

health matters

THE DH-NATURAL MEDICINE CLINIC NEWSLETTER

Issue 3 • Summer 2004

Our services

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

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



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

Dear Readers,

I hope everyone had a great Christmas and I sincerely wish you and your family a happy and healthy New Year!

It's has definitely been a time for over-indulgence. And the emergence of those extra unwanted kilos. You may be making new years resolutions, or planning your goals for the coming year. Weight loss maybe on your list. We maybe able to help you tick that one off.

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RESTORING YOUR VITALITY

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In this third edition of our newsletter we would like to focus on the treatment of resistant obesity, unraveling the myths and misconceptions.

Why some people cannot loose weight?

They may have X syndrome

You may wonder why some people who eat reasonably for current dietetics thinking and yet cannot loose weight and can even put on weight despite of doing all the 'right things'. The number of obese individuals in Australia has doubled in the last ten years, which increases the risk to cancer, heart disease and diabetes, hypertension, stroke, thrombosis osteoarthritis, syndrome X, menstrual disturbance and infertility and accelerated aging.

Syndrome X

Syndrome X can become a vicious circle of despair as high insulin levels stimulates hunger, promotes the conversion of blood glucose into fat and increasing obesity. Syndrome X individual may feel exhausted, depressed and demoralised and feel disempowered.

A patient with fatty liver cannot loose weight easily. For the body to burn fat efficiently one must have a liver functioning effectively. So if you have one of the above symptoms, your liver or other organs of your digestive system may not function at its best:

- Fatty infiltration of the liver on ultrasound,
- Raised cholesterol level (LDLs),
- Elevated liver enzymes,
- Burping, reflux, indigestion, heartburn, liver pain, bloating,
- Intolerance to fatty foods and to alcohol, or
- Prolonged sensation of fullness or stagnation after eating.

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

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What is Syndrome X?

Overall obesity, central (visceral) obesity, elevated cholesterol level and elevated blood sugar level, hypertension, fatty liver, insulin resistance, raised liver enzymes, when they occur together it constitutes Syndrome X.

There are two major types of hormones controlling blood glucose level. Insulin lowers blood glucose level while glucagon raises blood glucose level. Raised insulin level is caused by obesity, lack of exercise, high intake of carbohydrates, raised cortisol level through excess of stress, family history of Type I or II Diabetes, puberty, pregnancy, menopause and treatment with corticosteroid drugs.

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A diet high in saturated fats, refined sugar and alcohol increases the risk of liver congestion and toxicity. High dose of caffeine causes insulin resistance even in healthy individuals.

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

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.

Visit our website



The DH - Natural Medicine Clinic website launched last October. 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!

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

Validity patches



Due to such high interest in our detox covered in last issue, we have discovered **SEGIUN Vitality Patches**. They have been available in Japan for over 40 years, with 5 million packs sold everyday. For the first time it is been sold outside of Japan.

Before



After



Each SEGIUN Vitality Pad contains a proven Japanese combination of plant-based vital substances tested for over forty years. During the night, they activate energy flow and bring it back into balance. Improving regeneration, harmonises vital energy and increases well-being.

It is not unusual for Vitality Pads to acquire a grey/brown discoloration and become slimy-watery after the very first application.

The benefits

- Revitalises and energises the body
- Quick and easy to use
- Free of side effects, so that they can be used by tiny tots and pregnant women without any complications
- Activates acupuncture points and meridians
- Promotes well-being
- Has a positive effect on the youthful appearance of the skin.
- Does not contain any harmful or toxic ingredients

Visit the Products page on our web site for further information.

How to find us

