

TRUE *Medicine*

Natural Health & Beauty

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- For health tips
- Diets
- Recipes
- The latest in health news
- Or blog a comment

Clinic Hours:

- Tue-Fri 8am-6pm
- Sat 8am-12noon
- Closed Sunday & Monday

Bookings essential.

Electronic health fund claims,
EFTPOS & Credit Card facilities
available

Energy Essentials

Most of the processes occurring within our bodies require B-vitamins. The functions of the B-vitamins are often interrelated meaning that some reactions cannot occur unless more than one B-vitamin is present; a deficiency in just a single B-vitamin can interrupt chemical reactions causing diverse conditions.

Some of the conditions linked to B-vitamin deficiency are:

- Impaired energy production
- Elevated homocysteine
- Migraines
- Premenstrual syndrome
- Macrocytic anaemia
- Morning sickness during pregnancy
- Neural tube defect and congenital abnormalities of the foetus
- Mood and cognitive disorders, including age-related issues
- Recurrent mouth ulcers.

Elevated homocysteine levels have been implicated in cardiovascular disease,

causation of some neural tube defects and major risk factor in atherosclerosis, vascular disease and venous thromboembolism. Further correlations between high homocysteine and celiac disease, Alzheimer's disease, age-related macular degeneration and migraines have been clinically identified.

Supplementing with the proper B-vitamins has been shown to reduce the risk of pre-eclampsia during pregnancy by 63%.

As with all supplements, it is not advisable to self-prescribe. Each person's nutritional status must be individually assessed in order to correctly support the body's natural healing mechanisms.

Unfortunately, most over-the-counter vitamin products do not contain therapeutic doses and many are synthetic. I stock a range of supplements, multi-nutritionals and B-vitamins in order to provide quality and meet everyone's

individual needs. In some cases, the activated forms of B-vitamins are prescribed to increase availability and achieve results faster. Activated B-vitamins are particularly beneficial during elevated toxicity levels, elevated homocysteine and macrocytic anaemia as well as for those who have any level of impaired liver function, and even gout.

We all need vitamins, but one size doesn't fit all.

Your personalised health care professional:

Dagmar.

Dr. Alexis Carrel received a Nobel Prize for proving that a living cell would be immortal if it had sufficient amounts of nutrients in proper balance of all elements needed. He proved that cells simply need proper nutrition and to have wastes and pollutants removed to live indefinitely in their life-supporting fluid.

Minerals—the foundation of health

Dr. Linus Pauling, two-time Nobel Prize winner, stated, "You can trace every sickness, every disease and every ailment to a mineral deficiency."

Every cell in your body must have minerals to live and function. Every beat of your heart requires minerals to happen. Your brain cells and nervous system utilise minerals to deliver electrical signals to every part of your body. Vitamins, enzymes, hormones, the immune system and almost all biological activities need a

wide variety and amount of minerals to work right. The skeletal structure - the skull, bones and teeth, depend on an adequate mineral supply to stay strong.

As an example, magnesium is the activator for over 300 enzymes. Also it is integral in the production of ATP, the energy compound of the body.

Minerals have a wide range of application. The following is a testimonial received from a 16 year old who tried minerals for his acne [no other supplements or medications were used]:

"It's been close to a month now and the minerals are definitely making a difference to my skin. I'm confident with continued use the acne will pretty much clear up, based on the results I've seen so far. Thankyou very much for providing this opportunity for me." M.S. Pacific Pines

Download your free mineral analysis here: <http://truemedicine.com.au/wp-content/uploads/Mineralquestionnaire.PDF>



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Naturopathy * Herbal Medicine
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