

health matters

THE DH-NATURAL MEDICINE CLINIC NEWSLETTER

Issue 2 • Spring 2003

Welcome to our second issue

DH Natural Medicine Clinic situated at Menai offers the following services;

- Herbal medicine;
- Iridology;
- Dietary advise;
- Reiki therapy; and
- Non- allergic and safe personal and health care products



Above: Danuta Hulajko
Dip. Bot. Med., MATMS, MNHAA
ATMS Accredited – No. 14092

In this second edition of our newsletter we would like to focus on the concept of detoxification and internal cleansing. However our clinic will be happy to assist you with your any of your health problems.

dh-naturalmedicineclinic
RESTORING YOUR VITALITY

7 Dawson Place, Menai, NSW 2234 Australia.

t: 02 9541 2428

m: 0418 458 548

e: danuta@dh-naturalmedicine.com

w: www.dh-naturalmedicine.com

Do you want your energy back?

The concept of detoxification and internal cleansing has been around for long time in human history and it is still part of religious practices of many cultures. It is known as 'fasting'. Today, there are less drastic ways to detoxify your body.

Why we should detoxify our body?

These days almost everything we put on our plate give us cause for concern. According to Professor Samuel Epstein, international authority on causes and prevention of cancer, since 1950s, some 4,000 man made chemicals have found their way into manufactured food, skin care products together with pesticides, heavy metals, antibiotics and hormones.

Around equinox the body undergoes a major cleanse similar to 'spring cleaning'. It is well known among alternative health professionals that there is a greater amount of cleansing made by the body at this time of the year (and to a lesser extent at the autumn equinox) than at any other time of the year.

The body has a high vitality and a degree to cleanse itself. Unfortunately, the level of body toxicity sometimes is greater than the rate at which organs such as skin, kidney, liver, lungs and colon is able to eliminate. This imbalance can lead to acute health symptoms, which in turn can become chronic disease.

The two main types of toxins that can wreak havoc on your body are heavy metal toxins and liver toxins. Early signs of heavy metal toxicity are: headache, fatigue, indigestion, dizziness and poor coordination and impaired ability to concentrate.

Every effort should be made to reduce heavy metal levels. Common sources of heavy metals are in addition to industrial sources are: lead from pesticides spray; tin cans; cadmium and lead from cigarette smoking; mercury from dental fillings, contaminated fish and cosmetics; and aluminium from antacids and cookware.

If you suffer from toxic symptoms such as allergies, headaches, bad breath, muscle and joint pain, nervous

irritation you will know that your body is not eliminating the toxins quickly enough.

Our clinic can test your level of body toxicity and assist your detoxification process. Iridology is a useful tool in assessing overall body toxicity, while a hair analysis is a good screening test for heavy mineral toxicity.

Our Clinic can assist detoxification of your body with assistance of herbal remedies, dietary measures and specific nutritional supplements.

"A diet high in saturated fats, refined sugar and alcohol increases the risk of liver congestion and toxicity".



Above: Holy or Blessed Thistle (Liver Herb)

The best way to help determine if your liver is functioning properly is to check if any of factors below apply to you;

- More than 10kg overweight
- Diabetes
- Gallstones
- History of alcohol use
- Psoriasis
- Natural and synthetic steroid hormones, anabolic steroids, estrogens and oral contraceptives
- History of viral hepatitis
- High exposure to certain chemicals or drugs cleaning solvents, nonsteroidal antiinflammatory drugs

The first step in supporting liver function is administration of appropriate liver and digestive herbs and following a health promoting diet. Such a diet will provide a wide range of essential nutrients that the liver needs to carry out its important functions.

A diet high in saturated fats, refined sugar and alcohol increases the risk of liver congestion and toxicity.

However there is plenty of nutritional and tasty food that improves liver function and protects the liver from damage.

New website launch: October 2003



The DH - Natural Medicine Clinic website launches this month. A great resource for the latest in natural health, alternative medicine, holistic medicine, alternative therapies, herbal medicine, natural healing, herbs, fitness, medicinal herbs, nutritional therapies, complementary therapies. Add this site to your bookmarks and check weekly for news and updates!

Alcohol should be avoided if liver function is impaired, and not more than two glasses of wine or beer per day should be consumed. Alcohol inhibits the detoxification process and leads to liver damage and immune suppression.

Danuta Hulajko has just returned from Europe where she made inquiries into a new method of eliminating body toxicity. This method is used in Europe both by alternative and orthodox medicine practitioners and in exclusive health retreats. People following this method even for a short period of time are regaining their vitality, feel younger, their immune system is stronger and they loose weight. Danuta Hulajko is happy to offer this new method at her clinic in Menai.

Further information

If you would like more advice or assistance of an alternative medicine practitioner please call: Danuta Hulajko from DH Natural Medicine Clinic, registered provider of Australian Traditional Medicine Society and National Herbalist Association of Australia on 0418 458 548 or (02) 9541 2428.

Bookings are essential. Health rebates are available.

10% DISCOUNT WILL APPLY ON PRESENTATION OF THIS NEWSLETTER

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