



# Holistic Medical Centre

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## Exercise

Now you know it was a subject we were going to get around to sooner or later. Exercise is great for your mood, energy, libido as well as your heart and brain. Getting the heart pumping moves oxygen around your body and apart from the fact that it helps to keep you trim....it can be an enormous amount of fun if you get creative. Many of you procrastinate when it comes to exercise because it seems like a chore or a drudge but it doesn't have to be like that and in winter it is just so easy to become sedentary waiting for the warmer weather to entice you outside. We would like to inspire you with some creative ideas for moving your body and making you feel more alive. Dancing is fantastic exercise and can be a LOT of fun. What about ballroom dances such as waltz, foxtrot and Cha-cha, Or if you like something with some spice you could try the Latin dances such as Salsa Mambo, Samba and tango. If you are really energetic you could try swing, rock and roll or Ceroc. For something a bit different there is belly dancing and hip hop dancing. Les Mills Gyms run a hip hop dance class called Body Jam as well as a learner class to get you started with learning the moves.

Rock climbing may appeal to some and you can try the indoor variety at the Rocknasium or other centres to see if you like it. Skiing and snowboarding are a little expensive for some but a great sport nonetheless. Tramping can be fun for the whole family (some teenagers may disagree) and there are plenty of walks close to Auckland to suit all ability levels. See [www.arc.govt.nz](http://www.arc.govt.nz) and there is a contact number or email if you have any questions. For those who enjoy biking you can rent bikes at Mission Bay in summer (even tandems) and take a ride around the waterfront. Kayaks can be hired year round on the waterfront. There are plenty of trails through the Woodhill Forest for all ability levels. See [www.bikepark.co.nz](http://www.bikepark.co.nz). For most, swimming in the winter is done strictly indoors (Sorry a soak at Waiwera does not count as exercise, lovely though it is). There are any amount of community swimming pools and gyms that have pools. If you want low chlorine then try Parnell Baths (in Summer) or the pool at Bodytech Gym in Mt Eden. There is also Water Aerobics if that appeals. Gyms have an amazing array of options if

you prefer indoor exercise during the winter. Boxing is an option for those with an aggressive streak and for those who like a bit of competition what about team sports. There is indoor and outdoor netball, cricket, hockey, soccer, or touch rugby with friends. Yoga or Pilates is another option if you want to focus on flexibility and strength. Come summer, think about those things that you have always wanted to try such as sailing school (yes it certainly can be good exercise), windsurfing and what about surfing schools. There are always odd adventures you can chuck in there for spice such as canyoning in Piha (very fun). See [www.awoladventures.co.nz](http://www.awoladventures.co.nz). The high ropes course in Woodhill Forest is also fantastic and kids love it. [www.treedventures.com](http://www.treedventures.com) Long walks on rugged west coast beaches (up hill and down dale). Even shooting hoops at a local basketball court with your kids is great. Most local parks have a hoop and its a nice way to spend time with reluctant teens and pre-teens. For ideas on what to do with the kids in the school holidays visit [www.aucklandnz.co.nz](http://www.aucklandnz.co.nz)

## Our favourite quote

Books are the treasured wealth of the world and the fit inheritance of generations and nations.

Henry David Thoreau

## Health tips

Here is a quick high-protein dinner or snack that the kids will like. In a bowl combine 3 eggs, 1 can of corn, 1 can of tuna, a dash of sweet Thai chilli sauce, 1 t of oregano, a little salt and 2 cups of flour (the gluten-free waffle and pancake mix by Spoilt For Choice is great). Mix together, fry in a little olive oil and serve with sweet Thai chilli sauce and salad. Quick and delicious!

## Happy Patient File

A lovely lady visited us recently who had been diagnosed with post-natal depression after the birth of her second child and had been on an anti-depressant for 9 months. She had stopped the medication 3 weeks previously and had hit the wall with depression, energy levels were 3/10 and she had insomnia. We gave her supplements to improve energy and sleep, with melatonin which is very useful when withdrawing from antidepressants. We also asked her to do blood tests. She called 2 weeks later to say she felt absolutely fantastic and had not even thought about anti depressants. This was before she had done her blood tests so she may feel even better yet!

## Vitamin D

We are finding an enormous amount of people with low Vitamin D levels (even children). A frequent question we get asked is how much sunlight is needed to get adequate Vitamin D. This was discussed at a recent meeting of holistic doctors and the research suggests for a dark skinned person with 80% of the body uncovered (shorts and singlet) then 60

minutes at high noon mid summer per day is adequate. If pale skinned then this changes to 5 minutes as pale skinned people are more efficient at making Vitamin D from the sun as they genetically originate from colder climates with less sun. Given this information, and the fact that we tend to avoid sun as a nation, it is easy to see how many of us would be defi-

cient in this crucial nutrient even in summer. Even though we are advised to avoid the sun to reduce the risk of melanoma, vitamin D itself has shown itself to be very beneficial with the treatment and prevention of several types of cancer. As we have mentioned before, it is also important for sleep, energy, mood and for calcium uptake and therefore

strong bones. If you are tired, grumpy, sleeping poorly and have general aches in your body your Vitamin D may be low. Prescription vitamin D is cheap and works quickly. Cod and halibut liver oil can maintain good levels of vitamin D through the winter but so can sunshine! Hence the outdoor advice above.