



# Holistic Medical Centre

Dr Helen Smith, Dr Jackie Mills, Dr Fiona Gordon,  
Dr Glenn Twentyman. Dr Inga Schader. Nurse: Karin Milliken  
Naturopaths: Rebecca Jones & Nelly Graham-Stewart  
[www.holisticmedicalcentre.co.nz](http://www.holisticmedicalcentre.co.nz)

103 Pt Chevalier Rd  
Pt Chevalier  
Ph 09 815 0567

September 2007

## SUPPLEMENTS vs FOOD

As most of you know, we prefer to have people getting nutrients from their food rather than supplements to maintain their health. Supplements used in high doses can have a therapeutic effect and most of us can appreciate how well they work for this purpose. However, let's not underestimate what a wonder fresh, healthy food can be. We wanted to share some ideas with you on how to reduce the need for supplements over time by thinking about our foods in a fresh way. The first one that springs to mind is fish oil. One of the best on the market in NZ comes all the way from Norway and is made from sardines and anchovies. Many of you have found that fish oil is great at handling aching joints, soothing eczema and asthma flares. One of the reasons this occurs is because fish oil increases anti-inflammatory substances called prostaglandins. On the other hand, meat and dairy foods contain substances that promote the inflammatory response. The inflammatory substances are needed as part of the immune response for example in wound healing. Balance between these two

mechanisms is important. Fish oil is useful to help regain this balance but the long term solution is balance in the foods. What we recommend to people is to balance the meat and dairy intake with fish intake so they are in equal proportion in the diet. This may sound a little unusual but is really quite easy to do. Things like tuna or sardines on toast for breakfast, maybe meat with lunch and pan fried fish and roast vegetables for dinner. In the summer the BBQ lends itself well to skewers of vegetables and fish with some soy sauce (Tamari) and olive oil drizzled over them. Salmon and tuna are best for this. If you feel very adventurous you could throw some mixed herbs and crushed garlic in the olive oil before drizzling. As mentioned in a previous newsletter, raw salmon wrapped in rice paper with avocado, wasabi and soy sauce is a great experience in taste and texture. In a country so abundant in fish and clean water compared with the northern hemisphere, it seems a waste to not look in our own back yard. The

smaller fish (and therefore lower in mercury) that thrive in abundance close to the shoreline and are the richest in omega 3 are the very fish we use for bait! Herring, otherwise known as yellow-eyed mullet, can be found under just about any wharf in the country and are delicious on a BBQ. There are many types of mackerel but one of the better known varieties for eating is Jack mackerel (also known as Yellow tailed mackerel). There are recipes in abundance for these types of fish on the internet. Jamie Oliver has a whole section on Omega 3 recipes on his website using these types of fish. Instead of buying snapper for \$30 per kilo, think about these much undervalued fish this summer. Another interesting thought: the traditional diet of Maori was very rich in omega 3 and if some dedicated, bright individuals could find a sustainable way to provide an omega 3 rich diet to our communities, our health and our wallet could benefit.

### Our favourite quote

"An ounce of action is worth a ton of theory".

Ralph Waldo Emerson  
1803-1883

### Health tips

Good news for those of you who struggle with the preservatives in wine! There is a wine shop in Kumeu who is importing preservative-free registered organic wine from France. There are different wines to suit the budget as well as a nice variety to suit your taste. They will even courier wine to you. Wine Circle Ltd Huapai (09) 412 2258. The producer is Domaine Viret, in the Southern Rhone in France and the website is <http://www.domaine-viret.com/index-us.htm>

### Happy Patient File

We still rely heavily on magnesium supplementation while we are trying to work out how to get great amounts of magnesium in the diet. In the meantime here are a couple of good stories about magnesium. One patient who had had many years of terrible hormonal migraines started taking the magnesium and was surprised to find only a background sensation in her head rather than a debilitating migraine. It is not uncommon for patients to experience uncharacteristic anxiety after surgery. One patient found that her anxiety was negligible when she took the magnesium and her sleep was also much better.

## More information

If you visit a White Cross or another doctor out of hours and need antibiotics, please remember to take some probiotics during and 1-2 weeks after the antibiotics to prevent bowel problems and thrush. If you would like a refresher on how important beneficial bacteria are then you can have a look at the Probiotic newsletter on the website.

We now have a cardiovascular risk assessment program installed on our computers that can calculate individual cardiovascular risk based on health history, family history, lifestyle, cholesterol levels, height, weight and other factors. If you want to do this you can book a 20 minute consultation with one of the doctors. Of course our

advice to those with increased cardiovascular risk will focus on holistic solutions.

Article seven from the United Nations Declaration of Human Rights

Article VII

*All are equal before the law and are entitled without any discrimination to equal protection of the law. All are entitled*

*to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination.*

Now the sun has arrived we would love to take this opportunity to encourage you to get outside and get some sunshine, fresh air and of course the all important Vitamin D!