



Holistic Medical Centre

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Headaches

It is important to mention that you need to see your doctor for any ongoing pain that has not been diagnosed and fully investigated. We have treated many of you successfully for headaches over the years and have learned a few new tricks along the way. From a **nutritional** point of view **magnesium** has provided the greatest relief to the greatest amount of people. It is ideal if you use a supplement that has been formulated specifically for muscles. This can dramatically help with vascular and tension headaches and provides some relief for hormonal headaches. In your body there are substances called prostaglandins, some of which promote pain and inflammation while others decrease pain and inflammation. Some nutrients favour the production of the anti-inflammatory type. These nutrients are **fish oil** (specifically the EPA and DHA in the oil) and **zinc**. Some people have found great relief with this approach. Fish oil will also help period pain and inflammatory conditions such as eczema and asthma. The zinc as well as **B vitamins** will help with premenstrual headaches.

Correcting **vitamin D** (ideal = 100-150 nmol/L) has also produced great relief in some people. Vitamin D facilitates the absorption of calcium from the digestive tract and can provide great improvements in generalised bone aches, sleep mood and energy. Most of you know by now to keep a good eye on this valuable nutrient. The other great news is that many women have reported that their heavy periods have resolved with Vitamin D and this may be because calcium is needed for proper clotting of the blood and Vitamin D improves calcium absorption from the digestive tract. Recent studies have indicated that vitamin D is important to prevent insulin resistance with the consequent weight gain. We have found this bears out clinically as elevated insulin levels have dropped dramatically in some people just by getting vitamin D levels into ideal ranges. Sources of Vitamin D include cod liver oil, halibut liver oil and sunshine. Sunshine produces the precursor which becomes active vitamin D in

the kidneys. Prescription vitamin D is the active form. **Additives** can be a significant trigger for both headaches and migraines. **MSG** also known as 621 is by far the most common trigger and it is best to avoid this additive if at all possible. This additive has had a dramatic increase in popularity in the last few years and you will find it in the most unlikely of foods. It is only listed as 621 on foods, Please do read the 'What Am I Eating' newsletter on the website to get a comprehensive list of the foods to watch. For premenstrual headaches where the cycle is irregular we use a herbal remedy called Vitex agnus castus which also works well for other premenstrual symptoms. This cannot be used if you are on the contraceptive pill as it promotes a normal ovulation. Sometimes the doctors prescribe progesterone cream as this works very well for some women. This usually requires a salivary progesterone test to be done which can be done through Christchurch Hospital for a small fee.

Our favourite quote

Information is the currency of democracy.

Thomas Jefferson 1743-1826

Health tips

Common deficiencies we find include zinc and iodine. These nutrients (along with selenium) are low in our soil but are plentiful in our shellfish. If you have a source of clean cockles, oysters, pipi and tuatua then make the most of it. A note in regards to zinc. Zinc sulphate can make some people queasy so if you are "some people", use a tablet form of zinc amino acid chelate.

Happy Patient File

In November we had a lovely lady visit us after being referred by her usual GP to see if we could help her with her goitre. This is a condition where the thyroid gland in the neck enlarges. We corrected her vitamin D levels, asked her to get a water filter to remove fluoride from her water and treated her with herbal remedies to help the adrenal glands and the menstrual cycle. She called us this month to thank us and to say that her goitre was completely gone and her menstrual irregularities have also completely resolved.

More information

We are thrilled to welcome Diana Hardwick-Smith to our team. Some of you may know of Diana from Patient Advocates where she specialised in bio-identical hormones. She is also a nurse, naturopath and medical herbalist. Diana has also been a midwife but is no longer practising. She is available for longer consultations for women who want to discuss their hormones or are interested in bio-identical

hormones.

If you do not want smears with us and are receiving recall letters please let us know. We are legally required to send three recall letters unless you officially notify us that you do not want to be recalled.

If you are needing scripts or blood tests done, please give us one weeks notice to avoid delays or disappointment. Due to

the large volume of paperwork, the doctors must prioritise depending on urgency.

Article eleven from the United Nations Declaration of Human Rights. *Article XI. (1) Everyone charged with a penal offense has the right to be presumed innocent until proven guilty according to law in a public trial at which he has had all the guarantees neces-*

sary for his defense. (2) No one shall be held guilty of any penal offense on account of any act or omission which did not constitute a penal offense, under national or international law, at the time when it was committed. Nor shall a heavier penalty than the one that was applicable at the time the penal offense was committed.