



**Holistic
Medical Centre**
Best of both worlds

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Nutritional status

It is time to provide clarification around the subject of nutritional deficiencies. From a medical viewpoint a nutritional deficiency is one which occurs in third world countries and causes obvious deficiency such as a disease called pellagra that occurs as a result of severe Vitamin B3 (niacin) deficiency. Another example is the severe folate deficiency that can occur with chronic alcoholism. True nutrient deficiency very seldom occurs in New Zealand but chronic disease does compared to other countries. From a holistic point of view, one does not go from being entirely well to an overnight diagnosis of chronic disease. Many diseases occur on a gradient scale i.e. underlying processes can bring about hormonal or nutritional changes that provide stepping stones that lead to a disease or alternatively, interrupt a disease process. Holistic practitioners are interested in nutrient *insufficiencies*. This means ensuring adequate nutritional status or correct hormonal balance to improve ones quality of life as well as

assisting in the prevention of chronic disease. In New Zealand, reference ranges are created based on the results of the majority of the population. This explains the vastly different reference ranges for Vitamin D levels in New Zealand as compared with Queensland. As there are no overt signs of true nutrient deficiencies in New Zealand these ranges, representing the majority of the population, are considered adequate to sustain life. As a result, these reference ranges do not reflect optimum health but pathological ends of a spectrum. Within that spectrum, we aim for optimum health. Preventative healthcare relies on addressing health concerns as early as possible. Any unresolving symptoms are an indication that there are health issues which should be addressed sooner rather than later. Issues such as stomach and bowel problems, recurring infections, chronic sinus infections, pain, fatigue, mood and

sleep issues are easier to treat the earlier they are addressed.

Nutrients do not just include vitamins and minerals; fibre is also an important nutrient, especially for the cells in the bowel. Dietary fibre is fermented in the bowel thereby producing short-chain fatty acids (SCFA), mainly butyrate, propionate and acetate. These substances are easily absorbed by the wall of the colon and have demonstrated anti-carcinogenic activity. Butyrate in particular has shown different types of anti carcinogenic and anti-inflammatory activities. Some researchers have linked the higher incidence of bowel cancer associated with low intake of dietary fibre to be the result of lower SCFA levels in the colon. SCFA also increases the lactobacillus count in the bowel while decreasing harmful ammonia that is produced during the digestion of proteins

Our favourite quote

I can not believe that war is the best solution. No one won the last war, and no one will win the next war.

Eleanor Roosevelt 1884-1962

Health tips

There is good evidence to suggest that Vitamin D3 and butyrate work together to inhibit colon cancer cell. Another great reason to get adequate but sensible amounts of sunlight on your skin. The key is to avoid skin damage from burning. If you cannot get enough sun or need to avoid it for other reasons, supplementation is sensible.

Happy Patient File

A woman in her mid sixties came to us with a diagnosis of Polymyalgia rheumatica (meaning pain in many muscles and/or joints) High doses of steroids were needed to control the pain and her energy levels were very low. After addressing her hormones and correcting some nutritional deficiencies, her energy levels are much improved and she has been able to reduce her medication to a very small dose and is still not experiencing any pain as a result.

Tips and information

Weight loss

Our new nutritionist/personal trainer Nicola is doing a great job with developing programs for weight loss and well done to all those achieving great results through your commitment.

Vomiting and diarrhoea

In children, these problems usually run their course within 24 hours and the main thing is

to keep up fluids to avoid dehydration. If you have any concerns, if fever is present or if the symptoms are not beginning to resolve within 24 hours, it is wise to take your child to the doctor. Below are some homeopathic remedies you can use for both children or adults:

Weleda Koromiko drops for diarrhoea. Available from health food shops and use as

directed. **Arsenicum 30c** - violent vomiting and diarrhoea with pain stomach, restlessness and thirst. This is the main food poisoning remedy. **Colocyntis 30c** - Vomiting and cramping abdominal pains that precede diarrhoea and improve after a bowel motion. **Belladonna** - Early stages if symptoms come on quickly.

Just to let you know that we put aside times so that there are doctor appointments available for sick children who need to be seen on the day and are enrolled at this practice. These appointments are usually with Dr Donald Palmer who has a very gentle approach that children really enjoy.