



Holistic Medical Centre

Dr Jackie Mills, Dr Glenn Twentyman, Dr Mike Foster. Dr Kerry Lamb,
Dr Donald Palmer, Dr Ruth Cameron. Clinical Director: Dr Helen Smith
Nurse: Karin. Naturopaths: Nellie, Nicola & Rebecca

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Welcome to our new clinic!

Many of you already know that we have moved. We are now located in Mt Eden after over a year of searching for suitable premises locally. Resource consent was the main difficulty in staying in the area. We are certain that these new premises will allow us to better service you and your family. We have twelve off street car parks and more doctor rooms. There is also a ramp at the new clinic which is great news for anyone with mobility concerns and all of our Mums with strollers who have had to battle with our steps over the years. We have two new doctors starting with us; Dr Donald Palmer has a great deal of interest and knowledge in digestive health and we are all learning great tips from him. He is enjoying working with holistic medicine and some of you have already had the delight of having a consultation with him. Dr Ruth

Cameron joined us this week and she is excited to be putting her integrated post-graduate training to use. We are very much enjoying welcoming her to the team. Dr Inga Schader will be leaving us for a short time to have her baby and we are all excited for her as she nears her due date. She will be returning for some short days in approximately four months and we look forward to working with her again. We will have a new naturopath joining the practice soon so we can expand on the ways in which we can assist you all. Nicola Page is a nutritionist, naturopath and personal trainer. Nicola has nearly finished her training with us already and will be available to see you for appointments very soon. More details in the next newsletter. Nina has recently started with us to help improve our service to you and to assist with updating our website. We would like you to contact

Nina if you have any suggestions at all on what you would like to see at the Holistic Medical Centre and ways you feel we can better serve you. If there is anything you would like to see on our website to give you tools and ideas you can use to help yourself and others, let Nina know. Also let Nina know if there is any health information that you would like to see in the newsletters. We will be putting our gluten free handout on the website and recipes but anything else you would like to see let Nina know by email. We are updating our brochure to include prices due to some recent feedback some of you have given us. Ninas contact for any thoughts or feedback you want to give us is nina@holisticmedicalcentre.co.nz. This year we also intend to put some emphasis on research, specifically looking at ways to create even greater vitality and wellbeing for you and your loved ones.

Our favourite quote

The question isn't who is going to let me; it's who is going to stop me."

Ayn Rand 1905-1982

Health tips

For those of you who feel tired and sluggish, there may be a very simple way to create a quick and dramatic improvement in your wellbeing. Try going on a gluten free diet for four weeks to see how you feel. The types of things that can improve by doing this include: mental fatigue, sleepiness, digestive problems, pain, especially period pain, joint/muscle pain and weight loss. It is important to do this strictly so as to get a definitive result. After the elimination period of four weeks, feel free to carry on or you can try resuming your normal diet to note the comparison.

Happy Patient File

A lovely female patient in her fifties recently commented that she "felt wonderful" and had lost 10kg. Her simple treatment included correcting some key nutritional deficiencies, supporting her hormones, a gluten-free diet and a constitutional homeopathic remedy from her homeopath.

Case study on elevated cholesterol

Our nurse Karin wanted us to share her experience with using holistic approaches to assist her with persistent elevated cholesterol. We have outlined the different things that have and have not worked for her which highlights her dedication to managing her cholesterol naturally. After 3 months of supplementation with an over the counter cholesterol lowering supplement and a moderate dose of fish oil her total cholesterol had risen from **8.1 to 8.3** and the ratio had in-

creased from **5.1 to 5.5**. At that time, she increased her fish oil a little and changed to a supplement that included plant sterols, psyllium husks, lecithin and cocoa. along with a niacin (vitamin B3) supplement. Two months later (July 07) the total cholesterol had risen to **9.2** and the ratio was **5.4**. Over the following six months she was taking a much higher dose of fish oil with the plant sterol supplement and the total gradually dropped to **7.4** while the ratio dropped slightly to **5.3**. Karin

then initiated a program of amalgam removal over the next few months and in the middle of this her total increased to **9.1** and the ratio increased to **5.7**. Amalgam removal was completed in August 08 over which time the total cholesterol slowly dropped to a total of **8.2** with a ratio of **6.3** in October 2008. The niacin supplement was continued and a supplement of red rice yeast was started.. Three months later the total had dropped to **7.4** with a ratio

of **4.6** and 3 months later in April 09 the best result ever...**6.6** total cholesterol with a ratio of **4.1**. Karin is thrilled with the results as it is the best ever.

Article twenty four from the United Nations Declaration of Human Rights. Article XXIV

Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.