

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 9am-6pm
- Sat 8am-12noon

Bookings essential.

Electronic health fund claims,
EFTPOS & Credit Card facilities
available

TRUE *Medicine*

Natural Health & Beauty

The 'whole' of health

Nutritional medicine looks at the holistic model of who we are: We are the sum of our past life, our experiences and emotions. We are biological, social, psychological and spiritual. All areas need to be considered in order to gain an understanding of how a person got to where they are and why their body is not functioning optimally.

All dis-ease has a biochemical basis as:

- All cells need nutrients to function correctly,
- Nutrients function better when toxin levels are low,
- Nutrients won't work in an acid environment.

It is the role of the practitioner, in conjunction with the patient, to establish how and why the nutrient flow has been impaired.

Have you ever wondered why a naturopath spends at least an hour getting a comprehensive health and life history in order to determine how best to help you when a GP spends an average of 7 minutes with a new patient? Perhaps that is why some reported medical problems in Australia include:

- 8,500 deaths from prescription drugs
- 140,000 hospital admissions from prescription drugs
- 400,000 reported adverse reactions from prescription drugs [this is estimated to represent 10% of actual numbers].
- Prepare food from scratch
- Avoid toxins whenever possible — this includes what you put on your skin
- Alkalise your body
- Get enough quality sleep
- Clear any built up toxins or blocks in your body
- Exercise, have fun and relax
- Seek the help of a qualified practitioner—prevention is definitely better than waiting for systems to fail.

Factors that cause chemical changes in our body include genetics, nutrient deficiencies or imbalances or excesses, toxins, lifestyle, stress and emotional issues. All these must be considered in order to achieve balance and optimal health.

For this reason it is important to be open and honest with your practitioner—you are not being judged.

How to give your body the best chance at health?

- Make wise choices regarding the foods you eat—fresh, organic, seasonal is best
- Avoid processed foods, artificial additives, preservatives - this includes artificial sweetener and 'diet' products

So if you feel like you aren't firing on all cylinders, give me a call on 07 3287 3015 today.



NEW PRODUCT AVAILABLE

Omega 3 DHA drops for infants. Support your baby's brain development.



Dagmar Ganser, BHSc, ND(Adv)

Naturopathy * Herbal Medicine
Kinesiology * Biomesotherapy
Nutritional Medicine

The clinic will be closed over Christmas and New Year - closure dates are Monday 20th December, 2010 to Saturday 15th January, 2011 inclusive. Please book your appointment in advance to avoid disappointment and check your supplements in case you need to order more to see you through the holiday period.

Love what you do

Over recent weeks there has been a distinct recurring theme regarding people's health - the link to work stress and job dissatisfaction.

We spend a large portion of our life at work—often spending more time with our work colleagues than with family.

Not finding work enjoyable can lead to stress, sleep disorders, eating disorders, digestive disorders, depression and serious illness.

Sometimes we need to take a step back and look at the big picture. Perhaps being

grateful that we have a job is enough to take the 'edge' off. Try exercising tolerance, accepting other's individuality and respecting the role they play in the work team.

Changing our perspective may result in greater job satisfaction. Consider the stone mason who, when asked what he was doing, replied proudly "I am building a cathedral." Someone less positive may have replied "cutting stone".

Often when we look at situations with a fresh perspective and acknowledge the role we play, we are

again able to see what attracted us to that line of work.

Love what you do. Every job is important.



Truly natural care for your baby

All-natural baby care now available—order on line or call the clinic.