

Welcome to My Wellness Clinic newsletter

I have been extremely busy and have attended three major conferences interstate in a 6 week period. The first was an international congress of natural medicine on Cancer – I learnt so much at this conference and feel inspired about cancer prevention and natural treatment methods. I really want to start actively educating the public on cancer management. Amazingly 95% of cancers are preventable and recurrence of cancer can be greatly reduced using natural medicine and other lifestyle techniques.

I am looking forward to sharing this information with my clients and the general public. I am running two seminars entitled - **CANCER CARE AND PREVENTION**.

Cancer is a serious topic and a cause of great stress and fear for many of us – I will endeavour to keep the talk light hearted and interactive and will provide you with some strategies on avoiding cancer and recurrence and ideas on integrative treatment for clients with cancer already. My hope is to inspire and empower attendees so they can have a positive and proactive approach to cancer care and prevention.

Being held at Peninsula community centre on Macmasters rd Woy Woy.

Dates and times as follows:

Tuesday 11th September at 6.30pm

Monday 17th September at 9.30am

The talks will run for an hour then we will have private question time, a light supper will be provided with tea/coffee/herbal teas. Tickets are \$10 – seats are limited so please book in quickly – you can phone or text me to reserve some seats 0414 868 185 or email me cpirie@exemail.com.au

Clinic news

Winter is a time of lots of sickness – I am seeing lots of flus/colds that are fairly long lasting and persistent. It's important to start natural treatment for your cold/flu as soon as you start to feel off colour. Natural treatment is immune support and by quickly supporting your immune system you have a much better chance of fighting off the bug naturally then if you leave it and let it take hold.

Our immune system is quite amazing – we have surveillance cells called t cells and killer t cells – they look around for any pathogens that don't belong or for cells that have been infected or changed.

Once identified killer t cells can kill viruses or pathogens or call in their friends – natural killer cells which can also kill strange cell forms or viruses. We also have huge cells that can engulf virus cells called phagocytes and chew them up like Pac Man!

The way we can boost our immune system naturally is by using herbs that boost natural killer cell production like Andrographis (in Andro NK) and also nutrients that boost our immune potential such as Zinc and Vitamin C. For people with chronic ongoing poor immune systems we have a specialised probiotics or good bacteria. If one good bacteria strain – Lactobacillus Rhamnos in Ultra Flora Immune colonizes in your gut even in small quantities it can boost your immune system by 800%. Massive gains for a little bit of effort!

Also remember if you are sick the best thing you can do is rest. Taking paracetamol might make you feel better but long term overuse is linked with reductions in glutathione production which reduces your overall immune function – so long term overuse can actually make you sicker.

Soups and stews are a great winter food – best made fresh – use as many vegetables as you like, add some garlic or ginger and some protein such as meat, fish, chicken, beans or legumes for cell repair and renewal. Why don't you try a nice fresh warming soup for lunch.

I love this recipe – if you love seafood this is heaven!

Ingredients (serves 6)

- 1 medium carrot, finely chopped
- 1 stick celery, finely chopped
- 3 (750g) potatoes, peeled, roughly chopped
- 4 cups (1 litre) chicken stock
- 2 corn cobs
- 500g gourmet marinara mix
- 200ml thickened cream
- Sea salt & freshly ground black pepper, to taste
- 2 tbs chopped fresh chives
- 2 tbs chopped fresh parsley

Method

1. Place carrot, celery, potatoes and stock in a large pan. Cover and bring to the boil. Reduce heat and simmer for about 10 minutes, or until vegetables are tender. Process mixture until smooth. Return to pan.

2. Cut kernels from corn cobs and add to soup. Simmer for 10 minutes, or until corn is tender.
3. Reduce heat and add marinara mix and cream. (You could substitute coconut cream) Stir, without boiling for about 3 minutes or until seafood is cooked and chowder is hot. Season to taste.

Success story

I have had great success in the clinic recently treating post traumatic stress disorder. Stress is my favourite thing to treat as it's so easy to manage and makes such a profound effect on people's lives and their families when they feel better. Often people just need very simple supplementation of magnesium and b vitamins just to top them up to help them cope better. Others need more herbal formulations to reduce anxiety, improve depression, improve motivation or reduce snappiness!

I was referred a client in their 40s with severe post traumatic stress disorder – she was medically retired due the severity of her anxiety. She was finding it very difficult to leave the house, interact socially with old friends and her motivation was very low. She was already on prescribed medication from the doctors but was still really suffering. I prescribed some basic nutrients and herbs which were safe and would not interact with her medication. Within three weeks she reported she felt 70% better – she was starting to go out and feel much less stressed socially and her motivation levels were improving.

A great start for her – with ongoing support from her naturopath (me), her psychologist and her doctor – she has a great care team and can take an integrated health care approach to managing her severe condition. Quite often clients will present on medication – I always check firstly what natural products their medication could interact with and also what nutrients their medication maybe naturally blocking the uptake of. For example the oral contraceptive pill blocks the uptake of some B vitamins so its important pill takers take a META B supplement everyday otherwise they will feel stressed and likely to suffer from nasty PMS!

Read more about stress in the Wellness review attached or click on the link

http://www.mywellnessclinic.com.au/docs/info/Stress-fight_or_flight.pdf

My not for profit animal rescue group is up and running (at 400km/hour!) like us on facebook its: Claws and Paws Rescue or click on <http://www.facebook.com/ClawsAndPawsRescue> to like us. Also check out our amazing website: <http://www.clawspawsrescue.org.au>

When do I work?

Mon (clinic 8.30-5.30pm)
Tues (home visits)
Wed (clinic 8.30-5.30 pm)
Thurs (clinic 8.30-9pm)
Fri (home visits/FCF Gym)
Sat (fortnightly – Clinic 8-12.30pm)

Current price list – note all prices are the same except for an increase on hot stone treatments.
All treatments are health fund rebate able

Remedial Massage (relaxation, rehabilitation)

\$65 1 hr \$35 ½ hour \$90 1.5 hr

Lymphatic drainage

\$50 45 min

Thermal stone therapy/massage

\$80 hr \$115 1.5 hr

Ear Candling

\$45 inc candles – candles separately \$8.50

Naturopathy

\$100 initial inc all testing 1.5 hr

\$40 follow up ½ hr

\$20 weigh/measure ¼ hr

Nutrition

\$55 ¾ hr consult

\$40 follow up ½ hr

Animal consults – please enquire for a price

Home visits and **workers compensation** treatments – price varies - enquire

To book email me on cpirie@exemail.com.au or call/text 0414 868 185.

Check out my website www.mywellnessclinic.com.au

I look forward to seeing you in clinic soon – don't forget to book your cancer care and prevention tickets today!

Kind regards

Christina Pirie
MY WELLNESS CLINIC
0414 868 185