



# Holistic Medical Centre

Dr Jackie Mills, Dr Glenn Twentyman, Dr Inga Schader. Dr Mike Foster.  
Dr Kerry Lamb Nurses: Karin Milliken, Diana Hardwick-Smith  
Naturopaths: Rebecca Jones & Nelly Graham-Stewart  
[www.holisticmedicalcentre.co.nz](http://www.holisticmedicalcentre.co.nz)

103 Pt Chevalier Rd  
Pt Chevalier  
Ph 09 815 0567

September 2008

## Aches and Pains

Many patients who come to us have concerns about generalised body aches and the solutions can be as varied as the individual. There can be many potential factors involved and many combinations of these factors so we thought it timely to go over a few things that we have found helpful over the years with these issues. Muscle tension and pain, especially if there is associated cramping and twitching can respond very well to magnesium supplementation. This has also been useful with the cramping associated with period pain and with migraines and headaches. Some athletes find that taking magnesium prior to exercising has significantly reduced the level of muscle aching and discomfort experienced after exercise. Some people suffer from what they describe as "aching bones" where the pain is not debilitating but nagging and constant. Correcting vitamin D levels and high-dose fish oil can do remarkable things for this kind of aching and discomfort. Fish oil can also help the aching and back pain

associated with period pain but the cramping is best treated with magnesium as mentioned above. If you are using the regular over the counter fish oil, the dose should be around six capsules per day. Magnesium is an alkalising mineral that promotes relaxation of the muscles which is why it can be helpful for some people with hypertension and heart palpitations. Magnesium also has a relaxing effect on the nervous system which is why it can be beneficial for tension headaches and for people who carry a lot of tension in their body due to stress. Omega 3 fish oil and magnesium (in concert with zinc and vitamin B6) act in biochemical pathways in the body to assist with the reduction of pain and inflammation at the biochemical level. Vitamin D greatly increases the absorption of calcium from the digestive tract and to a lesser extent increases the absorption of magnesium from the digestive tract as well. Hormones can also sometimes be involved in general aching in the body.

For example: underactive thyroid, low cortisol, low estrogen, low progesterone and low levels of DHEA (adrenal hormone: Dehydroepiandrosterone) can also contribute to body aches. Correcting one or more of these hormone levels has provided good results for some patients. As many have experienced, an acute viral infection like the flu can cause a significant amount of aching in the body. Some people can have a low level of viral activity persisting in the body but not at a level to cause symptoms of an acute infection but sufficient to cause low levels of aching that affects quality of life. There are many nutritional and herbal options for assisting with overcoming viral infections. Some types of bacteria can live inside the cells and are thus called intracellular. This class of bacteria is called Mycoplasma and low grade Mycoplasma infections can cause muscle aches. I hope this gives you some idea of the amount of factors that can be involved in just one complaint which is why holistic medicine is so wonderfully interesting.

**Our favourite quote**  
"You must never underestimate the power of the eyebrow."  
Jack Black

### Health tips

A useful tip although we are not entirely sure how this works but it does! If you suffer burning feet such that you need to put your feet out of the covers at night (some people need to put their feet in cold water) then vitamin B5 (Pantothenic acid) is your answer. We usually give a B complex with an extra capsule of vitamin B5 on its own.

### Happy Patient File

A patient came to us with acute diarrhoea recently after eating some pork. We gave probiotics and *Saccharomyces boulardii*. We called when his stool tests came back with positive for *Campylobacter*. He was very happy to report that his symptoms had resolved 30 minutes after starting his supplements and had not returned. This is remarkable as this can usually take two weeks to resolve.

## More information

A note to all of our patients who are having natural hormone treatments with us: Please book in to be reviewed every three months as a minimum as things do change over time and it is great to follow up and see how you are progressing.

When treating individuals holistically, there may be one or many factors affecting your

health and wellbeing. As everyone is unique, we may need to explore two or three avenues before we find the right set of factors that are relevant to YOUR health and your patience and perseverance is always appreciated.

As many of you know, we do many blood tests to address causes of illness and as we have got busier many people

call us for repeat blood tests. If it has been some time since seeing you, please do not be offended if we ask you to book in to see the doctor. The doctor needs to make sure that the right tests are done to result in the best health outcomes for you while keeping in mind that with each test we are spending taxpayer money. Thank

you for your understanding. Article seventeen from the United Nations Declaration of Human Rights. *Article XVII*

- (1) *Everyone has the right to own property alone as well as in association with others.*
- (2) *No one shall be arbitrarily deprived of his property.*