



HEALTH MATTERS

A Guide to the Prevention and Treatment of Common Health Conditions

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Welcome

to the Winter edition of the HEALTH MATTERS Newsletter. Our aim is to inform, educate and provide up to date advice and knowledge, helping you to make an informed choice regarding your most important asset - your Health.

Included in this edition are a number of articles on Heart Health as cardiovascular disease is still the biggest killer in Australia.

Of course there are many simple life style choices that can extend your life. Also included here are a number of featured acupuncture articles.

Remember: Prevention is the best cure!

Yours in Health

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Check out our website:

www.coasthealthmatters.com.au

Acupuncture & Whiplash Injury

A study has analysed postural changes after acupuncture treatment in a group of 15 patients with balance disorders caused by cervical torsion due to whiplash injury. The treatment consisted of three once-weekly sessions during which points Tianzhu BL-10 and Fengchi GB-20 were needed. Patients were given posturographic evaluations before and just after treatment. Seventeen patients with the same symptoms, and treated by drugs and physiotherapy only were used as a control. There was a significant difference in the two groups leading the authors of the study to advocate the efficacy of acupuncture for balance disorders due to cervical pathology. Fattori B, Borsari C, Vannucci G, Casani A, Cristofani R, Bonuccelli I, Ghilardi PI, Acupuncture treatment for balance disorders following whiplash injury.

Walking off Alzheimer's

A US study has found the simple medicine of putting one foot in front of another is a potential defence against dementia and Alzheimer's, says The Guardian. University of Pittsburgh neurologists monitored 300 volunteers over 13 years, beginning with neurological tests on dementia-free people in Pittsburgh who agreed to log their walks and accept brain monitoring in 1995. Tests nine years later, followed by a further round in 2008, showed that those who walked the most cut their risk of developing memory problems by half. The study suggests that nine miles (14.5km) a week is the optimum distance for "neurological exercise".

•••• Top five Heart Healthy Foods

It is the leading cause of death in Australia, accounting for 34% of all deaths in 2006, and shocking statistics show that one Australian dies every 10 minutes as a result of cardiovascular disease. There isn't one group of foods that will prevent against a cardiovascular event but there are a number of foods that can be easily added into the daily diet that can help to reduce the risk factors - here are our top 5.

Fish

There are not many conditions or patients that wouldn't benefit in some way or another from increasing their fish intake. Fish such as salmon, tuna and sardines contain protein and heart-healthy Omega 3 fatty acids. These can lower triglyceride levels, slow down the growth of plaques in the arteries by replacing saturated fats in the plaques as well as reducing inflammation throughout the body.

Oats

Heart healthy whole grains, particularly oats are well known for their cholesterol lowering properties. The unrefined (whole) grains contain fibre, B group vitamins and iron in the outer husk and therefore have added benefits to their refined counterparts.

Spinach

Spinach is packed full of nutrients which are great for a number of cardiovascular risk factors. Spinach is rich in the mineral potassium and low in sodium, which is a beneficial ratio for an effective first line defence against high blood pressure.

Red Wine

Suggesting that red wine may be beneficial for heart health may be controversial however there have been studies that have found that moderate consumption of red wine can have a number of benefits. Red wine contains the flavonoids catechin and resveratrol, which come from the skin of the grapes used to make wine.

Nuts

We have already discussed the benefits of omega 3 fatty acids in fish but what options are there for your vegetarian and vegan patients? Nuts are a great source of plant-based omega-3 fatty acids, particularly almonds, walnuts and hazelnuts.

- References available from Coast HEALTH MATTERS

Conditions treated at Coast HEALTH MATTERS

* Upper Body

Headache, Hayfever, Sinusitis, Dizziness, Vertigo, Mouth Ulcers, Ear Infections, Tonsillitis, Neck Stiffness & Pain, Bell's Palsy.

* Chest Area

Bronchitis, Asthma, Intercostal Neuralgia, Cough & Cold.

* Abdominal Area

Peptic & Duodenal Ulcers, Colitis, Irritable Bowel Syndrome, Indigestion, Constipation, Nausea, Morning Sickness.

* Pelvic Area

Menstrual Pain, PID, Cystitis, Endometriosis, Genital Warts, Herpes, Thrush, Infertility, Lower Back pain.

* Other

Sports Injuries, Arthritis, Tendonitis, Insomnia, Anxiety, Early Depression, Common Cold, Influenza.

These and other health problems can be treated safely and effectively utilizing Acupuncture, Herbalism, Homeopathy and Naturopathic Medicines.

I CARE ABOUT THE PREVENTION & NATURAL TREATMENT OF ILL HEALTH

Acupuncture * Homeopathy * Nutrition * Massage * Herbalism

Evidence backs Acupuncture's increased role in migraine treatment

The evidence backing acupuncture continues to grow with general practice study showing the treatment to be highly effective in treating chronic headache.

Twelve sessions of acupuncture over three months led to a 34% reduction in headache severity at one year as compared with 16% of patients given standard care, according to results published in the *BJM* (26 March).

Patients randomised to acupuncture had 22 fewer days of headache a year and used 15% less medication, the study of about 400 patients with chronic headache revealed.

The UK researchers said the effects of acupuncture were long-lasting. Although few patients received acupuncture after their initial three month period, headache scores remained lower at one year.

The treatment had a low side-effect profile compared with medication use and was already well accepted by the medical community, with 20% of GPs referring patients for treatment.

Professor Marc Cohen, the head of complementary medicine at the Royal Melbourne Institute of Technology believes that the treatment "should be considered in the forefront of GPs minds as a legitimate treatment".

Professor Cohen said the trend in the study towards fewer GP visits and fewer days away from work in patients receiving acupuncture might have reached statistical significance with a larger sample size.

Bran McLean

Cold & Flu Season

Safe and effective treatment is available for viral symptoms and/or subsequent bacterial infections such as bronchitis and sinusitis.

**Fast track your
recovery now.**

Remember: Antibiotics **do not**
treat viral infections.

Call Ian on **54 716 808**

Thank you!!!

I would like to thank the many people who have referred family and friends to the **Coast HEALTH MATTERS** clinic. A direct referral is the highest recommendation you can give someone.

Fish Oil at the Heart of Exercise

Fish oils can reduce pulse rate and oxygen consumption during exercise, making for more efficient energy production without compromising performance, news from researchers in Wollongong, Australia reveals.

Fish oil capsules were administered to well-trained cyclists. After eight weeks, pulse rate and whole-body oxygen consumption were significantly reduced, compared to placebo.

Previously, in America, similar results were seen when a lower dose (0.8g/d) was used over a longer period of time (four months). In that study, the fish oil was able to reduce pulse rate and enhance recovery post-exercise.

Looking at the results of the Australian study, the researchers suggest that fish oil is readily incorporated into heart and skeletal muscles where it works to reduce both whole-body and myocardial oxygen demand during exercise.

For athletes and other exercise lovers, this means that more efficient oxygen utilisation could enhance aerobic exercise capacity and reduce rate of lactic acidosis.

References:

Peoples GE, McLennan PL, Howe PR, et al. *J Cardiovasc Pharmacol* 2008;52(6):540-7.

O'Keefe JH Jr, Abuissa H, Sastre A, et al. *Am J Cardiol* 2006;97(8):127-30.

Suleman A, Riaz K, Heffner KD. *Exercise physiology*, 2008 Sep 10. Medscape <http://emedicine.medscape.com/article/88484-overview>

A simple yoga exercise called **Pawan Muk** (wind-relieving pose)

It is said if you perform this yoga exercise every morning, it may assist to relieve wind and constipation; reduce any abdominal distension and reduce the waistline.

Lie on your back with your legs stretched out and your arms by your side.

Breathe in while bringing your right knee up towards your chest and hold your right knee with your left hand.

Draw your knee and thigh into your abdomen while breathing out. Bring your head up and touch your knee with your nose or chin.

Hold this for five seconds, then lower your head and release and stretch out your leg.

Remember to breathe in as you do this.

Repeat with the left leg.

Repeat five times with each leg.

Sourced: "Dr. Ali's Weight Loss Plan" Ali, Mosaraf, Dr., 2005, Random House, Sydney "Pawan Muk Asanaa/Wind Relieving Pose."

Sourced at:

<http://www.yogsadhna.com/pawanasana.asp>

Variations:



Disclaimer: Please **do not** try these exercises before consulting your health practitioner or yoga instructor!

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