



Holistic Medical Centre

Dr Jackie Mills, Dr Glenn Twentyman, Dr Inga Schader. Dr Mike Foster.
Dr Kerry Lamb Clinical Director: Dr Helen Smith Nurse: Karin Milliken,
Naturopaths: Rebecca Jones & Nelly Graham-Stewart
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March 2009

Who does what?

We thought we would give you an update on our doctors and their backgrounds so you know who is who on the team.

All the doctors here consult with the naturopaths and we all in turn work as a team. Some doctors have extra training or a strong interest in a certain area that may help you decide which doctor you prefer. All the practitioners attend many conferences and seminars throughout the year to keep our knowledge up to date. Dr Helen Smith, as many of you already know, is now Clinical Director and looking after all the clinical details in the background. She is doing a lot of phone work and clinical oversight with all the doctors and finding more efficient ways of doing things so our patients end up with a better service from us. Helen has done post graduate training in nutritional and environmental medicine with AIMA (Australasian Integrated Medical Association). She has also completed a diploma in homeopathy with the Bay Of Plenty College

of Homeopathy.

Dr Jackie Mills has a strong background in fitness and many athletes see her. She also practised obstetrics for thirteen years and assisted with many home births in West Auckland. She is able to perform minor surgery for the removal of moles and other skin lesions. Jackie has done a foundation diploma in homeopathy, postgraduate training with AIMA in nutritional and environmental medicine and has a strong interest in both nutrition and hormones.

Dr Inga Schader has a lot of training and experience with Ayurvedic medicine which is a system of general health and dietary principles from an ancient system of health and wellbeing from India. Inga is very experienced with all aspects of integrated holistic health including nutrition, herbal medicine, hormones and homeopathy. Inga is due to leave us soon for maternity leave, and will be returning after she has spent some precious time with her new family member.

Dr Mike Foster is a very

experienced GP who has recently moved from Christchurch where he has been practising holistic medicine for twenty four years. He has worked with naturopaths and nutritionists for many years and really enjoys seeing his patients improve with holistic approaches. He has a great interest in nutritional biochemistry and is also trained as an acupuncturist.

Dr Glenn Twentyman is also a very experienced GP who has been practicing holistic medicine for many years and really enjoys the multi-disciplinary approach. He has also trained in Ayurvedic medicine and adopts Ayurvedic principles as part of his tool kit. His areas of specialty are teenagers and Men's health

Dr Kerry Lamb is a lovely GP from Hamilton and has a strong interest in dietary nutrition and its relationship to health and wellbeing. A strong area of interest is addressing lifestyle factors to help her patient achieve greater wellbeing.

Dr Donald Palmer will be starting with us in late April and Dr Ruth Cameron will

Our favourite quote

"Good actions give strength to ourselves and inspire good actions in others."

Plato 427 BC—348BC

Health tips

We often get asked how long to take magnesium for. My answer to this is to advise continuation of magnesium supplementation if any of the symptoms below are still present. If they are then a good magnesium supplement should create a significant improvement in under a week. If not, further investigation into the symptoms is advised. Symptoms that magnesium can alleviate include: headaches, migraines, anxiety, sleep disturbance, restless legs, muscle twitches, spasms and cramping. Magnesium has a very calming effect on the nervous system but is not a replacement for a thorough health check..

Happy Patient File

We had a lovely 14 year old girl visit us recently with chronic asthma, sleep disturbance, fatigue. pale with dark rings around her eyes. After four weeks she has had no asthma, she is sleeping well, her colour has returned and the dark circles are gone.

More information

Just to let you know that we are working on a new building for the holistic medical centre. We are looking forward to being able to service you as well your friends, family and colleagues all in a timely fashion. As soon as we have more information on this you can be sure we will be sharing the good

news.

More on our new doctors in our next newsletter.

Article twenty three from the United Nations Declaration of Human Rights. Article XXIII

1) Everyone has the right to work, to free choice of employment, to just and favourable conditions of

work and to protection against unemployment.

2) Everyone, without any discrimination has the right to equal pay for equal work.

3) Everyone who works has the right to just and favourable remuneration ensuring for himself and his family an

existence worthy of human dignity, and supplemented, if necessary, by other means of social protection.

4) Everyone has the right to form and to join trade unions for the protection of his interests.