

August 2009– Newsletter

MEET LAURA

I would like to take this time to introduce myself, some of you may have already seen me at Utopia, for others who have not been to the clinic in a while I am the new Naturopath working at Utopia. I have now been at the clinic for almost 2 years and believe it is time to let people know who I am.

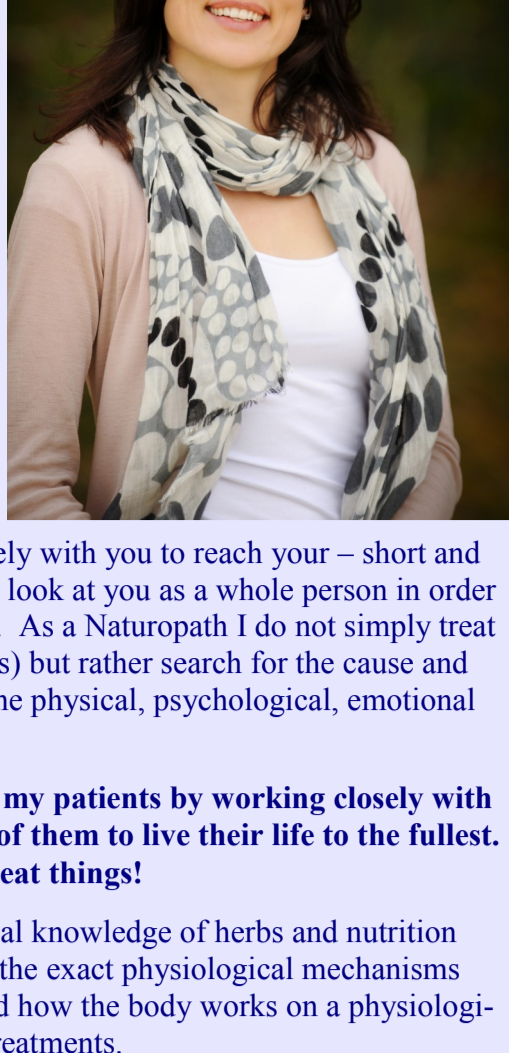
My name is Laura Butler, I am a qualified Naturopath, Nutritionist and Herbalist. I also hold a Bachelor of Health Science.

I take a Wholistic approach in clinic where I treat you as a unique individual and work closely with you to reach your – short and long term health goals. I feel it is important to look at you as a whole person in order to find the best solutions to your health puzzle. As a Naturopath I do not simply treat the manifestations of a disease (your symptoms) but rather search for the cause and treat it. My focus is to bring balance back to the physical, psychological, emotional and spiritual aspects of your health.

My mission is to achieve the best results for my patients by working closely with their unique health goals, in order for each of them to live their life to the fullest. When we have our health we can achieve great things!

I practice by combining the years of experiential knowledge of herbs and nutrition with the most up to date scientific research on the exact physiological mechanisms behind a diseased state. The more I understand how the body works on a physiological level the more effective I can be with my treatments.

If you have not been to the clinic for a while and have any questions I am happy to correspond with you via email (laura@utopia.net.au) or phone (0433 163 370) on how the two of us might work well together to reach your health potential.



Mention This Newsletter and Receive 10% off your next consultation

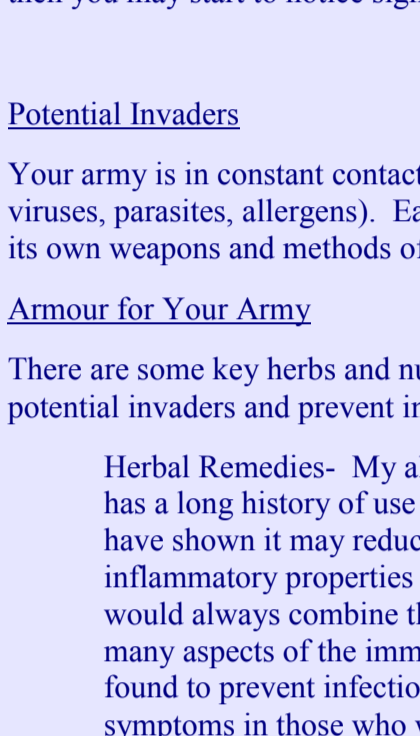
NEWS SNIPPETS

Robyn McKern - We are sad to advise you that Robyn McKern has left us after 5 years at Utopia. Robyn has decided to take a career break as a Practitioner, although her new role will still be in a health related field. We wish Robyn all the very best in her new role. If you are a previous patient of Robyn, we still maintain all of your patient history files here at Utopia. Laura has kindly offered to see any of Robyn's previous patients.

Our HICAPS terminal is now installed. This allows instant rebates from health funds at the time of your consultation with us. There are no application forms to fill out and no fees for using HICAPS, you simply swipe your standard health fund membership card through the HICAPS terminal. This saves you the time not having to separately lodge a written claim form with the health fund concerned. Our terminal provides instant rebates from 19 health funds, please see our website for details.

How Your Naturopath Can Help Fight the Colds and Flu's This Winter

So far this winter has been particularly bad for colds and flu's. With the added scare of Swine flu this should be the year that you learn how to improve your immune system to fight off infections as well as the ideal treatment protocol to keep you infection free.



Your Immune System

Inside your body there is an amazing system of immune cells and tissues whose sole purpose is to defend you against invasion by bacteria, viruses, allergens and parasites. Collectively, this is called your immune system. A healthy immune system is like having your own private army. When the soldiers in your army are working well, you hardly even notice that they are there. You feel healthy, you have low levels of inflammation and you are resistant to infection. However, when the army becomes disorganised, confused or overworked, then you may start to notice signs that all is not right.

Potential Invaders

Your army is in constant contact with many kinds of potential invaders (e.g. bacteria, viruses, parasites, allergens). Each line of defence within your immune system has its own weapons and methods of attack to fight off these potential invaders.

Armour for Your Army

There are some key herbs and nutrients which may help your army to fight off any potential invaders and prevent infections this winter.

Herbal Remedies- My all time favourite immune herb is **Andrographis**, it has a long history of use for bacterial and viral infections. Clinical studies have shown it may reduce the severity and duration of colds and flu. Its anti-inflammatory properties contribute to its symptom-relieving properties. I would always combine this with the very well know **Echinacea** which boosts many aspects of the immune system, in particular phagocytosis, and was found to prevent infection from the rhinovirus and reduce the severity of symptoms in those who were infected in a recent clinical trial.

There are many other herbs I would use depending on the exact symptoms a person was presenting with; sore throat (**Myrrh**), congested nose (**Eyebright**) or a cough (**Euphorbia**) to name a few.

Nutrients for Support- **Zinc** is the most important mineral for your immune function. A zinc deficiency may cause a weaker immune response, predisposing you to a more lengthy or severe cold. In fact, optimal zinc status has been found to inhibit the common cold virus. **Vitamin C** is also important as it increases the activity of infection fighting white blood cells. Vitamin C may prevent the common cold as well as shorten the duration of the symptoms.

Good Bacteria- We all have numerous different types of bacteria within our digestive tract that play an important role in healthy digestion as well as our immune function. It is particularly important to replace these bacteria after you have had a course of antibiotics, as the antibiotics kill off our good bacteria while killing of the infection. Often if we don't replace these bacteria we will get sick again in a few weeks time because we depend on those good bacteria to ward off new infections.

Do Any of the Following Sound Familiar

- You feel like you have constantly been sick all winter and can't seem to shift it
- You have been sick this winter and have used antibiotics only to find that you get sick another couple of weeks later
- Have had to take several courses of antibiotics but you are not getting any better
- You are concerned on learning how to stay healthy to avoid getting all of the bugs that seem to be circulating around work or the kids

Or do you get re-occurring sinusitis all winter long

These are all areas where I can help bring about quick and effective results to get you feeling 100% well again. As well as provide you with the right supplements in your cupboard to prevent you from getting sick again. The most beneficial way to use herbs and nutrients during the winter is to take high and frequent doses of your cold and flu formula as soon as you start to feel a tickle in your throat.