand that correspond to energy meridians. In addition, affirmations were made and techniques used that supposedly realign left and right brain activity. There was also a suggestion that the latter aspect was related to the Neuro Linguistic Programming (NLP) philosophy.

One woman undertaking the course divulged her fear of heights. Her fear was assessed on a scale of one to ten. She was a ten. The tapping procedure was undertaken three times, and each time the intensity of her fear seemed to lessen, she was more relaxed and eventually she announced that she felt no fear of heights at all.

With that, the course facilitator arranged tables with chairs atop and asked the woman to climb on top of this structure and stand there with her arms

out. There was no way the woman would have found the courage to carry out this instruction before the EFT. To our amazement she took each step up the table and chairs with care, but no fear. It was terrific to witness.



Whilst I'm always suspicious of the panacea, especially one in the area of psychology, an area in which I am not trained, I do believe that EFT has a role to play. Say for instance, a client suffering mild depression or uncontrollable food cravings, I would utilise the EFT as part of a broader health programme, incorporating dietary, nutritional or herbal support, or if the client is medicated continuing with their medication until such time as they discuss withdrawal, if possible, with their GP.

I see no problem with a client undertaking psychological counseling in conjunction with EFT. In fact, I do not believe EFT is a means to an end, but it has many positive attributes:

1. It only takes minutes to undertake a full session of treatment
  2. It is very powerful, in that clients receive nearly immediate relief from their suffering, and treatment appears to be permanent.
  3. It can be taught to nearly everyone, so long as the person can verbalise their concerns.
  4. It appears to do no harm.
  5. It does not require the client to talk about their troubles, something that often causes more emotional pain and discourages many from seeking treatment.
  6. It appears to be long lasting.
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Most research on Emotional Freedom Technique has been in the area of first hand clinical observation and the personal reports coming from therapists and clients have been impressive. One formal investigation, conducted in early 1995, by Charles R. Figley, Ph.D. and Joyce Carbonell, Ph.D. of the Psychological Stress Research Program and Clinical Laboratory at Florida State University yielded impressive results in the treatment of Post Traumatic Stress Disorder. EFT (known also as TFT in the USA) stood out from all other psychological approaches. I also understand that EFT was the official Government-selected method of counselling for victims of PTSD in Kosovo following the ongoing conflict there in the 1990s.

The most common question asked by clients after successful Emotional Freedom Technique is "How long will it last?" The answer to that question is that the results appear to be permanent in most cases. In a research follow-up conducted by Dr. Figley (see above) six months later, he reported that the successful results attained in his study were reported by subjects to have been ongoing.

The creator of Emotional Freedom Technique, Dr Roger Callahan's first patient treated with what he later termed Thought Field Therapy was a patient he refers to as "Mary." "Mary" was treated with TFT over twenty five years ago for a water phobia and remains, by her own self- report "cured."

At Earth Wise Natural Medicine we have two practitioners offering EFT, including Alison Kane ND and Michael Murphy ND. It is suggested that clients interested in undergoing this treatment make an appointment for a long consultation. Cost \$60 per long consult. In addition, EFT can be included in your naturopathic consultation, once again allowing for a long consultation.

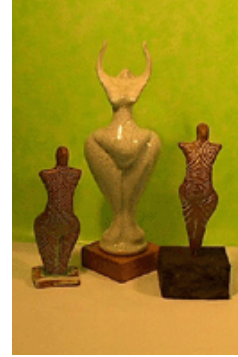
**By Alison Kane** (10% of EFT sessions until end November 2006)

## Gifts available at the clinic

Crystals and beautiful jewellery



## Goddess inspired Gifts



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



## Gift Vouchers



## Stork Style Homoeopathic Birth Kits



# Fast, Effective Relief From Your Seasonal Allergies



**Allergies are fast becoming a common health problem for a large percentage of the population. Regardless of the problem Chinese**

**Medicine always looks at the health of the individual because with good vitality there is less likelihood of you being allergic.**

## **Sneezing, Itching, Congestion...**

Seasonal hay fever is an allergic reaction with symptoms of a sneezing, itching, runny nose, and itching, watery, red eyes. This allergy usually arises in Spring and Summer when increased amounts of pollen, grass, weed, and dust are present in the air. Hay fever symptoms can be persistent with sufferers often restricted indoors in unsuitable weather. If this scenario sounds familiar then there is something that could help.

## **It's No Wonder Your Allergic...**

Taking care of your health can be difficult. Are you indulging in take-away foods, consuming excess sugar and eating irregular meals whilst working harder, longer hours under intense pressure. It is common practices like these which harm your health and wellbeing, overload your immune system and create Organ system imbalances.

## **A Wholistic Approach To Overcoming Allergy...**

Your *Lungs* control your respiratory system while the *Spleen* is the chief of the digestion. In harmony these two Organs work together to produce Chi (vitality), Xue (blood) and Wei (Immunity) . In disharmony, a weak, cold *Spleen* has great difficulty digesting foods and as a result produces excess mucous. This mucous is then passed by the *Spleen* to the normal dry *Lungs* which can cause sneeze, post nasal drip, a productive cough and sinus congestion.

## **The Good News Is We Can Help...**

If you're looking for a safe, natural, drug free answer to the problem of hay fever then we may have just the solution. Using our unique pulse testing we can detect the imbalances common hay fever allergens may be causing you. This information is then used to treat these imbalances and stop your immune system from reacting to these substances.

## **Say Goodbye To Your Allergies...**

Acupuncture and moxibustion treatment can provide relief for your sneezing, itch and congestion whilst drying up your runny nose at the same time. Also, treatment can reduce the frequency and severity of subsequent attacks by dealing with the very cause of your allergy, your immune system deficiency and the airborne substances irritating it.

## **Enjoy The Benefits**

- Feel alive and well during Spring and Summer
- Enjoy more time spent outside in the garden
- Exercise and walk outdoors
- Save money on expensive hay fever medication

**By Brett Leo**

### **E-NEWSLETTER SPECIAL**

**Save \$20 On Your Initial Hay Fever Consultation This Spring\***

Receive an initial 60 minute Hay Fever Diagnosis and Treatment Session with Brett Leo.

**Only \$50 with this voucher.**

**Call 9769 9116**

Conditions apply\*. Not valid with any other offer. Not redeemable for cash. One voucher per person. Offer expires Spring 2006



## **The Ageing Male**

Much discussion, publicity and medication has been directed to the alleviation of symptoms associated with female menopause and comparatively little information has been made available regarding the Ageing Male.

Similar to the hormone related life changes experienced by women before, during and after menopause, men experience changes in physical and mental well being as their hormone levels change from 40 years old and beyond.

### **Grumpy old men**

“Grumpy old men” is a term often used to describe males at this stage of their life, but you should walk a mile in *their* shoes. For many men as young as 40-something this is a challenging stage of life when physical, mental, emotional and sexual decline are either becoming obvious or are impossible to ignore.

### **Do you recognise any of these?**

Some of the emerging changes associated with this stage of life include:

- Decline in your feeling of general well-being
- Muscular and joint aches and pain
- Excessive and unexpected sweating
- Sleep problems
- Increased need for sleep, often feeling tired
- Increased irritability
- Increased nervousness
- Increased anxiety
- Lacking vitality, physical exhaustion

- Reduced muscular strength
- Feeling sad, down, lacking motivation, mood swings, feeling as if nothing is of any use
- Feeling like you are past your peak
- Feeling you are burnt-out, having reached rock bottom
- Reduced beard growth
- Reduced frequency or ability to perform sexually
- Not as many morning erections
- Reduced sexual desire for, or pleasure from sexual intercourse

The more symptoms and the more severely you experience these symptoms, the more likely you are experiencing age related androgen deficiency, lack of male hormone. The question becomes why?

### **Natural & Traditional Therapies can help**

Natural therapies and traditional medicine have a long history of work in this area.

As well as an age related reduction in male hormones, other factors such as body mass, alcohol and drug consumption, life stress and nutritional deficiency can all significantly reduce active hormone levels.

Each man is an individual and has arrived at this stage of his life via his own path. Consequently your program of treatment is individualised to your circumstances. Programs usually comprise a combination of dietary & lifestyle changes together with some nutritional supplementation and herbal remedy. You *can* feel better.

***By Michael Murphy***



### 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

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