



Healthy News

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Welcome to our Spring edition of healthy News.

Highlights in this edition

- * The benefits of Vitamin B12 and Vitamin D
- * Controlling spring time hayfever and sinus

Blood tests for vitamin B12 not accurate



Vitamin

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 study 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.

Peculiar symptoms of B12 deficiency

Tingling or painful tongue, eye twitches, shortness of breath, nerve shock sensations, migraines, chronic cough, brain fog, memory loss, fatigue and elevated homocysteine.

Medications that cause 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.

Foods that contain Vitamin B12

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.

Patients report dramatic improvement on short course of B12 supplements

Some of our patients have reported a rapid

improvement in energy and brain fog with vitamin B12 supplements. This may be the best way to diagnose deficiency. Ask your practitioner about B12 at your next appointment or ring to make an appointment. Prevention is better than cure!



Clinic Hours

Tuesday 9.00am—7.00pm
Thomas Available

Wednesday 9.00am—7.00pm
Wade Available

Thursday 9.00—7.00pm
Wade Available from 6.00pm

Friday 9.00am—3.00pm
Wade Available

Saturday 8.30am—12.00pm
Wade Available

Say 'Goodbye' to hayfever and sinus this Spring

Spring has arrived and there is pollen in the air and those who have hayfever or allergies are beginning to suffer.

Filling yourself up with drugs to stop that runny nose, red eyes, sinus headaches and stuffy head feeling is not always the answer.

There are a number of natural remedies that you can take under the care of a natural practitioner who will know which ones are right for you. However remember, it will take time to sort out your allergies or sinus. How many years have you had sinus problems?

To be fair you can't expect it to disappear overnight. It needs to be worked on but the sooner you start the sooner it will be over and yes it can happen that your sinus is so much under control that you hardly notice when spring comes round.

And beauty of all this is that you become informed as to what to do about your health so in future if you do have sinus flare ups you know exactly which supplements you need to take. However the idea is to have it under control to the extent that it does not



cause disruption to your life. Knowing what to do means you have taken responsibility for your own health which is a very important move.

WHEAT FREE TABOULEH

½ Chinese cabbage,
or whole small sugar loaf
cabbage
2 red capsicum, finely diced
1 bunch parsley
3 ripe tomatoes, finely chopped
1 lebanese cucumber, finely diced
1 red onion, very finely chopped
2 tablespoons shredded mint leaves
1 teaspoon grated lemon rind



Dressing:

Juice of 1 lemon
Equal quantity of cold pressed safflower oil (must be cold pressed extra virgin oil)
1 teaspoon wholeseed mustard
1 clove garlic
1 teaspoon salt
¼ teaspoon brown sugar

1. Slice cabbage very finely
 2. Add all of the other ingredients
 3. Toss and add enough dressing to wet the salad, but not to pool at the bottom
- HINT: Best left to stand in the dressing for ½ hour before serving



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 D reading can also occur

when the body's detoxification pathways are overwhelmed with environmental toxins. If your levels do not improve with supplementation, you should be very cautious before resorting to higher doses.

Your Vitamin D reading may indicate that you have other health issues so ask Thomas or Wade about your levels at your next appointment or call and make an appointment Today on 3285 1144.