



# Holistic Medical Centre

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## Emotional wellbeing revisited

As many of you know, we are passionate about finding optimal non-pharmaceutical solutions for our patients wherever possible. To this end, this newsletter will be revisiting emotional well being. This week we received information from the Ministry of Health about the next promotional outreach program for mental health. They define depression as a disease with fatigue and insomnia being two of the symptoms. This concerned us for a few different reasons. Firstly, there is no mention of the huge importance of doing good thorough physical checks to establish any underlying physical factors involved with mood problems that can be corrected. Underactive thyroid and low folate levels are well established in the medical literature to be associated with depression and fatigue. Secondly, we are concerned about diagnosing depression as a disease in a checklist fashion with fatigue and insomnia as symptoms. Our clinical experience has demonstrated many times over that it is very common for people to become tired and feel

burnt out BEFORE the mood flattens out. Many times people feel worn down after coping with months or years of fatigue. It is extremely common for mood issues to completely resolve JUST by helping someone achieve fantastic energy levels. For some women the contraceptive pill can be very detrimental to mood and all that is required is the stopping of the pill for the tears to dry up and the return of a happy bright woman. A very great deal of our patients can fully attest to the remarkable effects of plain prescription vitamin D on mood and sleep. These are just a small number of the options that can be explored. Three things are listed as options for the treatment of depression: self-help techniques, talk therapy and medication. In actual fact, there are many and vast options available and it is doubtful that any of these three options will assist someone who has "bone numbing fatigue". We believe that just because you may feel depressed, it does not automatically mean you "have an illness called de-

pression". Exercise as a valid option has also been missed. An excellent study out of Duke University states that even mild exercising such as walking can be comparable to medication and in some cases, preferable. For further details about the study, please see the link below: <http://hdlighthouse.org/see/diet/triad/exercise/duke.htm> The founding principles of medicine include very thorough clinical testing and clinical observation and we feel that thorough physical checks would ideally be the precursor to any diagnosis with regards to mental illness. Our previous newsletters on depression, anxiety and insomnia outline specific nutritional and hormonal factors involved with emotional (and physical) wellbeing. The newsletters on fish oil, metabolism and protein may also prove to be of great use to many people. There are, after all, many and varied factors involved when treating individuals and checklists are not necessarily the optimal solution when looking at the individual.

## Our favourite quote

An eye for an eye, and the whole world would be blind.

Kahlil Gibran 1883-1931

## Health tips

Remember to keep an eye on your vitamin D levels at this time of year, especially if your mood has become a bit low or sleep a bit erratic. Exercise can often get abandoned during the long wintery days and nights so remember indoor sports, the gym, working around weather and family walks in the rain can be really fun with gumboots and rain gear. Vitamin D sources include: Napier, Nelson, Fiji, Queensland, Samoa, Rarotonga, your back yard (when you can) and cod liver oil.

## Happy Patient File

A woman came to us with her third bout of a digestive infection call Blastocystis hominis. Ongoing problems with loose stools had been interfering with her sleep. We started her on probiotics and Saccaromyces boulardii and she called back to say that all the symptoms were gone in 24 hours.

## More information

Thank you all so very much for your patience in these last few months. We have been looking for the perfect doctor to join the team and we have found him. We are very happy to welcome Dr Mike Foster to the practice and he will be starting with us on August 26. Mike has been practicing as a

holistic GP in Christchurch. We are fortunate to have him as he is sorely missed by his patients in Christchurch. Dr Helen Smith has returned from sabbatical and her role has shifted into that of clinical director to make sure everything happens smoothly. Our

list of great doctors now includes Dr Inga Schader, Dr Glenn Twentyman, Dr Jackie Mills and now Dr Mike Foster.

As part of the series outlining the inalienable rights we are all entitled to as citizens of the planet, we bring you

article fifteen from the United Nations Declaration of Human Rights. *Article XV (1) Everyone has the right to a nationality. (2) No one shall be arbitrarily deprived of his nationality nor denied the right to change his nationality.*