

WELLNESS WAYS

NATUROPATHIC NEWS

SlimWell Programme

The Karrinyup Wellness Centre is proud to launch the SlimWell Programme. SlimWell is a comprehensive 14 week programme which aims to assist our clients to achieve their healthy body weight and to improve overall health and vitality.



The programme has been compiled by Naturopaths Chelsea Donegan and Mandi Whyte together with Chiropractor Simon Carlin. Naturopathy, Chiropractic, Counselling and Meditation

are integrated in this programme to ensure sustainable positive results are achieved.

The Karrinyup Wellness Centre philosophy for achieving optimal health is to rebalance disturbances on a structural, chemical and mental/ emotional level. This effective and comprehensive approach has been applied to the SlimWell Programme, offering our clients a unique systematic approach to weight loss.

The programme addresses and educates clientele about *all* cycles which precipitate weight gain. Not only is an individualised dietary and lifestyle programme implemented by the Naturopathic coach but biochemical imbalances (such as hypothyroidism) are assessed (via Hair Tissue Mineral Analysis and other testing methods) and rectified, the body's structure and nervous system are re-organised and emotional harmony is re-established.

Clientele who complete the SlimWell programme achieve sustainable fat loss and maintain lean muscle mass (for fast metabolism maintenance). They receive education and a shift in their way of thinking such that they are empowered and comfortable with maintaining their normal body weight.

Case Study

— Weight Loss Success —

A 41 year old, female client commenced the SlimWell Programme on the 11th of January 2006. She was inspired that this year would be "her year" and wanted to shift from her current weight of 100kg to the 80kg which she weighed 10 years earlier.

In her initial Naturopathic consultation it was found that the client experienced a great amount of stiffness and body aches and pains, headaches, insomnia, phlegm in the throat on rising in the morning, high levels of stress and fluid retention. Her daily food intake was high in sugars and caffeine and she rarely exercised due to lack of motivation.

The testing which preceded showed that the client was zinc deficient, hypoglycaemic, had a high body percentage fat, had kidney and adrenal disturbances with normal blood pressure and oxygenation levels. A food programme and exercise regime was implemented. Treatment with natural medicines was prescribed to rectify nutrient deficiencies, reduce inflammation and to reduce fluid retention. The client also attended her scheduled chiropractic treatments.

By the 18th of January the client reported that she was sleeping through the night and was feeling less stiff in the morning. By the 25th of January the client had lost 3kg. The Keto System was implemented. The client followed the food intake and exercise

guidelines of this system and self tested daily for fat loss with the use of a urine testing kit. She achieved this with ease and continued to lose weight at an average of 2kg per week.



By the 20th of March the client had lost 15kg. She was feeling vibrant and delighted with the new clothes that she could wear and feel great in. She rarely experienced any of her initial symptoms and was motivated to exercise daily and to eat healthily to maintain her weight management.

- Skills Update -

International Summit of Mental Health

Our naturopath, Mandi Whyte, was privileged to be able to attend this conference held in Sydney in February 2006. World renowned researchers from the Pfeiffer Treatment Centre (USA) were joined by Australian specialists in the biochemistry and orthomolecular treatment of mood disorders — to speak on a range of exciting and innovative topics.

Major areas that were covered included:

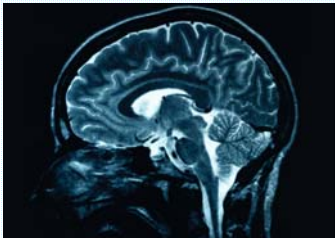
- Depression and Anxiety
- Autism and ADHD
- Drug Addiction and Withdrawal
- Aging / Dementia
- Sleep Disorders
- Trauma Syndrome
- Oxidative Stress
- Schizophrenia and Bipolar Disorder

New testing methods to diagnose biochemistry imbalances were combined with cutting edge treatment protocols and new product ranges that are now available to Naturopaths.

These are exciting new developments which we are pleased to now offer to Karrinyup Wellness Centre clients.

- Recent Research - Neurotransmitter Therapy

Neurotransmitters are substances in the body that play a major role in chemical transmission (cellular signaling) in the nervous system. They either stimulate or inhibit nerve impulses between neurons, hence exciting or calming a number of different activities in both motor function and cognitive function. They are similar in action to the brake and accelerator in a car—literally acting as “on” and “off” switches.



Every feeling, sensation and movement our body experiences involves the release of neurotransmitters in the brain.

Due to a combination of a number of factors such as physical and emotional stress, nutrient deficiencies (poor diet, disease), genetic predis-

position or medication side effects, imbalances can occur in the neurotransmitter system.

Signs and symptoms of Neurotransmitter Imbalance

- Depression
- Anxiety
- Irritability
- Aggression
- Fatigue
- Insomnia
- Convulsions/Seizures
- Poor Memory
- Decreased Cognition
- Motivational Dysfunction
- Sexual Dysfunction
- Moodiness
- Movement Disorders
- Digestive Dysfunction

Neurotransmitter Imbalances can be determined by

- 1) Assessing Signs and Symptoms
- 2) Mood Disorder Appraisal Questionnaire
- 3) Pathology Testing

Pathology testing for Neurotransmitter profiles is now available at Karrinyup Wellness Centre. The test may be a urine or a blood test to give an accurate gauge of current neurotransmitter levels.

After testing, it is possible to personalize treatment to increase specific neurotransmitters, such as

- Amino acids and other nutritional precursors
- Co-factors for specific enzyme activity
- Nutrients to assist receptor sensitivity and function

Alternatively, if there is an excess

- Up-regulation of inhibitory neurotransmitters
- Provide nutrients that can help to down-regulate excesses.

This new pathology testing is cutting edge technology to assist with Mood Disorders and we are proud to introduce this new service to our clients.

SLIMWELL PROGRAMME

**A UNIQUE AND SYSTEMATIC APPROACH
TO WEIGHT LOSS AND WELLNESS**

**SEE OUR WELLNESS ASSISTANTS
FOR DETAILS**

Probiotics and immune disorders

Naturopath Chelsea Donegan recently attended a seminar with the topic: Gastrointestinal Immune Dysfunction and Probiotics.

You may be familiar with the terms probiotics, acidophillus and bifidus or friendly gut bacteria from such advertising as “Inner Health” TV commercials. Many people suffer from symptoms associated with an imbalance between beneficial and non-beneficial gut organisms; a condition termed *dysbiosis*. Antibiotic use, taking the oral contraceptive pill, alcohol consumption, sugar consumption and stress are but a few of the causative factors to this imbalance.

Research shows that dysbiosis not only effects the intestines and digestive health but can lead to a disturbances in the maturation of immune cells which develop in the mucosa of the intestines. Consequently immune disorders (such as repeat infections, sinusitis and allergies) can develop as a result of dysbiosis and it is only until this imbalance is treated that the dysfunction will sustainably subside.

New research has unveiled the clinical relevance of a particular probiotic strain called *Saccharomyces Boulardii*. This probiotic has been included in our dispensary and is particularly successful for the treatment of traveller’s diarrhoea, Candida infections and Irritable Bowel Syndrome.

Dispensary News

—New Breakthroughs for Mood Disorders—

To compliment the new pathology testing for Neurotransmitter levels, there is now a new range of products which promote or inhibit neurotransmitters in the nervous system.

The brain requires the ingredients in which to convert into the neurotransmitter “on” and “off” switches. These are a combination of amino acids, B group vitamins, vitamin C and often minerals such as zinc and magnesium.

It is important to have these products individually prescribed to ensure that you are receiving the correct blend according to your personal needs.

This is an exciting breakthrough in the treatment of mood disorders such as depression, anxiety, insomnia, fatigue and hyperactivity. These treatments can also be applied to more serious conditions such as schizophrenia, au-

Recipe Corner

Gluten Free—Sugar Free Pancakes

- 1 Scoop Pure Opti or other Protein Powder
- 1 Scoop Almond or Hazelnut meal
- 1/8 cup of rice milk
- 1 egg

Combine ingredients in a bowl.

In a non-stick pan cook on moderate heat for approx 2-3 minutes on each side.

Serve with 1/2 cup of mixed berries or stewed apple and cinnamon.

