

## Welcome to My Wellness Clinic News

Now some sources (my parents) may report I am pushing 40 but the results of our latest healthy ageing questionnaire are in and I am actually only 33 years old and planning to get younger!

How old are you really? Some people can feel young, some feel old – where do you fit on the scale of old or young for your age? We have a new screening tool which is a quick online survey that screens multiple areas of health with affect ageing and give you a new age! It takes less than ten minutes to complete online and the results are then sent to me to complete your assessment. The assessment outlines areas that can be improved to reduce ageing and improving health and vitality. The assessment screens areas from diet, exercise, to mental health, cardiovascular and cancer risks and markers for ageing and gives us key areas to focus on to improve your anti-ageing strategies.

Check out my results

[http://www.mywellnessclinic.com.au/docs/news/christina\\_pirie\\_metagenics\\_awq\\_results.pdf](http://www.mywellnessclinic.com.au/docs/news/christina_pirie_metagenics_awq_results.pdf)

– yes – there is always room for improvement!

<https://www.metagenics.com.au/healthy-ageing-questionnaire>

**TAKE THE CHALLENGE AND FIND OUT HOW OLD OR YOUNG YOU REALLY ARE!** To fill out this questionnaire enter my practitioner number which is **39400** and away you go – results are emailed to me.

In 2013, I will be making major changes to naturopathic consultations. Up until now the initial consult has been a gruelling hour and half of testing and talking. This will be improved next year with all new naturopathy clients and existing being assessed as follows:

1. Online health questionnaires – done at home or in waiting room – two to be completed – the complete health appraisal (30 min) and the healthy ageing questionnaire. (10 min)
2. Consultation and research (45 min consult and up to 30 min research) – gathering further information and researching individualised conditions, medication interactions and nutrient requirements
3. Testing appointment (30 min) comprehensive testing including physical exam, iridology, urine analysis, gut toxicity, ph, grip strength and blood requests
4. Report of findings consultation (30 -60 min) which includes a typed report and treatment plan

This approach will help streamline and systemise all naturopathy clients and enable us to stay focussed on getting great results in all areas of health.

I recommend all existing clients fill out these online questionnaires and I can add the information to your existing file and it's a good assessment tool to see which areas we need to focus on in 2013.

Go to <https://www.metagenics.com.au/questionnaires>

My practitioner no is **39400** and you do the rest!

## **Christmas break**

Christmas is rapidly approaching and I am booking clients for the rest of the year into January – the end of the year is always a busy time and as I am taking three weeks off from Sun 23 December till January 20<sup>th</sup> 2013 I expect to be busier than usual getting everyone ready for Christmas and the New Year. Make sure you book in early for end of year and for limited January appointments – call 0414 868 185 today or send me a text or email [cpirie@exemail.com.au](mailto:cpirie@exemail.com.au)

## **Christmas supplements**

Over the Christmas break if you need supplements I will not be available to assist you so please use the patient ordering system. It's very easy and your stock will be shipped to you overnight. Call 1800 777 648 and set up a patient ordering account as my client (Practitioner no 39400) and pay by credit card – you can order as much as you like and it will come to your directly. It takes a minute to set up and then you can use the patient ordering system as often as required.

## **New products available**

- SUPER STRENGTH CO Q10

We have a new BioQ 150 available which has new absorption factors which increase its uptake by 6 times. This is by far the strongest most bioavailable coenzyme Q10 available in Australia. CoQ10 is great for energy production; it's a must for clients taking cardiovascular medication especially blood pressure and cholesterol lowering medication. Talk to me about dosage rates and if you require coQ10 as a part of health regime.

- PREMIUM MULTI'S FOR OVER 40'S

New multivitamins are available for over 40's- these offer comprehensive support with a range of additional anti-oxidants and nutrients required to improve our ageing process – this premium range of multis has just become available now and would be ideal for people that are basically well and just want a premium multivitamin to keep them in top shape. Many of the quality practitioner products have high doses of multiple ingredients and one product can often take the place of up to 8 other store bought products at a higher and more bioavailable dose – feel free to bring your supplements in and I can assess their usefulness for you and check dosage rates.

- **ARTHRITIS AND JOINT PROTECTION**

I have attached a sheet on pain and inflammation. There is a great range of natural anti-inflammatories and pain relief which doesn't have the serious health affects that some pharmaceuticals anti-inflammatories can. Naturopathically there is a range of strategies we can use to reduce pain and improve mobility and flexibility. These can be taken short term or long term for chronic pain or just to improve joint health. A product Arthrex which was for arthritic pain has just been upgraded with additional ingredients to help assist with joint repair and maintenance – I think it's a great products for athletes and people wanting to keep their joints working well – I am going to add it to my protein shake in the morning!

- **LIPID REPLACEMENT THERAPY**

The latest research is discussing lipid replacement therapy- this amazing idea is has been developed primarily for improving energy production in the cells and to improve immune function and gut functioning, its also helpful for management of cholesterol, reducing pain and inflammation and a host of other health effects. We have an amazing new fish oil product called Omega Brain Care with other magical ingredients which improve nerve function, brain health and all kinds of other goodies – it tastes so good I am just in love with it and take it off a spoon every morning. Again it's a premium product but the huge health improvements that can be achieved with a little bit of yum every day are amazing!

### **Other clinic news**

Don't forget I am **workers comp accredited** for remedial massage; I have quite a few ongoing workers comp massage clients and an experienced at managing work related back, shoulder and neck injuries – with a view to pain relief and rehabilitation.

**Ear candling** is a great way to clean out your ears – especially as we hit the beach and the weather warms up. A session takes 45 minutes to candle both ears – its super relaxing and I love cutting the candles open at the end to see what amazing things you have in your ears (not for the faint hearted!)

**Iridology** is a source of great wonder for many people. It's a great tool to use in clinic as it gives us a snap shot of your constitution, potential health problems, genetic traits and inherited tendencies. Iridology often confirms what it is we already know about ourselves but a reminder is always useful!

**Rest and relaxation** – I have discovered a few fantastic apps on my iphone (I think they can be downloaded on androids also). I love **Runkeeper** – it tracks your runs, speed, distance, time, etc and send you encouraging update reports at the end of each run. **Chakraclear** is a lovely guided meditation you can do either in the morning or the night – it's a great way to start or end your day and get great relaxing nights sleep. Another range of apps is the **Chakra Balancing** and **Reiki Healing** which has subliminal hypnosis in it (I can never remember listening to it – it actually tells you to go to sleep!) – there is a range of meditations for all purposes from weight loss, success, optimism, motivation, etc.

### **Cancer talks**

Feedback from my little talks was excellent – I will definitely run more next year and hope I can get more clients to come along and hear some positive easy solutions to cancer prevention and ways we can assist clients with cancer.

### **Claws n Paws**

You all know my other passion is my non for profit animal rescue group – check out our website and support us by liking us on Facebook  
[www.clawsnpawsrescuegroup.org.au](http://www.clawsnpawsrescuegroup.org.au)

### **Inner Peace Aroma**

I have a lovely range of candles and soy melts available in the waiting room – they are beautiful and well priced – there are some great Christmas gifts if you're looking for stocking fillers or gifts for teachers and friends.

### **Sad news**

I am sad to have lost a lovely long term client and friend this month – Alan Larsen was a lovely kind man with a great passion for life, his hobbies and his family – he will be sadly missed.

### **Thank you**

Thank you all once again for another year of support – I can't believe I have been in practise for 11 years now! My baby girl is going into Year 10 next year and my little boy starting high school – isn't life interesting with two beautiful teenagers! Many of you remember my kids as tiny little things and are surprised when you see us out and about now as they have grown so much!

I wish you all a very happy, relaxing holiday break and look forward to seeing your lovely smiling faces in clinic in 2013.

Kind regards

*Christina Pirie*