

January/February 2011

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

Clinic Hours:

- Tue-Fri 9am-6pm
- Sat 9am-12noon

Bookings essential—
phone **3287 3015**

Electronic health fund claims,
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Dagmar Ganser, BHSc, ND(Adv)

Naturopathy * Herbal Medicine
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Back to School

As another school year begins so does the dilemma of what to put into the lunch box: food that is nutritious and will actually be eaten.

Some of the [recipes](#) on my website that would suit a lunch box include the basic muffin mix either sweet or savoury; and the very versatile zucchini pie which tastes great cold.

Home-made sausage rolls are another great option, and great source of protein. For those not sensitive to wheat, I recommend using a few sheets of filo pastry and wrapping the sausage mince inside. Make your own filling using either lean beef or turkey mince. You can be creative and add grated vegetables such as carrots, zucchini, celery or other.

My daughter found the following recipe in *Marie Claire's 'Breakfast'* book. Easy to make and tastes great. It's always best to make your own—that way you know what your child is eating and there are no artificial additives.

Chewy fruit and seed slice

200g unsalted butter
175g [1/2 cup] golden or maple syrup
125g [1/2 cup] crunchy peanut butter [for "O" Blood types or if you wish to avoid peanuts, substitute Tahini]
2 tsp natural vanilla extract
30g [1/4 cup] plain flour (use wheat-free options such as spelt, buckwheat or oat flour or a suitable gluten-free option; or substitute almond meal)
30g [1/3 cup] ground almonds
1/2 tsp mixed spice
300g [3 cups] quick cooking oats
2 tsp finely grated lemon zest
185g [1 cup] soft brown sugar
45g [1/2 cup] desiccated coconut
50f [1/3 cup] sesame seeds, toasted
90g [1/2 cup] pepitas or shelled sunflower seeds
80g [1/2 cup] sultanas
45g [1/4 cup] mixed peel

Preheat oven to 170°C. Lightly grease and line a 20 x 30cm shallow tin with baking paper, leaving it hanging over the two long sides.

Place the butter and golden syrup/maple syrup in a small saucepan over low heat, stirring occasionally, until melted. Remove from heat and stir in the peanut butter (or Tahini) and vanilla until combined.

Mix together the remaining ingredients, stirring well. Make a well in the centre and add the butter/syrup mixture. Mix with a large spoon until combined.

Press evenly into the tin and bake for 25 minutes or until golden and firm. Cool in the tin and cut into squares.



For more information on supporting your child at school go to: <http://truemedicine.com.au/index.php/health-tips/childrens-health/>

Cellulite - a warning signal

Many women have struggled with cellulite for years. Not only those who are overweight, but also slim and sporty ladies are afflicted by cellulite. However, teenage boys are also displaying dimpling of legs, thighs and buttocks.

What has prompted me to write about cellulite though, was seeing a 9-year old boy with cellulite!

While women are more prone to developing these dimples due to the structure of our tissue, hormones also play a role.

When children and, especially young boys, display cellulite, it is a cause for concern.

Cellulite is a build up of toxins which are trapped in the tissue. Where do these toxins come from?

- Environment—as pesticides, herbicides, plastics, heavy metals and xeno-estrogens
- Foods—poor dietary choices and excess consumption of sugar, 'fast' foods, soft drinks

- Chemicals contained in foods, skin care, cosmetics, hair care

Inadequate exercise and sitting for lengthy periods also don't help.

To eliminate cellulite, you have to address all the contributing factors - lifestyle, diet and the overall health of your body. Cellulite is just one of many signs that something's not right!

Call **3287 3015** today and arrange an appointment with Dagmar.