

TRUE *Medicine*

Natural Health & Beauty

Clinic location:

6-8 Enkleman Road
Yatala 4207

Tel: **3287 3015**

Fax: 3287 3175

Email:

dagmar@truemedicine.com.au

www.truemedicine.com.au

- For health tips
- Diets
- Recipes
- Or blog a comment

Clinic Hours:

- Tue-Fri 8am-6pm
- Sat 8am-12noon

Bookings essential.

Electronic health fund claims, EFTPOS & Credit Card facilities available

Holiday Closure*
Monday 26th April to
Monday 3rd May



Dagmar Ganser, BHSc, ND(Adv)

Naturopathy * Herbal Medicine
Kinesiology * Biomesotherapy
Nutrition

Beat the cold & 'flu season

It may be difficult not to feel concerned with the media hype around a certain influenza virus. Nature has the best weapon against any infection: our immune system.

A healthy immune system is able to stop a virus from taking hold and causing serious illness. However, stress and a hectic lifestyle as well as inadequate nutrition, deplete our immune systems.

Take steps to **prevent infection.**

Keeping in mind that over 70% of the immune system is based in our 'gut', the importance of a healthy digestive system cannot be over-emphasized. This has been discussed in previous newsletters.

Incorporate plenty of **fresh vegetables and fruit** in your diet. Eat quality protein with at least two meals daily—this stops the hunger pangs and helps your body make immune cells to fight the bugs. Limit mucous-producing foods like processed carbohydrates (breads, crackers, cakes), sugar and dairy products.

Keep the air clean with natural purifiers.

Essential oils are nature's defence against air-borne germs. When used in an oil burner or fine misting spray, these oils purify the air preventing the spread of infection. Suitable for work, home and school—give me a call if you would like me to make up a blend of oils for you.

At the first signs of any discomfort, whether it be a sore throat or stuffy nose - take ACTION. There are a variety of natural remedies I have used successfully for years to stop infection in its tracks. Better still, stock up with a few 'essentials' before the change in weather triggers infections. I can put together a 'flu prevention kit to suit your needs.

If the bugs get to you before you can ward them off, arrange to come in for a Live Blood Screen to identify if it is a virus or bacteria giving you a hard time. In either case, nature has given us tools to address infection and get you back on track in

the shortest possible time. The added bonus - your natural immunity is strengthened giving you protection against re-infection. Should you need to take antibiotics, make sure to follow this with a good multi-strain probiotic.

Flu Fighter Tea: A warming drink to support the immune system and soothe the coughs and sore throats: Bring 1 litre of water to the boil and add:

- 1 tablespoon of honey
- 2 teaspoons of fresh grated ginger
- 1 lemon sliced
- 1 cinnamon stick or ½ teaspoon of cinnamon powder
- 6 cloves
- 1 clove of garlic
- ¼ teaspoon of fresh chopped chilli

Continue to boil for 1 minute. Allow to cool slightly and drink the warm tea freely throughout the day.

Beat the bugs - Call 3287 3015 for an appointment.

Coeliac disease

In Australia 80-90% of coeliac sufferers are undiagnosed. **Children**, in particular, often remain undiagnosed paving the way for serious illness later in life.

People with Coeliac are unable to tolerate gluten. Gluten is found in wheat and other grains such as oats, rye and barley. The gluten causes severe inflammation in the intestines, greatly limiting the absorption of nutrients. Discomfort may be mild to extreme with cramping, diarrhea or

constipation. Coeliac disease is genetic but is triggered by consuming gluten.

If undiagnosed, celiac disease may lead to osteoporosis, poor dental health, infertility, dermatitis, lowered immunity, Rheumatoid arthritis and more.

Each case must be assessed individually and I highly recommend early intervention to prevent more serious health issues.

Find out if you or your child may be at risk—know the

results within 10 minutes. No need for stressful blood pathology—a simple finger prick is all that is needed.

Arrange for a FREE Coeliac test* during April - only in conjunction with a full Naturopathy consult

Call 3287 3015 today.

* In order for the test to provide an accurate result, please eat your regular foods. If your diet is "gluten-free" you need to eat at least one slice of wheat bread for 4 weeks prior to testing.

*** The clinic will be closed from Monday 26th April to Monday 3rd May - reopening on Tuesday, 4th May. I will be heading out into Queensland's beautiful country to recharge the batteries. See you when I return.**