

TRUE Medicine

December 2011

e - Newsletter

Natural Health & Beauty



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- For health tips
- Diets
- Recipes
- Natural skin care
- Or blog a comment

Clinic Hours:

**CLOSED 21 Dec 2011
to 23 Jan 2012** inclusive

- Mon & Wed 2pm-6pm
- Thu & Fri 9am-6pm
- Sat by request
- Closed Tues & Sun

Bookings essential.

Electronic health fund claims,
EFTPOS & Credit Card facilities
available

Dagmar Ganser
BHSc, ND(Adv)

Naturopathy * Herbal Medicine
Kinesiology * Bio Regulatory
Medicine * Nutritional Medicine

All I want for Christmas ...

Is your Christmas wish to be healthy, pain-free and full of vitality to enjoy life, spend quality time with family and friends, cope with the challenges and stresses life presents to us and make the most of every day? During the past year, perhaps more so than in the past ten years, I have seen patients struggling with everyday life. What has been even more remarkable, is that age is no longer an indicator with younger patients exhibiting symptoms usually associated with mature age. The most frequently asked question I hear is "why"?

I could answer this with all the possible variables as each person is so unique. However, after considerable thought, I would have to respond with "toxins". Our environment is becoming increasingly polluted with all manner of toxins. We try and save energy with LED lighting only to find these are high in mercury. Watch this video about the dangers of mercury: http://www.youtube.com/watch?feature=player_embedded&v=2MWly6JgyLE

In addition to heavy metal burdens, we are becoming increasingly exposed to synthetic hormones, in particular oestrogen-like substances from herbicides, pesticides and in the foods we eat. Not only does food processing remove valuable nutrients, it often adds artificial ingredients which are toxic to our bodies. While each individual additive may be present in minute amounts deemed 'safe' by authorities, it is the accumulation of all toxins over time that cause the toxic burden we are currently experiencing.

Toxins can affect our DNA leading to altered genetic activity which not only changes our body's way of functioning, but also that of our children and grandchildren. Epigenetics is the study of how our environment impacts on our genetic inheritance. Gene testing and treatments are now available at True Medicine. Find out where your genetic inheritance lies and learn how to prevent development of disease conditions.

As we come to the close of 2011, I hope you are able to take some time off to regenerate your body, reconnect with family and friends and perhaps evaluate your priorities. We spend hundreds of dollars servicing our motor vehicles yet are reluctant to invest in our health. Often more time is spent organising and planning a wedding or holiday than is spent preparing for conception of a healthy child. Become aware of the toxins in your environment—True Medicine can help you make informed decisions whether it is lifestyle exposure or foods you choose to consume.

I wish you all a safe and happy holiday season.

Dagmar

Water

Do you know councils and water authorities around the country are moving towards the use of chloramines as an alternative to chlorine?

Chlorine has been used for decades in Australia as a means of sanitising our drinking water. However, it produces by-products called Trihalomethanes (THMs); which are known and proven carcinogens. Due to this, and the low residual life of chlorine, councils and authorities are moving towards the use of chloramines instead.

Chloramines stay in the water longer than chlorine and continue to disinfect in the extremities of extensive pipeline systems. Monochloramine is a weak disinfectant and the most common of the chloramines used in water sanitisation; requiring 25 to 100 times the contact time of free chlorine for equivalent disinfection.

The downside of chloramine, apart from the fact that it contains ammonia, is the difficulty in removing it from drinking water supplies. Standard water filters can only remove 10-25% of their rated capacity of chloramines. Consequently the filter cartridges would need to be changed more often, or a different type of filter used instead.

The health hazards of ingesting ammonia include its conversion into nitrites in the stomach. Young children particularly susceptible to elevated nitrites which lower oxygen content in the body. Furthermore, people with weakened immune systems, those undergoing renal dialysis, young children, elderly people, people with HIV and people that undergo chemo therapy, should also be cautious when it comes to the use of chloramine disinfected water.

Reverse osmosis water filters remove most of the unwanted additives but you also need to re-mineralise and alkalisate this water before it is suitable for drinking. You will find a few suppliers of good water filters at: <http://truemedicine.com.au/affiliates/>