

# TRUE Medicine

## Natural Health & Beauty

### Clinic location:

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[www.truemedicine.com.au](http://www.truemedicine.com.au)

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

### Clinic Hours:

- Tue-Fri 9am-6pm
- Sat 9am-12noon
- Closed Sunday & Monday

Bookings essential.

Electronic health fund claims,  
EFTPOS & Credit Card facilities  
available



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Naturopathy \* Herbal Medicine \* Kinesiology \*  
Biomesotherapy \* Nutrition

### The microbes made me eat it!

We share our bodies with a huge array of micro-organisms. Many of these live in the intestine and number in the trillions. Research <sup>(1)</sup> shows that the interaction between our immune system and these gut microbes plays an important role in the metabolic diseases that plague developed countries, with profound implications for the rise in obesity and what can be done about it.

There are a few proven hypotheses regarding the cause of obesity, type 2 diabetes and cardiovascular disease. One possibility is that gut microbes contribute to these conditions — referred to collectively as metabolic syndrome — by regulating immune function. Because of its large surface area and exposure to diverse microbes and the foods we eat, the gastrointestinal tract (GIT) is a unique interface between the external and internal environment. This positions the GIT to play a predominant role in immunity.

Although the human body depends on bacteria in the gut for normal functioning, bacteria in other locations may cause infections that must be

targeted by the immune system. Obesity is associated with an increase in certain immune activity which may contribute to a range of other symptoms associated with obesity, including elevated risk for cardiovascular disease and type 2 diabetes <sup>(2)</sup>.

Clinical trials found that eliminating adverse bacterial overgrowth reversed metabolic syndrome. Further, by transferring bacteria from the gut of obese mice to that of healthy mice, the latter developed metabolic syndrome.

#### Larger Waist = Larger chance of dis-ease

It is common knowledge that obesity affects our bodies in many negative ways, but fat around the middle is even more risky and now associated with higher incidence of disease.

With summer approaching, we become more aware of extra weight we may have gained during winter. But weight regulation is more than just shedding a few

kilos in time for the swimsuit season. It is a commitment to long-term health and longevity.

Whether it is a digestive imbalance, microbial imbalance or just not knowing which foods are best for you, a comprehensive health analysis will reveal the answers.

Take the first step to a new you — healthy, full of energy and comfortable in your own body.

**Ring 3287 3015 today to secure an appointment.**

*Sandoval, DA & Seeley, RJ. The Microbes Made Me Eat It. Science 9 April 2010: Vol 328 no 5975, pp 179-180 DOI.*

<sup>1</sup> Vijay-Kumar, M et al., Science 328, 228 (2010); published online 4 March 2010

<sup>2</sup> Zu, H et al., Invest 112, 1821 (2003)

Follow the link for more information on **Metabolic Syndrome**

<http://www.naturally-u.com/uploads/downloads/metabolicsyndrome2.PDF>

### Maternal diet influences baby's allergies—Research News

Maternal and neonatal nutrition can greatly influence an infant's risk of developing allergies. The case for fish oil, vitamin D and probiotics have recently been re-examined.

**Fish Oil:** A German study found that high maternal intake of Omega 3 fish oil in the last four weeks of pregnancy reduced the occurrence of eczema during the first two years of life.

**Vitamin D:** The Finnish Type 1 Diabetes Prediction and Prevention Nutrition Study demonstrated that maternal intake of Vitamin D during pregnancy reduces offspring sensitisation to food allergens. An American study identified a connection between Vitamin D and healthy microbial ecology, mucosal immunity and tolerance to allergens.

**Probiotics:** A Cochrane review found that specific strains reduce infant eczema.

To ensure you are taking the correct supplements and both quality and quantity are right for you, always discuss your needs with a qualified trained natural health professional. This ensures there are no detrimental interactions with medications you are taking, correct dosages and prevents long term or over use.

I only stock quality products to ensure optimum results.

**Only qualified Naturopaths and Nutritionists are trained in dispensing nutritional supplements. Always ensure you purchase any supplements from a qualified practitioner to avoid any detrimental interactions with medications and existing health conditions. Even natural products must be taken correctly in order to achieve the desired results.**