



HEALTHY NEWS

October 2011

SPRINGWOOD

Natural Health Clinic

Where Your Health and Wellbeing Matters ~ Naturally

Welcome to the 'new look' October edition of Healthy News. We hope you enjoy our top stories for this month;

- **Vitamin B12 and Vitamin D**
- **Maintaining your Heart Health**
- **Recipe: Stir Fried Prawn Salad**
- **Get in shape for Summer!**

Blood tests for Vitamin B12 not accurate

Vitamin B12 improves brain health and prevents dementia. Dramatic findings from a 2010 Oxford study suggest that vitamin B12 can be used to prevent dementia and Alzheimer's disease. Vitamin B12 benefits nerve structure and function. It also lowers homocysteine, a metabolic marker that has been linked with Alzheimer's disease, heart disease, depression, osteoporosis and other conditions.

A normal blood test is not enough to rule out Vitamin B12 deficiency. An Australian Meta-analysis warns that blood tests for vitamin B12 cannot be relied upon. The Adelaide researchers advise doctors to look at symptoms when

deciding if vitamin B12 supplements are required.

Some medications can also cause a Vitamin B12 deficiency. Aspirin, birth control pill, stomach acid medications, and the blood sugar-lowering drug Metformin. High doses of Folic acid can dangerously mask an underlying vitamin B12 deficiency.

B12 is obtained from animal products such as meat, chicken, fish and dairy products. However, it can be difficult to absorb, especially in older people. Some patients have reported a rapid movement in energy and brain fog with vitamin B12 supplements. This may be the best way to diagnose deficiency.

Do you suffer from any of the following? It could be a Vitamin B12 deficiency...

- Tingling or painful tongue
- Eye twitches
- Shortness of breath
- Nerve shock sensations
- Migraines
- Chronic cough
- Brain fog
- Memory loss
- Fatigue
- Elevated homocysteine

What does your low Vitamin D reading mean?

Many Australian patients are surprised to learn that their vitamin D is low on blood test. Vitamin D is important for bone health, cancer prevention, flu resistance, metabolic rate, and more. The recent epidemic of vitamin D deficiency is blamed on lack of sun exposure, but there is more to the story. Vitamin D is a hormone. Its

synthesis and function in the body is extremely complex, and it may not be possible to take a reading of low vitamin D at simple face value. A low reading may indicate a real deficiency, or it may be a signal that there is another underlying health problem. For example, low vitamin D can occur when there is inadequate hormone synthesis

in the ovaries or testes. A low vitamin D reading can also occur when the body's detoxification pathways are overwhelmed with environmental toxins. Ask your Practitioner about your vitamin D levels at your next visit or call the clinic today to make an appointment.



Get in shape for Summer

With Summer fast approaching, the humble bathing suit has never looked so daunting; particularly after months of warm 'comfort foods'. **There is an effective and natural way to get you in your best shape for Summer!**

The Ultra Lite Program is not a diet as such it is more a life style changing program that assists you to lose weight fast and keep it off for life. It is not a Pharmacy meal replacement shake diet, you eat normal food and you will not go hungry. The program has been developed by a Naturopath and if necessary we are able to solicit the help of our Naturopaths to support you through any difficulties or issues you may have that are prohibiting you from losing weight and keeping it off.

The program provides support though weekly visits to our clinic where you are assessed, supported and encouraged. This helps you stay committed to the cause and also allows us

to understand if there are any other issues that may need addressing.

The Ultra Lite Program is available in four different streams, 5 week, 10 week, 3 week Detox and Maintenance. Depending on your goals or objective the right stream is suggested for you to follow. Costs vary depending on which program you require. The costs include supplements, manuals, and you weekly visits to the clinic.

Ultra Lite Program is not only suitable but also effective for people who have lactose and wheat intolerance, and yes the Program is effective and we can definitely help you reach your goals. **We would love to help and see you achieve your ideal weight and really enjoy life.** Why not make an appointment for a free no obligation meeting where we can explain the program to you in more detail and also show you how the program works not just in the short term but also for life.

Maintaining your Heart Health

Cardiovascular Disease is the most prevalent cause of death in the developed world and 40% of all deaths in Australia are caused by Cardiovascular Disease. This is significantly higher than mortality from all forms of cancer combined. It's a massive problem and more than 1.1 million Australians have a disability as a result of cardiovascular problems.

How will Heart Health Screening help you? Heart Health Screening provides a first-line defence in early detection of cardiovascular disease. Standard tests have relied on the existence of advanced disease (in the form of severe channel blockages) to discern problems with the arteries. Heart Health Screening makes it possible to detect early signs of deterioration before serious damage has occurred. Whether you're at low risk or high risk, a snapshot of your cardiovascular health can arm you with the information required to ensure a healthy cardiovascular future.

How does Heart Health Screening work? While Heart Health Screening relies on sophisticated technology to obtain a clear picture of your heart and arteries, the testing procedure itself is non-invasive, pain free and performed at rest. In addition to conventional investigations—for example ECG, blood pressure, body mass index and cholesterol—Heart Health Screening incorporates additional innovative tests that place it at the frontline in the battle against heart disease.

Samantha Foxcroft will now be available the first Saturday of each month.

Contact the clinic to arrange an appointment for Remedial Massage.

We look forward to welcoming you at the clinic again soon.
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Stir Fried Prawn Salad

Add this light and delicious salad to your recipe book for a healthy lunch on a hot Summers day.



- 600g uncooked prawns, shelled and de-veined with tails remaining
 - 3 tbsp fresh coriander leaves, chopped
 - 1 tbsp fresh lemongrass, thinly sliced
 - 1 medium capsicum, chopped
 - 1 1/4 tbsp sweet chilli sauce
 - 2 cloves garlic, crushed
 - 2 tbsp lime juice
 - 1 tsp fish sauce
 - 250g fresh asparagus
 - 1 tbsp olive oil
 - 500g bok choy, chopped
 - 1 cup snow pea sprouts
 - 2 tbsp chopped fresh basil
1. Combine prawns, garlic, 1 tbsp lime juice, chilli sauce, 1/2 tsp fish sauce, coriander and lemongrass in a bowl. Mix well. Cover and refrigerate for several hours, or overnight.
 2. Drain prawns and discard the marinade. Cut asparagus into 5cm lengths. Add asparagus to large pot of boiling water, drain immediately.
 3. Heat oil in wok, or large frypan. Add prawns and stir-fry until tender. Remove from pan.
 4. Add asparagus, bok choy and capsicum and stir-fry until just tender.
 5. Add remaining fish sauce, lime juice, snow pea sprouts and basil, serve topped with prawns.