



Holistic Medical Centre

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What are Probiotics?

This is a great subject to discuss because Probiotics can save years of misery as evidenced by our Happy Patient File. Probiotics are commonly referred to as supplements that replace the beneficial bacteria that normally reside in the digestive tract. These bacteria help digestion, synthesis of certain nutrients and form an important part of the immune activity that occurs in the digestive tract. When the digestive tract is fully populated with beneficial bacteria, detrimental bacteria are prevented from causing problems because there is no space available for them to take hold...literally, it is like "the bus is full". From our holistic viewpoint we look at bowel problems in three distinct ways: Has the problem always been there or did the problem begin after a course antibiotics or since a 'tummy bug'. If there has been a history of 'Irritable Bowel' always, since childhood then it is likely that there are food sensitivities that need to be addressed. This is quite simple to do once you have isolated the foods and/or additives that are causing problems. If there has been a history of irritable bowel since having a tummy bug; whether it be viral or bacterial (such as giardia) or

after having antibiotics or diarrhoea from any other cause then there is also a simple solution. If there has been a problem with diarrhoea, regardless of the cause, then you must always replace the healthy bacteria with a Probiotic supplement. Have you noticed that when you take antibiotics you get wind, queasiness/nausea and loose and diarrhoea? Some people will also experience thrush or other similar burning/itching irritations. This is because antibiotics kill off the healthy bacteria in the digestive tract as well as the harmful bacteria they are prescribed for. If you are taking antibiotics for any reason, then you must take a good Probiotic supplement for the duration of the antibiotic therapy as well and then for an additional week after finishing the antibiotics. If the Probiotic is a good quality then you will have no digestive symptoms at all as a result of taking the antibiotics. If you are getting any digestive problems or thrush-like symptoms then you need to find a better quality Probiotic. If the diarrhoea started after being treated for a bacteria such as giardia or some

other strange bug you picked up overseas or if you have had diarrhoea for more than a year, then a Probiotic alone will not be enough, especially if there is a chronic thrush problem as well. You will need to take a good Probiotic with another supplement called *Saccharomyces Boulardii*. *Saccharomyces Boulardii* (SB) is a non-colonising yeast which means that within days of ceasing supplementation, it is gone completely from the body. This amazing supplement was developed specifically for "travelers diarrhoea" and is very useful when dealing with infections. SB also makes the probiotics work more effectively (very important with long-term diarrhoea), and increases the immune activity (Immunoglobulin A) within the bowel. You can easily find information on the internet about this supplement. In rare cases, supplementation may need to continue for 2 months. For some people, an irritable bowel can progress into an inflammatory bowel and in this case these two supplements must form part of the whole treatment approach.

Our favourite quote

Nothing can bring you peace but yourself.

Ralph Waldo Emerson

Health tips

We would like to encourage you, once again, to eat purple fruit such as blueberries, cherries, blackberries and boysenberries (fresh or frozen but not canned). There is a nutrient in these fruits that strengthens blood vessels. This is especially important if you bleed easily (e.g. blood noses), have problems with prolonged or heavy bleeding, bruise easily, have spider veins or a tendency to varicose veins or piles. Daily consumption is ideal and frozen berries in a smoothie is an easy way to achieve this.

Happy Patient File

Late last year we had a lovely patient who came to us with very bothersome irritable bowel symptoms which had started 25 years earlier after catching a bug in Africa. He had tried all sorts of dietary approaches, seen doctors and specialists and even had a colonoscopy. We assured him that the problem was very unlikely to be food related. We gave him a good quality Probiotic with *Saccharomyces Boulardii* (as mentioned in the main article) and told our very skeptical patient that we expected him to be feeling a great deal better in about a week. We saw him 2 weeks later and to his great surprise and delight his bowels were totally normal for the first time in 25 years.

A few changes...

We are excited to announce that we have a new doctor starting in early February. Dr Leigh Sindelman has been a doctor for 20 years and has specialised in nutritional and lifestyle approaches for the past 12 years. She has done postgraduate work in nutritional and environmental medicine and has a spe-

cial interest in working with children. We feel very fortunate to have her joining our team and feel sure you will enjoy meeting her.

As of February 1 we are having one small price change. We are increasing the charge for an adult initial 30 minute visit from \$90 to \$95.

We have noticed that some

patients require more time than what has been booked. As it is important for us to run on time and not compromise the service, we have adopted a new system. If you need more than the 20 or 30 minute appointment that has been booked with the doctor then we will put you in another

room with the Naturopath for however much time you need. There will be a \$20 fee for this.

If you are an *existing* patient and you want to see the Naturopath only, you can book anytime with Nellie. All new patients must still see the doctor.