



Newsletter September 2009

Clinic Address & opening Hours

We would like to take this opportunity to update you on the recent changes to our clinic.

The past years have been professionally challenging though exciting, we have spent a lot of time at conferences and seminars researching new developments and concepts in Chinese Medicine and other health care industries. This has allowed us to help enrich our knowledge as practitioners so we can continue to offer you the best possible services

This year we have been developing our web site which came online on 1st September. We have tried to keep things as simple as possible in order to make it easy to navigate around. We will constantly be adding new articles and information to help educate everyone on the benefits of health care, we will also be offering links to sites we see that can help enrich your sources of information. In order for us to continue offering a professional standard of care we have taken on board 2 new staff members.

We take great pleasure in introducing Nadia Avery and Darren Steele

RECEPTIONIST

Nadia joined our clinic last month as our full time receptionist. Her experience, integrity and refreshing personality have allowed us the opportunity to offer patients a more professional service.

MASSAGE THERAPIST

Darren has been involved in the health and fitness industry for 5 years as a Personal Trainer.

He is also currently practicing as a Massage Therapist specializing in Relaxation and Sports Massage.

Darren's competed at the highest level in sports, having turned Professional and playing golf on the Third biggest tour in Europe, the Euro-pro Tour.

As a masseur and a personal trainer Darren's focus is currently spent training and massaging people who have physical goals, they wish to achieve. Be that a person needing to strengthen their Core Muscles or to alleviate Back and Shoulder pain, or purely relieve tired, fatigued and over worked muscles.

Darren's back ground as a professional athlete and personal trainer allow him a thorough Understanding of the body and its capabilities and weaknesses allowing you complete confidence in his abilities.

SPECIALS FOR THE MONTH OF SEPTEMBER

For the month of September we are offering a 25 minute sauna and 1 hour massage for \$60.00

- **78 Lower Plenty Rd**
- **Rosanna 3084**
- **PH: 9459 0122**
- **Monday 9:00 – 5:30**
- **Tuesday 8:00 – 5:30**
- **Wednesday 8:00 – 8:00**
- **Thursday 9:00 – 6:00**
- **Friday 9:00 – 5:30**
- **Saturday 8:00 – 1:00**

New Web Site
www.rtcn.com.au



WHAT IS HAIR TISSUE MINERAL ANALYSIS

A hair tissue mineral, is a screening test that measures the mineral content of your hair. Mineral content of the hair reflects the mineral content of the body tissue. If a mineral deficiency or excess exists in the hair, it usually indicates a mineral deficiency or excess within the body, or bioavailability.

MINERAL BLUEPRINT

However, a hair tissue mineral analysis is much more than a test for minerals. It Provides a mineral blueprint of one's biochemistry, a hair tissue mineral analysis can provide pertinent information about your metabolic rate, energy levels, sugar and carbohydrate tolerance, stage of stress, immune system and glandular activity. It also helps greatly to eliminate thousands of toxic chemicals and hundreds of chronic infections from the body in a simple manner.

Examples:

if your hair reveals an **elevated calcium level** two or three times the normal, then you calcium level within the body may also be elevated. If this is the case then a strong tendency exists for arteriosclerosis (hardening of the arteries due to calcium plaque)

If your **calcium level is low**, then a tendency exists towards osteoporosis (demineralization of the bone), increased tendency to bone fractures, dental cavities, periodontal disease, muscle cramps, ect

Various mineral imbalances, as revealed by hair analysis frequently lead to metabolic dysfunctions before any symptoms become manifest.

Other conditions which may result or be aggravated by mineral imbalances are:

<ul style="list-style-type: none">• Depression• Hypoglycemia• Hyperactivity• Headaches• Hypertension• Arthritis	<ul style="list-style-type: none">• Hair Loss• Anemia• Thyroid Disturbances• Prostate Disorders• Digestive disturbances• Diabetes	<ul style="list-style-type: none">• Musculo-skeletal Disorders• Cardiovascular Disease• Skin Rashes• Emotion Problems• Allergies
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WHY TEST FOR MINERALS?

Minerals are the spark plugs of life. They are involved in almost all enzyme reactions within the body. Without enzyme activity, life ceases to exist. A trace mineral analysis is preventative as well as been useful as a screening tool.

WHO NEEDS HAIR ANALYSIS?

Anyone who feels ill a no explanation can be found or When the cause is found but therapy is wholly ineffective. Hair analysis opens up a whole new vista for solving of your own particular problems by recognizing your biochemical individuality.

Even if you are experiencing a severe problem, abnormal changes in body chemistry and nutritional deficiencies may result in early, subtle changes in the body such as

- **White spots on the nails** – indicating a possible zinc deficiency
- **Longitudinal Ridging in the nails** – indicating an iron deficiency
- **Brittle hair and nails** – calcium and copper imbalance
- **Deep grooves across the nails** – calcium deficiency
- **Stretch marks** – zinc deficiency
- **Lack of growth** – zinc deficiency
- **Mood swings** – possible toxic metal accumulation such as Lead, Mercury or cadmium the above indicators are early signs of metabolic disturbances and may lead to serious problems if left unchecked

COMMON CAUSES OF MINERAL IMBALANCES?

- Improper diet – such as excessive intake of refined carbohydrates and sugars, strict vegetarian diets or other exclusive diets.
- Taking vitamins and minerals which are not compatible with your current body chemistry
- Medications
- Birth control pills
- Stress
- Accumulation of toxic metals from the environment, job or hobby
- Inheritance of mineral patterns from **parents**

Hair analysis is an invaluable screening tool which allows a correct program of diet and supplementation to be designed for each individual specific need. Never before has there been available a metabolic blueprint with such a degree of applicable scientific accuracy.

Did you know?

- Women's pre - menstrual headaches are often caused by too much copper in their system?
- Arthritis pain can be caused by lead, cadmium or mercury poisoning?
- Eating the wrong diet can contribute to conditions such as constipation, diverticulitis, and even heart disease?
- Taking too much of any one vitamin can be harmful?
- Too much vitamin c can actually make an infection worse, in certain metabolic types?
- Hair analysis is the most effective means of determining exactly what vitamins and minerals you do need?
- Adolescent acne can be caused by lead or copper poisonings well as zinc deficiency?
- Approximately 80% of our population lacks the necessary enzymes and natural stomach acids to digest their food?
- Hyperactive children often have too much lead in their system?
- Obesity is often caused by chronic blood sugar problems?
- Mercury toxicity in a mother's system could kill her unborn child?
- Magnesium deficiency may prevent brain damage in alcoholics?
- The male prostate gland contains more zinc than any other organ in the body because of this, adequate zinc levels are important for male potency?
- Diuretics, often prescribed for patients with high blood pressure and heart trouble, can decrease your potassium supply?
- Adequate zinc intake helps to regulate blood sugar levels?
- Lead toxicity is linked to Multiple sclerosis?
- Zinc deficiency can retard bone development and produce malformed sex organs?
- Doctors often diagnose heart attack by the amount of mineral manganese in the body?
- Chromium, magnesium, manganese and vitamin B6 deficiency are related to diabetes?
- Vitamin C the B complex, zinc and manganese are been used to treat schizophrenia?
- Vitamin B6, folic acid vitamin e , zinc and chromium are important for uses of birth control pills?
- Magnesium deficiency is related to epilepsy, leukemia, heart disease, and kidney disorders?
- Beryllium, lead cadmium nickel and arsenic poisoning can cause cancer

At Rosanna Traditional Chinese Medicine centre we offer a complete individualized test interpretation by the method developed by the late Dr. Paul C. Eck, This 15-20 page report is unique as it includes information related to your metabolic rate, energy levels, sugar and carbohydrate tolerance, immune system, autonomic balance, glandular activity and metabolic trends, a personal dietary supplement program, basic diet

Sauna Therapy

As a lot of patients are now aware we have introduced a infa red sauna for private use into the clinic, to help us assist with the healing and detoxify of heavy metals and disease in our body, along with acupuncture, massage hair analysis and herbal medicine we can now offer you a complete system of healing. below if a brief of the effects of infa red sauna usage more information can be obtained from our web site www.rtc.com.au

“A sauna used to be thought of as a luxury. Studies now confirm that **diet and environmental chemicals cause 95% of cancers**. Furthermore, as the first generation of man exposed to such an unprecedented plethora of daily chemicals, we have learned that stored or undetoxified chemicals can mimic any disease. ‘Incurable’ chronic diseases that were thought to have no known cause often disappear once toxic chemicals are gone. Since the far infrared sauna is the safest, most efficacious and economical way of depurating stored toxins; this makes it a necessity.”

Sherry Rogers, M.D., Northeast Center for Environmental Medicine - internationally known expert in environmental medicine and author of; Detoxify or Die, and Tired or Toxic?

WHAT EXACTLY IS INFA RED HEAT?

Infa red heat is simply a form of energy that is directly transmitted onto objects because of its specific wave length. It has nothing to do with ultra violet light which gives you sunburn and damages your skin

The 6-14u long infa red heat rays are the most beneficial to the human body. This is why the infa red elements of an ihealth sauna operate in this frequency range The **far infrared sauna**. Thanks to improved technology, the far infrared sauna is far safer and infinitely more tolerable, because it uses a heat energy that penetrates tissues, triggering mobilization of chemicals from subcutaneous fat storage, directly into the sweat. This activating penetration allows for a much lower overall temperature to be used , one that is enjoyable and not torture.

But more important, you haven't forced the body to bear very high temperatures pulling chemicals back into the bloodstream where they can duplicate original symptoms. Instead they slip out the back door, so to speak, from just under the skin storage directly into the sweat. Over weeks and months there is an equilibration, where chemicals that were stored in other organs slowly and safely disseminate throughout the body and eventually empty into subcutaneous fat. It is the chemical load that is stored beneath the skin that is the main area activated by the far infrared sauna.

HOW DOES IT WORK?

Conventional saunas need high air temperatures to pull impurities from the body, but infared heated saunas can directly penetrate up to 45mm inside the body. Impurities can be pushed out using a lower and more comfortable temperature

As the body temperature rises, perspiration occurs blood circulation increases. The muscles and organs are stimulated and toxic waste (fat, heavy metals and other toxic materials) are removed from your body through Perspiration

Far infrared rays are the healing, safe rays of the sun's spectrum, responsible for photosynthesis. Without this wavelength, plants would be unable to make energy, and consequently, there would be no life on earth.

Sherry Rogers, M.D., Northeast Center for Environmental Medicine - internationally known expert in environmental medicine and author of; Detoxify or Die, and Tired or Toxic?

HOW DOES IT BENEFIT ME?

Our body reacts to the natural cooling process of perspiring. Through the perspiration process, acid and waste residue like toxins, sodium, alcohol, nicotine, cholesterol and the potentially carcinogenic heavy metals are removed from the cells(especially products like zinc, lead, nickel, cadmium ect) as well as the pores of or skin opening and discharging waste products, the skin sheds any old skin cells, leaving it glowing and immaculately clean, with improved tone, elasticity, texture and colour.

*Weight control and caloric consumption

As our body expends energy to produce sweat (1 gm of sweat requires 0.586 kcal) a moderately conditioned person can easily sweat off up to 1000gms or more in a sauna session – the equivalent to running 10 – 15 kms. While the weight loss can be regained by rehydration with water, the calories consumed will not

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* **Skin rejuvenation.** Sauna use slowly restores elimination through the skin. The skin is the largest organ of the body and a major eliminative channel. In most people, it is inactive, congested and toxic. Sun exposure, use of synthetic clothing, bathing in chlorinated water and exposure to hundreds of chemicals damage the skin. Excessive sympathetic nervous system activity and emotions such as fear, anger and guilt cause blood to be withdrawn from the skin, contributing to inactivity of the skin.

* **Enhanced sweating.** Sweating in a sauna is a by-product of applying heat to the body. The sweating process gently and safely helps eliminate all heavy metals and toxic chemicals. Medical studies demonstrate that most toxins can be eliminated through the skin, relieving the burden on the kidneys and liver. Sweating increases dramatically in most people after several months of daily sauna use.

Sweating during exercise is not nearly as effective for detoxification because exercise activates the sympathetic nervous system. Sympathetic nervous activity inhibits toxin elimination.

* **Exercise benefits.** Saunas provide many of the benefits of exercise with much less expenditure of energy. These include enhanced circulation and oxidation of the tissues. Repeated sauna use can lower elevated blood pressure and improve the elasticity of the arteries. Saunas are most helpful for cardiovascular rehabilitation, arthritis, allergies, skin conditions and chemical sensitivity.

* **Decongesting the internal organs.** Heating the body powerfully shunts blood toward the skin to dissipate heat. This decongests the internal organs and greatly stimulates circulation. Sinuses, joints and many other tissues benefit greatly.

* **Fever therapy (hyperthermia) for infections.** Raising body temperature powerfully assists the body to kill bacteria, fungi, parasites and viruses. Many people have a low body temperature and, for this reason, cannot get rid of chronic infections. Common sites of infections are the sinuses, ears, eyes, bladder, throat and intestines.

* **Tumors, radiation poisoning and mutated cells.** Hyperthermia also helps kill other types of abnormal cells. Tumors, for example, tolerate heat poorly. Raising body temperature hastens their death. Though not a conventional method, hyperthermia is a well-researched therapy for cancer. Heat also disables or kills cells mutated by radiation or damaged by other toxins.

What we don't detoxify, we slowly, silently stockpile in our bodies forever. When the total load reaches a critical level, we have a symptom and eventually a disease label
Detoxify or die Sherry A. Rogers, M.D.

Salivary Hormone Testing (Nutritional Laboratory Services)

Our bodies aren't what they used to be!

Hormones play a critical role in your body, by regulating every process. As we get older and our hormone levels drop, the delicate balance required to keep us in peak health is upset. Our physical endurance drops off with each decade of life.

There are changes taking place in our bodies that we can't see, and our quality of life maybe linked to the decline of certain hormones in our bodies. In response to our concerns about how we age, researchers have focused their attention on the link between the age related decline of certain hormones and the quality of life we enjoy. Now there is a way to monitor the ageing process. A simple cost effective saliva test will give you an accurate profile of your hormone levels

Role of hormones in ageing

Experts in anti-ageing medicine believe that hormone supplementation significantly decreases the risk of many age-related diseases, therefore helping not only to extend our life, but also enhancing its quality.

Hormones play a critical role in our health and vitality.

One of the best examples of this role is the diminishing levels of ovarian hormones at menopause which can lead not only immediate symptoms such as hot flushes, but also to long term deleterious health effects such as osteoporosis, inflammation and accelerated cardiovascular disease. More recently it has been recognised that with age, men have decreasing amounts of testosterone and DHEA which may be associated with some of the debilitation that accompanies male ageing.

Conditions and symptoms associated with hormonal imbalances

- Amenorrhea
- Dysmenorrhea
- Vaginal atrophy
- Hot flushes and/or night sweats
- Male & female Infertility
- Miscarriage
- Endometriosis
- Hirsutism
- Breast and uterine cancers
- Depression
- Bone loss
- Migranes/headaces
- Sleep disorders
- Weight gain
- Uterine fibroids
- Fibrocystic breasts
- Low Libido
- Arthritis
- Poor memory concentration

The Causes of hormonal imbalance

1. **Stress:**

Cortisol (a stress hormone) & DHEA are both part of the steroid hormones pathway, when these become unbalanced, they have an effect on other steroid hormones,

2. **Under functioning or sluggish liver –**

The liver is required to break down a wide variety of chemical compounds including hormones, endotoxins, exotoxins, drugs & medications

Detoxification is carried out in a 2 step process called phase 1 and phase 2 liver detoxification, using the cytochrome p450 set of enzymes. The purpose of Phase 1 and Phase 2 is to convert a fat soluble toxin or hormone into a water soluble one so that the person can eliminate it

Environmental toxins that are inhaled (car fumes, cleaning products) or swallowed (caffeine, pesticides, herbicides, ect) and stress can all cause an imbalance between phase 1 & 2 detoxification

this can then cause a backlog of hormones, and cause a hormonal imbalance
(Pathlab seminar 2006)

3. **Dysfunctional Thyroid**

there is a link with higher estrogen levels and lowered thyroid function

4. **Gut Issues**

Especially constipation. Estrogen is partly excreted via the large intestine . if not excreted, then it can be recirculated via the enterohepatic pathways
(Trickey 2003)

5. **Pathology –** such as Tumor of an endocrine organ or enlarged endocrine organ

Saliva Hormone Testing – is the most reliable way to measure free “bioavailable” hormone activity at a cellular level. This differs from most blood tests that do not measure “Bioavailable” hormone levels

By using a sample of saliva, the Female Hormone Self Test Kit measures a number of hormones, responsible for the following functions in the body:



1. **Estrogens**

- Relieves menopausal symptoms protect against osteoporosis, heart disease, Alzheimer's disease, colon cancer, incontinence and tooth loss.
- Enhances mental acuity and memory.
- Increases serotonin and endorphin levels.

2. **Progesterone**

- Decreases risk of endometrial cancer enhances mood and has a calming effect.
- Involved in the reduction of PMS and menopausal hot flushes.
- Regulates fluid balance.

3. **Testosterone**

- Builds muscle and promotes muscle tone, increases libido, helps strengthen bones.

(Tests are now available from Rosanna Traditional Chinese Medicine Centre)

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